

# Health-Related Benefits of Humor and Laughter

## A 3-Hour Home Study Program for Health Professionals



**NURSES:** Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the **American Nurses Credentialing Center's Commission on Accreditation**. IBP is approved as a provider of continuing education by the **California Board of Registered Nursing**, Provider #CEP13896, and **Florida Board of Nursing**. This program provides 3 contact hours.



**PSYCHOLOGISTS:** Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 3 CE credit. Institute for Brain Potential is recognized by the **New York State Education Department's State Board for Psychology** as an approved provider of continuing education for licensed psychologists #PSY-0090. IBP is approved as a provider of continuing education by **FL Board of Psychology**. This course provides 3 contact hours of CE credit.



**COUNSELORS, SOCIAL WORKERS & MFTs:** Institute for Brain Potential, Provider Number: 1160, is approved as an ACE provider to offer social work continuing education by the **Association of Social Work Boards (ASWB)** Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 11/11/23 - 11/11/26. Social workers completing this course receive 3 clinical continuing education credits.

Institute for Brain Potential is approved as a provider of CE by **FL Board of Clinical Social Work, MFT and Mental Health Counseling** and by **IL Dept. of Professional Regulation MFT CE Sponsor Program**, Sponsor #168.000183. Institute for Brain Potential (IBP), SW CPE is recognized by the **New York State Education Department's State Board for Social Work** as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential (IBP) is recognized by the **New York State Education Department's State Board for Mental Health Practitioners** as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the **New York State Education Department's State Board for Mental Health Practitioners** as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. The **Ohio CSWMFT Board** accepts ASWB-approved continuing education programs for social workers. This program provides 3 contact hours.



**CHEMICAL DEPENDENCY PROFESSIONALS:** Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the **American Nurses Credentialing Center's Commission on Accreditation**. IBP is approved as a provider of continuing education by the **California Board of Registered Nursing**, Provider #CEP13896, and **Florida Board of Nursing**. This program provides 3 contact hours.



**PHARMACISTS:** Institute for Brain Potential is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity is designated for 3 contact hours (0.3 CEUs). UAN: 0492-0000-23-051-H04-P. This program has been pre-approved by the **Florida Board of Pharmacy** for 3 hours of continuing education credit.

**DENTAL PROFESSIONALS:** This program provides 3 CE hours. Institute for Brain Potential, 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 approved as a provider of CE by the **Florida Board of Dentistry**.



**PACE**  
ACADEMY of  
GENERAL DENTISTRY  
PROGRAM APPROVAL  
FOR CONTINUING  
EDUCATION

Institute for Brain Potential  
Nationally Approved PACE Program Provider  
for FAGD/MAGD credit.  
Approval does not imply acceptance by any  
regulatory authority or AGD endorsement.  
12/01/18 to 11/30/24  
Provider ID# 312413.  
AGD Subject Code: 550.



**OCCUPATIONAL THERAPISTS AND ASSISTANTS:** Institute for Brain Potential 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 3 contact hours (0.3 AOTA CEUs). Content Level: Intermediate. Content Focus: Domain of OT (Activity Demands). This course is approved by the **Florida Board of Occupational Therapy** for 3 hours of credit.

**PHYSICAL THERAPISTS:** Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the **Physical Therapy Board of California**. Institute for Brain Potential is an **Illinois Department of Professional Regulation** Approved CE Sponsor for PTs and PTAs, #216.000210. Institute for Brain Potential is recognized by the **New York State Education Department's State Board of Physical Therapy** as an approved provider of physical therapy continuing education. This program is pending approval by Texas chapter of the **American Physical Therapy Association (APTA)** for 3 contact hours of continuing education credit. The physical therapy boards in AK, AZ, DE, GA, ID, IN, KS, KY, MS, MO, NC, ND, RI, SC, OR, TN, UT, VA, WI, and WY accept courses approved by APTA chapters. This programs meets the criteria for physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA. This program provides 3 contact hours of continuing education credit.

