

Humor, Laughter and Health

A 6-Hour Home Study Program for Health Professionals

In this 6-hour evidence-based seminar presented by a neuroscientist/comedian, learn how to reduce stress and improve health and wellbeing by finding humor in everyday life.

Health professionals in medical, dental and behavioral settings will learn how humor elevates mood, reduces anxiety, ameliorates pain, and promotes wellbeing.

Participants completing this evidence-based program should be able to:

1. Cite how humor reduces stress-related hormones, enhances trust, increases pleasure, and improves immune system health.
2. State how humor can be used to reduce pain in children and adults treated in medical and dental settings.
3. Describe how humor, laughter and related positive states can reduce generalized anxiety, phobic anxiety and depression.
4. Discuss how humor can improve the effectiveness of therapies including interpersonal, cognitive-behavioral and positive psychology.
5. List ways in which humor can promote healthful habits.

CONTINUING EDUCATION



NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 6 contact hours.



COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.



Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.



IBP, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.



IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board, Provider #RCST030801, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #168.000183, and by TX State Board of Examiners of MFTs, Provider #830. This program provides 6 CE hours.



SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #102949. IBP is approved by provider by CCAPP-EI, Provider Number 45-09-128-1217. This program provides 6 CEHs.



PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-17-012-H04-P and 0492-0000-17-012-H04-T.



DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This



program provides 6 CE hours.



OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Activity Demands), Occupational Therapy Process (Intervention), and Professional Issues (Supervision). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.



PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited provider by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.



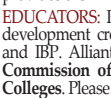
MASSAGE THERAPISTS: IBP is an approved CE provider by IL Dept. of Professional Regulation, #245.000045. This course provides 6 CE hours. This course is approved for 6 hours of "General" CE Credit by the FL Board of Massage Therapy.



SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPAB, # PDP247. This program provides 6 CE hours.



RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP's accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.



EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University's graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

Initial Release Date: 02/04/2017 Expiration Date: 02/04/2020 Content Level: Intermediate

Why Humor is Good for the Brain and Body

- Why We Laugh: From Ha to Aha
- Stress Hormones
- Oxytocin
- Immune Health
- Pleasure
- Humor and Brain Health

Reducing Pain

- The Norman Cousin Program
- Dental Pain Reduction
- Acute Pain Relief
- Leaving Patients in Stiches
- Reducing Chronic Pain

Humor In Medical Settings

- Heart-Warming Humor
- Type 2 Diabetes
- Cancer

Reducing Anxiety and Elevating Mood

- Generalized Anxiety
- Social Anxiety
- Depressed Adults
- Late Life Depression

Using Humor In Your Practice By Practicing Humor

- Interpersonal Therapy
- Cognitive-Behavioral Therapy
- Positive Psychology
- Difficult Conversations and Situations

Using Humor to Promote Healthful Habits

- Reducing Apprehension
- Enhancing Willingness to Change
- Improving Patient Satisfaction
- Calming an Overactive Brain
- Summary

ABOUT THE INSTRUCTOR



Brian E. King, Ph.D. (Bowling Green State University), is an expert in Applied Biopsychology and has conducted research concerning social and biological factors that affect positive emotions, thoughts and habits. His acclaimed instruction integrates cognitive neuroscience with positive psychology to show how humor can be used to enhance health and wellness.

An outstanding and entertaining speaker, Dr. King also performs as a stand-up comedian at major venues throughout the USA and produces an annual Comedy Festival. This memorable program provides practical strategies to improve health and wellbeing. Participants praise his use of innovative teaching methods. In this presentation, film clips, cartoons and comedic dialogue will be used to demonstrate how laughter can be the best medicine. Audiences applaud his insightful and practical presentations and enjoy his sense of humor.