



# 10th ANNUAL HUMOR ACADEMY SESSIONS

## WEDNESDAY, MAY 13, 2020

5:00 PM

Humor Academy Reception for  
Board and HA Reunionites

7:00 PM

Registration Open for Humor Academy participants

## THURSDAY, MAY 14, 2020

7:30 AM

REGISTRATION OPENS

### LEVEL I

8:00 AM

Foundation - HA Theory Course

*Mary Kay Morrison, CHP*

### LEVEL II

8:00 AM

Project-based Research Course

*Nila Nielsen, CHP*

10:30 AM

What is Mind/Body Medicine?

*Joyce Saltman, CHP*

### LEVEL III

8:00 AM

Application of Humor and Leadership

*Karyn Buxman, CSP, CPAE, CHP*

10:30 AM

Infomercials: A Two-Part Certified Humor  
Professional Workshop

Part II: Delivering an Infomercial That Sells

*Chip Lutz, CHP*

### CHP

8:00 AM

Network: Ideas and Techniques

*Roberta Gold, CHP*

8:45 AM

Infomercials: A Two-Part Certified Humor  
Professional Workshop

Part I: Preparing a Brief Message that Sticks

*Chip Lutz, CHP*

10:30 AM

Infomercials: A Two-Part Certified Humor  
Professional Workshop

Part II: Delivering an Infomercial That Sells

*Chip Lutz, CHP*

### ALL LEVELS

11:30 AM

HA LUNCHEON & PROJECT PRESENTATIONS  
by the 2019-20 Level III Class

### LEVEL I

1:30 PM

Hee Hee Healing: Foundation of Therapeutic Humor

*Steve Sultanoff, CHP*

### LEVELS II, III & CHP

1:30 PM

The Humor Games:

The Ultimate Challenge of Wit and Wisdom

*Karyn Buxman, CSP, CPAE, CHP*

### ALL LEVELS

2:45 PM

How We Play Informs Who We Become

*Tim Walsh*

3:45 PM

The Neural Basis of Humor Creativity

*Ori Amir*

5:15 PM

2020 HA Graduation and the 10th Anniversary  
Celebration of the Humor Academy



## 30th ANNUAL AATH CONFERENCE

### FRIDAY, MAY 15, 2020

9:00 AM

AATH CONFERENCE OPENING CEREMONY

10:00 AM

BREAKOUT SESSIONS – CHOOSE ONE

Say YES to Stress

*Sporty King, CHP*

The Luck Factor

*Bronwyn Roberts, CHP*

How to Infuse Humor Into Your  
Personal & Professional Writing: Yeah Write!

*Ron Berk, PhD*

11:00 AM

BREAKOUT SESSIONS – CHOOSE ONE

Happiness Is For Everyone

*Dr Chrissy Whiting*

Diagnosis: Happiness:  
Treating Leadership With Humor

*David Jacobson, CHP*

How to Win Over Babies and Influence Toddlers

*Colleen Wilson*

12:00 PM

AATH Business Meeting & Lunch

1:30 PM

BREAKOUT SESSIONS – CHOOSE ONE

Laughter Yoga: State of the Research  
and a Laughter Session Too!

*E. Susan Duncan*

Suffering is Highly Overrated:  
Reflections on Humor and Life

*Don Baird, Psy.D.*

Don't Worry, Be Happy? Treating Life with Humor:  
Personal and Professional Perspectives from  
Individuals with Disabilities

*Penny Willmering, Jennipher Wiebold, Robert Stevens*

3:00 PM

KEYNOTE

Finding Amusement in Depression

*Olubunmi Diala, CHP*

4:15 PM

HA PROJECT PRESENTATIONS  
by the 2019-2020 Level II Class

5:30 PM

Dinner On Your Own

7:00 - 9:00 PM

"PAINT YOUR HAPPINESS" with  
Johnette Downing and Nurse FUNshine  
Sponsored by Nurse FUNshine

### SATURDAY, MAY 16, 2020

8:00 AM

Brains & Beignets –

Research Abstract Presentation Session

*Gurinder Bains*

9:30 AM

KEYNOTE

Learn to Apply the Tools of Stand-Up Comedians

*Cesar Cervantes*

11:00 AM

BREAKOUT SESSIONS – CHOOSE ONE

A Onesie, A Tutu and 3 Things I Learned  
As A Single, Grieving Dad

*Greg King*

11 Teeny Tiny Steps:  
A Practical Guide to a Physical,  
Spiritual, Healthier, Happier YOU"

*Debra Joy Hart*

Satire as a Tool for Social Change

*Ori Alon*

12:00 PM

LUNCH

1:30 PM

**BREAKOUT SESSIONS – CHOOSE ONE**

**Transforming Learning:**

**Don't Let School Interfere with Your Laughing**

*Peter Jonas*

**Permission to Laugh**

*Pat Shea*

**Knock, knock. Can I offer you a laughter pill?**

*Linda Gingold Seaman*

2:30 PM

**BREAKOUT SESSIONS – CHOOSE ONE**

**Laughing in Love: Rx for a Happy Relationship**

*Patrick Harris*

**Human and Humanity**

*Meagan Brown*

**The Merry Heart: Humor as a Ministry Tool**

*Michael Edgar Myers*

4:00 PM

**KEYNOTE**

**Using Humor to Humanize the Badge**

*Sergeant Tracy Lillard, Illinois State Police*

6:30 PM

**Banquet Reception**

7:00 PM

**AATH Annual Banquet & Award Ceremony**

**SUNDAY, MAY 17, 2020**

7:30 AM

**Humor Academy Wrap-Up Sessions**

9:00 AM

**KEYNOTE**

**A Funny Thing Happened on the Way to Diversity**

*Alex Valdez*

10:15 AM

**BREAKOUT SESSIONS – CHOOSE ONE**

**The Daughter of Laughter and Chaos**

*Noreen Braman*

**Lighter Side of Aging**

*Steve Wilson*

**Empathy**

*Alex Valdez*

11:15 AM

**AATH CONFERENCE CLOSING CEREMONY**

12:00 PM

**Safe Travels Home!**