

## ABOUT THE SPEAKERS

*Patt Harper* is a motivational humorist, trainer, and author. She has worked with organizations across the United States and Canada since 1996. Patt has 10+ years experience working with older adults in a Senior Center facility.

She is a Certified Laughter Leader through the World Laughter Tour organization, a member of the Association for Applied and Therapeutic Humor (AATH) and the American Society for Training and Development (ASTD).

*Jay D. Rohman* is a professional speaker, trainer, author, and actor. Known as the "Ambassador of Encouragement" Jay works with organizations and individuals to help them become less stressed through the adoption of maintaining good and healthy habits. Jay is a Certified Laughter Leader through the World Laughter Tour organization, a member of the American Society for Training and Development (ASTD), and the National Speakers Association (NSA).

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*please contact:*

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## Southeast community college

Continuing Education Division  
301 S. 68th Street Place  
Lincoln, NE 68510-2449

Therapeutic  
Humor &  
Laughter

# Continuing Education



## Therapeutic Humor & Laughter

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Thursday  
January 26, 2006

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Southeast Community  
College - Continuing  
Education Center  
301 S. 68th St. Pl., Lincoln, NE

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Continuing education  
hours for  
Nurses and LMHP's.

 Southeast community college  
[www.southeast.edu](http://www.southeast.edu)

**REGISTRATION FORM - NONCREDIT COURSE**

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2006 QUARTER	
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County #		Day Phone		Evening Phone			
Birth Date		Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female		Race: (used for statistical purposes only) <input type="checkbox"/> White, Non-Hispanic <input type="checkbox"/> Black/African-American, Non-Hispanic <input type="checkbox"/> Hispanic/Latino(a) <input type="checkbox"/> Native American <input type="checkbox"/> Asian/Pacific Island <input type="checkbox"/> Other		Veteran or Dependent Utilizing Military Benefits <input type="checkbox"/> Yes <input type="checkbox"/> No	
		<input type="checkbox"/> Resident of Nebraska		<input type="checkbox"/> Non-Resident of Nebraska			
Course Number		Section		Course Title		Date	Please Check
L L H K	1 7 3 5	C E W A	Therapeutic Humor & Laughter for Nurses	Jan. 26, 2006		9 am - Noon	CEC, 302 \$49
L L F K	1 0 1 1	C E W A	Therapeutic Humor & Laughter for LMHP's	Jan. 26, 2006		9 am - Noon	CEC, 302 \$49

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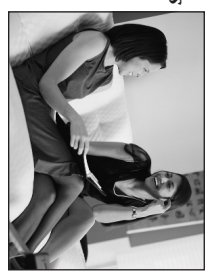
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# Therapeutic Humor & Laughter

Therapeutic humor and laughter is a method to provide positive counterweight to the negative circumstances that have brought clients to the service provider. This workshop will teach you laughter and humor techniques to use to help in your client's total wellness.

Upon completing this course, the participant will be able to:



- 1) Identify specific ways in which humor and laughter contributes to physical health and wellness.
- 2) Trace the history of humor and laughter used as therapy and describe current trends in the "humor-as-therapy" movement.
- 3) Describe the types of therapeutic humor and laughter programs currently being adopted and assess their impact upon patient outcomes.
- 4) Illustrate ways in which keeping your sense of humor on the job helps provide quality care to clients—even in the midst of stress.
- 5) Restate the numerous cautions and concerns about the use of laughter in wellness settings.
- 6) Differentiate humor vs. laughter.
- 7) Identify the steps required to implement therapeutic humor and laughter programs.

**Thursday, January 26, 2006**

**Continuing Education Center**  
 Southeast Community College  
 301 S. 68th St. Pl., Lincoln, NE

**9 a.m. - Noon**

**\$49**

- AGENDA**
- 8:30 a.m. Coffee, Rolls, Check-in
  - 8:45 a.m. Workshop begins
  - 10 a.m. Break
  - Noon Conclusion and evaluation

**Contact Hours for LMHP's**

This course qualifies for 3 contact hours for Licensed Mental Health Practitioners.

**Contact Hours for Nurses**

3.0 contact hours awarded. Southeast Community College Continuing Education Division is an approved provider of continuing nursing education by the Nebraska Nurses Association, an accredited approver by the American Nurses Credentialing Center Commission on Accreditation.

**Other Healthcare Professionals**

Please check with your licensing agencies to verify that this workshop will count as continuing education in your field.