**MASSAGE THERAPISTS:** Institute for Brain Potential is approved as provider of continuing education by the **Illinois Department of Professional Regulation**, #245.000045, and by the **Florida Board of Massage Therapy**. This program provides 3 CE hours. This program counts as 'General' hours in Florida.

**SPEECH-LANGUAGE PATHOLOGISTS:** Institute for Brain Potential is approved as a provider of continuing education by the **CA Speech-Language Pathology and Audiology Board (SLPAB)**, #PPDP247, and by **KS Health Occupations Credentialing**. This program provides 3 CE hours.

**ACUPUNCTURISTS:** This course is approved by the **California Acupuncture Board**, Provider Number 565, for 3 hours of Category 1 distance education (home study) credit. Approval Expires: 05/26/2024.

**NURSING HOME ADMINISTRATORS:** IBP is approved as a provider of continuing education by the **Kansas Health Occupations Credentialing**. This program provides 3 CE hours.

**DIETITIANS:** Institute for Brain Potential is accredited as a CE provider by **American Nurses Credentialing Center's Commission on Accreditation** and **Accreditation Council for Pharmacy Education**. The **Commission on Dietetic Registration (CDR)** accepts enduring (home study) activities from CE providers accredited by these organizations. IBP is approved as a CE provider by the **Florida Dietetics and Nutrition Practice Council** and **Kansas Department of Health and Environment**, Provider# LTS D1270. This program provides 3 CE hours.

**RESPIRATORY CARE PROFESSIONALS:** RCPs in New York receive 3 hours of Category III credit through the ANCC. Institute for Brain Potential is accredited as a provider of nursing continuing professional development by the **American Nurses Credentialing Center's Commission on Accreditation**. Institute for Brain Potential is approved by the **California Board of Registered Nursing (CA BRN)**, Provider #CEP13896, to provide continuing education. Programs offered by the CA BRN approved providers of CE are accepted by the **Respiratory Care Board of California**.



**EDUCATORS:** Participants completing this program will receive 7.5 clock 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.

**COLLEGE EDUCATED PUBLIC:** This program is recommended for individuals who wish to add to their personal and professional knowledge and to improve their health and wellbeing. Participants will receive a certificate of completion for 3 hours.

*In this evidence-based program presented by Brian King, Ph.D., a neuroscientist/comedian, learn why a sense of humor and laughter are good for the brain and body, increase stress resilience, how they reduce pain, improve immune function, elevate mood, and reduce generalized anxiety.*

*Participants completing this program should be able to:*

1. Describe how humor and laughter can be good for the brain and body.
2. Discuss the benefits of the appropriate use of humor and laughter in medical settings.
3. Indicate the benefits of humor for improving psychological health.
4. Describe the application of humor to promote healthful habits.

## Why Humor is Good for the Brain and Body

*Start the day off with a smile and get it over with*

- Why We Laugh
- Stress-Related Hormones
- Immune Health
- Humor and Brain Health

## Humor and Laughter in Medical Settings

*Laughter is the best medicine*

- Acute Pain
- Chronic Pain
- Heart-Warming Humor
- Cancer

## Using Humor in Your Practice by Practicing Humor

*Laughter is the closest distance between two people.*

- Reducing Generalized Anxiety
- Depression
- Interpersonal Therapy
- Cognitive-Behavioral Therapy
- Positive Psychology
- Acceptance and Commitment
- Enhancing Mindfulness
- Difficult Conversations and Situations

## Using Humor to Promote Healthful Habits

*Good humor is an acceptance of reality*

- Enhancing Willingness to Change
- The Humor-Habit
- Reducing Apprehension
- Changing How We Feel By Changing How We Think
- Calming An Overactive Brain

## ABOUT THE INSTRUCTOR



*Brian King, Ph.D. (Bowling Green State University), 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 expert in the study of humor and laughter, Dr. King is the author of evidence-based book, the Laughter Cure (2017) This memorable program provides practical strategies to improve health and wellbeing through the use of film clips, cartoon and comedic dialogue. Audiences applaud his insightful and practical presentations and enjoy his sense of humor.*