



Swiss Positive Psychology Association

Schweizerische Gesellschaft für Positive Psychologie
Société Suisse de Psychologie Positive
Società Svizzera di Psicologia Positiva

Invitation to a workshop on

Humor:

The Lighter Path to Resilience and Health

We are happy to announce that **Dr. Paul McGhee** will host a 4-hour workshop for members of the SWIPPA (in English). The workshop is open to students, researchers and practitioners interested in improving their sense of humor. Date and place:

Thursday, 10th of January 2019: 16:00 – 20:30 (room at the University of Zurich, Oerlikon)

Workshop Description

«Research over the past two decades has demonstrated what our grandmothers always knew to be true; LAUGHTER really is GOOD MEDICINE! As the daily stress in most of our lives has mounted in recent years, most people find that their sense of humor abandons them right when they need it the most — in the midst of stress.» (Source: <http://www.laughterremedy.com>)

In his interactive workshop, Dr. Paul McGhee will provide us an insight into the variety of humor. Various elements of his humor training are presented in an entertaining and creative way.

Take this unique opportunity to get to know Dr. McGhee's humor training at first hand and to strengthen your own humor potential.

Registration:

The places for the workshop are limited, as the workshop includes hands-on exercises. If you are interested, please send an email to Jenny Hofmann (j.hofmann@psychologie.uzh.ch) with your contact information and background. After confirmation of your registration, you may pay the workshop fee (see beyond; details will be in the confirmation email). Reservations are binding.

The costs:

50 CHF for student

150 CHF for “normal participants” (not enrolled in a university program)

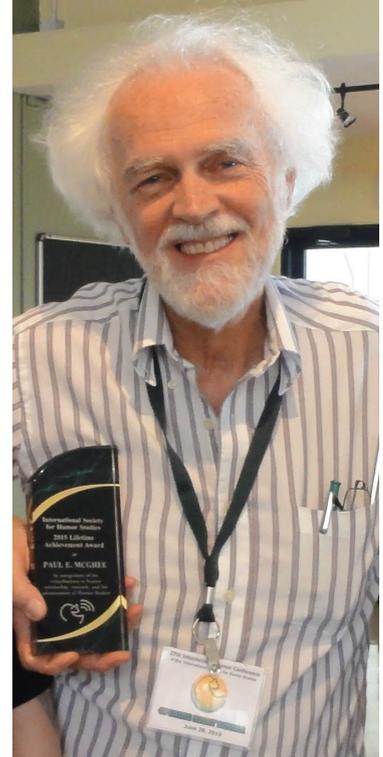
The workshop fee includes course handouts and a coffee break.

BRIEF BIO

Dr. Paul E. McGhee graduated from Oakland University (Michigan) and obtained a masters degree in experimental psychology from Bucknell University (Pennsylvania). He pursued a PhD in Developmental Psychology at Ohio State University (1968), in which he investigated children’s humor and cognitive development. Following his PhD, Dr. McGhee did research and lectured at different universities around the world, including the University of Toronto, the University of Minnesota Morris, the State University of New York (Albany), the California State University (Los Angeles and Northridge, the Texas Tech University, and at the Sorbonne (Paris).

Afterwards, Dr. McGhee left academia to focus on practical applications of humor, especially humor trainings for health care professionals, and to work as a professional speaker. Since

1990, he has been the President of *The Laughter Remedy* (www.LaughterRemedy.com). He has published almost 20 books about humor, especially about the development of humor and about applying humor to health and well-being. Dr. McGhee (1996, 1999, 2010) also



developed an evidence-based humor intervention program, the 7 Humor Habits Program (7HHP). The effectiveness of the 7HHP in increasing humor and well-being and in reducing clinical symptoms has been supported across several studies (for an overview, see Ruch & McGhee, 2014). His efforts in humor research and applying humor have been honored with the Odyssey Award from Oakland University (2009), the Doug Fletcher Lifetime Achievement award from the *Association for Applied and Therapeutic Humor* (2011), and the Lifetime Achievement Award from the *Internal Society of Humor Studies* (2015).

Pre-Reading / Literature

- McGhee, P. E. (1989). *Humor and children's development: A guide to practical applications*. New York, NY: Haworth.
- McGhee, P.E. (2010a). *Humor as survival training for a stressed-out world: The 7 Humor Habits Program*. Bloomington, IN: Author House.
- McGhee, P. E. (2010b). *Humor: The lighter path to resilience and health*. Bloomington, IN: Author House.
- Ruch, W. & McGhee, P. E. (2014). Humor intervention programs. In A. C. Parks & S. Schueller (Eds.), *Wiley-Blackwell handbook of positive psychological interventions* (pp. 179-194). London, UK: Wiley-Blackwell.

We are looking forward to seeing you there!

Jenny Hofmann and the SWIPPA