

AATH 2023

AATH Adventure Awaits! ANNUAL CONFERENCE & HUMOR ACADEMY

April 27-30 | DoubleTree by Hilton | Phoenix Mesa

I DIG
HUMOR!



INSPIRATIONAL. MOTIVATIONAL. EDUCATIONAL. Not to mention fun and entertaining!

We are Serious About Humor. Spend three energizing and thought-provoking days at AATH's Annual Humor Conference, April 27-30, 2023, in Mesa, Arizona. Explore keynotes, research, panels, and breakouts sprinkled with networking events and FUN.

Gain insight from experts who have spent years researching, promoting, and practicing healthy humor. Humor strengthens the immune system, reduces inflammation, anxiety, and stress, and improves overall well-being and resilience. It's in your best interest to attend!

CONTINUING
EDUCATION
CREDITS
AVAILABLE

Continuing education credits are available for nurses, psychologists, recreation therapists, social workers, therapists, and counselors. Professionals, speakers, trainers, leaders, parents, business owners, and breathing humans, this lively, engaging gathering is for YOU!

Note: if you seek CEs for a specialty not listed above, contact the AATH office at info@aath.org or 815.708.6587.

Laugh Your Way to the Top: Become a Certified Humor Professional



Humor Academy is a one-of-a-kind, three-year program focused on the science, benefits, and application of humor. Each level lasts one year, and those who complete the program earn the distinction of **Certified Humor Professional (CHP)**.

Want to learn more?

www.aath.org/humor-conference



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The Application of Humor in Public Speaking... and Stress is a Laughing Matter?

Paul Osincup, Humor Strategist

In a never-before-seen act of bravery, audacity, and sheer lunacy, Paul Osincup will attempt the unthinkable... to deliver two keynotes in one and provide a double dose of tangible takeaways! You'll leave free of stress and ready to apply humor professionally and intentionally to any talk!



Comedy Taboo? Says Who?

Lenny Dave, Comedy Historian

From Noah's Ark to Trevor Noah, Jimmy Durante to Jimmy Fallon, is all laughter generated from comedy healthy and therapeutic? While that spirited debate continues, history provides us with numerous clues. This nostalgic, informative program explores the comedians and memorable moments that changed how we view the evolving world in which we live.



You're Crazy! A Conversation about Mental Illness

Dr. Melissa Mork, Professor of Psychology

Do others describe you as "crazy"? Is that a clinical diagnosis or just a fun description? Dr. Mork's presentation on Mental Illness will help you make a final determination on that. Learn how to delineate everyday stress from actual mental illness, strategies to cope, locate help, and maybe even find a few ways to laugh about it!



Humor as a House: A Handy Guide for How, When, and Where to Use Humor

Dr. Michael K. Cundall, Jr., Professor & Organizational Humorist

The BIG(gest) question facing humor users is how and when to use it. In today's world, a misplaced joke can land us in much trouble. A handy, practical, and easily remembered guide to know "Is it OK to use humor here?" is important. Humor as a House provides the tools you need to answer that question.



The Charisma Factor: Using Improvisation Techniques to Break Out of Your Shell and Connect with Others

Heather Walker, PhD, Organizational Psychologist

Tired of being an introspective "wallflower"? Patiently wait to speak in meetings, only to find that your turn never comes? Sometimes feel like you're drifting away from others and aren't sure how to reconnect? Never fear, improv techniques are here to help you become a charismatic communicator in all scenarios. Learn about social anxiety challenges and how improv techniques can help you (and your clients) explore new ways to relate to others.



AWESOME! The Connection Between Humor and Awe

Allen Klein, Jollytologist® and Ambassador of Light

This humor conference is awesome. This presentation is also awesome. Even the presenter's bald head is awesome. That's why you need to attend. Be there if you want to be awesome, too.

COME TO
LEARN.
CONNECT WITH
PEERS.
MAKE NEW
FRIENDS.

Adventure
Awaits!



Don't Miss Out on the
AATH Annual Awards
Banquet
Saturday, April 29 | 6:00 pm

Dinner, awards, and a
memorable time. Comes
with a fun time guarantee.

Drumming with
Intention...Experience
the Beat of Connection

Friday, April 28 | 7:30 pm



Drum Circle
facilitated by
Drumming Sounds

Sponsored by
Nurse FUNshine

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HEALTH & HAPPINESS CONSULTANT
KEYNOTE SPEAKER
WELLNESS RETREAT FACILITATOR
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