

### **Continuing Education**

Each seminar has been approved for three continuing education hours. Accredited schools of social work are pre-approved providers of continuing education by the PA State Board of Social Workers, Marriage and Family Therapists and Professional Counselors. Temple University School of Social Administration is accredited by the Council on Social Work Education.

Certificates of attendance documenting continuing education hours will be issued by Temple University Harrisburg for each session.

### **Registration Form and Information**

Please send registration form to:

Lori Garman  
Hoffman Homes, Inc.  
P.O. Box 4777  
Gettysburg, PA 17325

For more information contact:

Lori Garman  
(717) 359-2618  
lgarman@hoffmanhomes.com.

Hoffman Homes, Inc.  
P.O. Box 4777  
Gettysburg, PA 17325

Clinical Seminars in Child Mental Health  
November 21, 2008

### **Clinical Seminars In Child Mental Health**

**Workshop Title:  
Healthy Humor in  
Health Care Settings:  
Ideas for Therapists**

**HAH Humor and Health**

(morning session)

**Humor as a Therapeutic Tool**

(afternoon session)

Presenter for both sessions

“Willie” Klinger, Ph.D

Hoffman Homes, Inc.

Gettysburg, PA

November 21, 2008

Sponsored by

Temple University

School of Social Administration

and Hoffman Homes, Inc.

**Instructor**

Dr. "Willie" Klinger is a Therapeutic Recreation Specialist with over 28 years of experience in psychiatric settings as a therapist, educator, and researcher. He is currently an Assistant Professor in the Department of Psychiatry at the Penn State College of Medicine. Dr. Klinger has presented Keynote addresses, lectures, and workshops to diverse professional groups at national, regional, state, and community settings. He became interested in the link between humor and healing in the early 1990's when he realized that people with emotional challenges and depression often lacked a healthy sense of humor. Dr. Klinger developed and implemented a Humor program for Psychiatric Clients and a Humor in Education Program "L.A.U.G.H. ©" which he has taught in the Penn State University graduate system. Dr. Klinger has found that the use of humor, music, and movement along with medication and psychotherapy are useful tools in treating clinically depressed clients.

**Program Schedule**

- 8:30 AM Continental Breakfast
- 9:00 AM HAH - Humor and Health  
This interactive workshop is designed to help individuals utilize the healing power of positive humor more effectively in their professional lives. Participants will become familiar with the stages of the development of a sense of humor as well as a humor rating scale. Additionally they will recognize how a healthy sense of humor can build relationships, increase communication and attending, change feelings, biochemistry, thoughts and behaviors.  
*Objectives*
  - Participants will be able to distinguish between "HEALthy" and HURTFUL humor.
  - Participants will be able to list the stages of 'normal' humor development.
  - Participants will become familiar with Humor Rating Scale.
  - Participants will be able to cite 5 therapeutic benefits to humor.
- 12:15 PM End of Session, Lunch, Tour of Facilities
- 1:15 PM Humor as a Therapeutic Tool  
This presentation is designed to help participants utilize the healing power of positive humor more frequently and effectively while rendering care. Participants will learn specific activities and interpersonal interactions that may bring a smile to their client's face and minds.  
*Objectives*
  - Participants will learn about the relationship between adolescent Humor and Coping, Defense Strategies, Psychological Distress and Well-Being.
  - Participants will become aware of various active and passive interventions for sparking client's sense of humor.
  - Participants will be able to select 2 specific ways to utilize humor with their clients.
  - Participants will be cognizant of Humor Therapy Guidelines and Pre-Cautions.
  - Participants will laugh (HOPEFULLY).
- 4:30 PM End of Session  
  
A 15 minute break will be provided in each seminar.

**Registration**

The cost of each seminar is **\$25.00 or \$35.00** for both seminars which includes the certificate processing fee for continuing education credits (checks should be made payable to Hoffman Homes, Inc.) Simply complete the registration form and mail with payment to the address on this form. In the event that the program is filled, persons will be notified. Please provide a DAYTIME telephone number for this purpose. Seating is limited, therefore early registration is recommended. A confirmation letter will not be sent. We cannot guarantee your enrollment until we receive the completed registration form and payment. There will be no refunds for cancellations.

Please duplicate for additional enrollments.

Name (Please Print) \_\_\_\_\_

Agency \_\_\_\_\_

Occupation or Position \_\_\_\_\_

Work Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_

E-Mail Address \_\_\_\_\_

- Please check the seminars you will be attending:
- Both Seminars
  - HAH - Humor and Health  
(morning seminar only)
  - Humor as a Therapeutic Tool  
(afternoon seminar only)
- Please arrive early to register. Upon arriving please sign in at the administration building.  
A continental breakfast and cafeteria lunch is included .