

# Humor, Laughter and Health

## A 6-Hour Home Study Program for Health Professionals

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

*Health professionals 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.



**NURSES:** Institute for Brain Potential (IBP) is accredited 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 the **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. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.



**ACE** Institute for Brain Potential, 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. 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.

Institute for Brain Potential is approved as a provider of CE by **Florida Board of Clinical Social Work, MFT and Mental Health Counseling**, by **Florida Board of Psychology**, by **Ohio CSWMFT Board**, Provider #RCST030801, by **Illinois Department of Professional Regulation MFT CE Sponsor Program**, Sponsor #168.000183, and by **Texas State Board of Examiners of Marriage & Family Therapists**, Provider #830. 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. This program provides 6 contact hours.



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



**PHARMACISTS AND PHARMACY TECHNICIANS:** 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 6 contact hours (0.6 CEUs). UANs: 0492-0000-17-012-H04-P and 0492-0000-17-012-H04-T. This program has been pre-approved by the **Florida Board of Pharmacy** for 6 hours of continuing education credit.



**DENTAL PROFESSIONALS:** Institute for Brain Potential 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. Subject Code: 557. 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**. Institute for Brain Potential is an approved provider with the **Florida Board of Dentistry**. This program provides 6 hours of CE credit.



**OCCUPATIONAL THERAPISTS:** 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 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 **Florida Board of Occupational Therapy** for 6 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 provides 6 contact hours of CE 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 6 CE hours. This program counts as 'General' hours in Florida.

**SPEECH-LANGUAGE PATHOLOGISTS:** Institute for Brain Potential is an approved provider by the **California Speech-Language Pathology and Audiology Board (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 the **Respiratory Care Board of CA**. This program provides 6 CE hours.



**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.

## 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.*