



Northwest (HHS Region 10)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

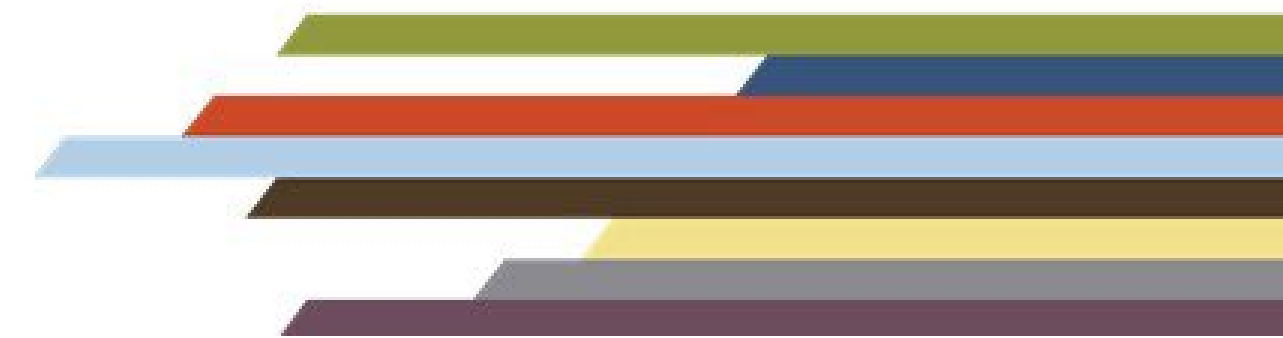


Northwest ATTC presents:

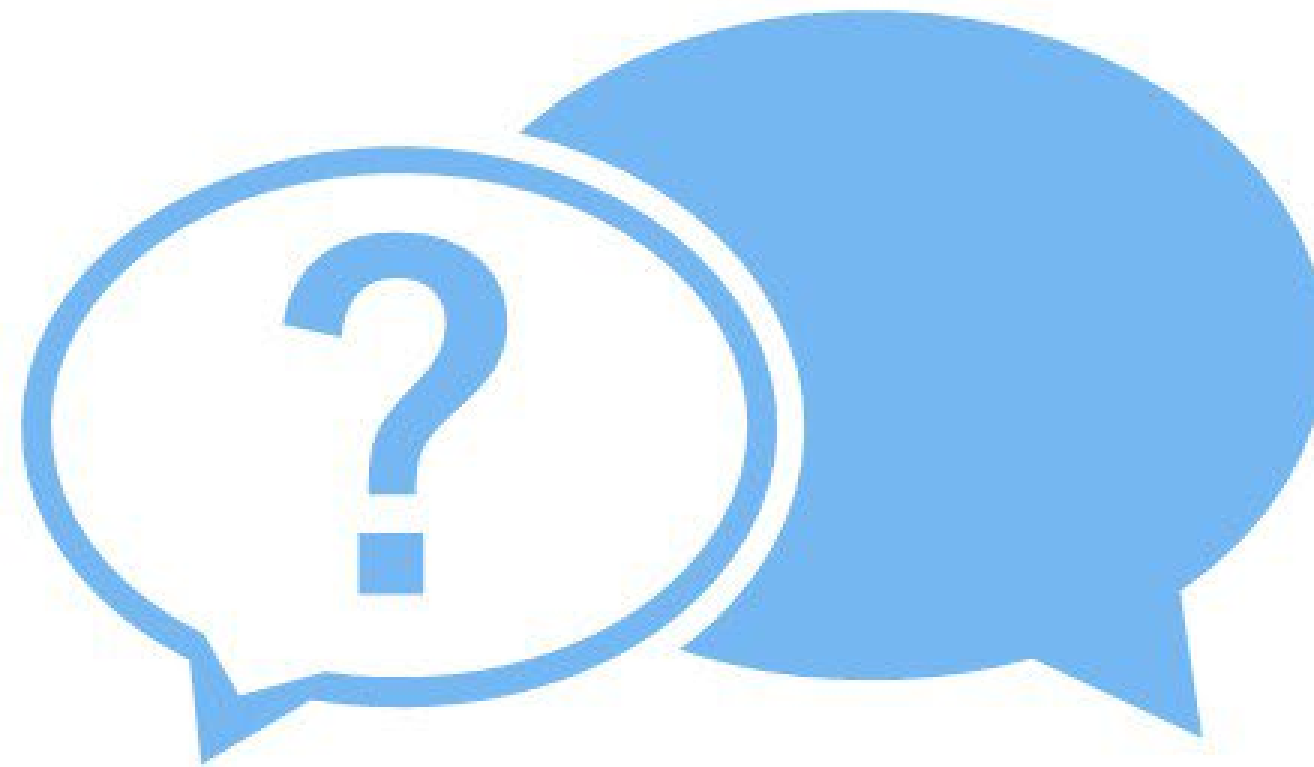
Using Therapeutic Humor to Support Clients

Thank you for joining us!
The webinar will begin shortly.

- Participants are automatically muted during this presentation
- **Got questions?** Type them into the chat box at any time and they will be answered at the end of the presentation.
- An ADA-compliant recording of this presentation will be made available on our website at:
<http://attcnetwork.org/northwest>



**Questions? Please type them in
the chat box!**



Surveys

Look for our surveys in your inbox!

We greatly appreciate your feedback!

Every survey we receive helps us improve
and continue offering our programs.

It only takes **1 minute** to complete!



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Certificates

Certificates of Attendance are available for live viewers!



Viewing Groups:

Please send each individual's
name and **email address** to
northwest@attcnetwork.org
within 1 business day.

Your certificate will be emailed within a week to the address you registered with.





The Northwest ATTC presents:

Using Therapeutic Humor to Support Clients



Mallori DeSalle, MA, LMHC, NCC, CMHC, CHP



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Tribal Land Acknowledgement

In applying a lens of cultural humility to issues of diversity, equity, and inclusion, Northwest ATTC offers this land acknowledgement for today's event.

Our work intends to reach the addiction workforce in HHS Region 10: Alaska, Idaho, Oregon, and Washington. This area rests on traditional territories of many indigenous nations, including tribal groups with whom the United States signed treaties prior to the granting of statehoods.

Please join us in support of efforts to affirm tribal sovereignty and in displaying respect and gratitude for our indigenous neighbors.



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HOW HUMOR HELPS

Using Therapeutic Humor to Support Clients



Mallori DeSalle,

Therapist, Trainer, Oreo-Lover

Say My Name, Say My Name

DECIDE ON A NEW NAME FOR DURING THIS WORKSHOP

ABSURD NAME OPTIONS...

TITLE + FAVORITE FOOD

LIL + FAVORITE DRINK

PET'S NAME + PIECE OF CLOTHING + "BOTTOM"

MAKE UP YOUR OWN

TYPE INTO THE CHAT BOX



1. Compare And Contrast the psychological impacts of Comedy/ Humor And Therapeutic Humor
2. Distinguish Methods For Utilizing Humor With Clients that foster therapeutic relationships
3. Identify risks and solutions for utilizing humor in therapy.

The background of the slide features several horizontal, overlapping brushstrokes in various shades of blue, ranging from light sky blue to a deeper cerulean. These strokes are layered to create a sense of depth and texture, with some areas appearing more saturated than others.

What is humor?



Humor :

Benign violation of the
norm that surprises
you.

~Peter McGraw

What is Therapeutic Humor?



Why Therapeutic Humor?

1 in every 8 people live with a mental health disorder

Stress at work is at an **all-time HIGH**

44% stress

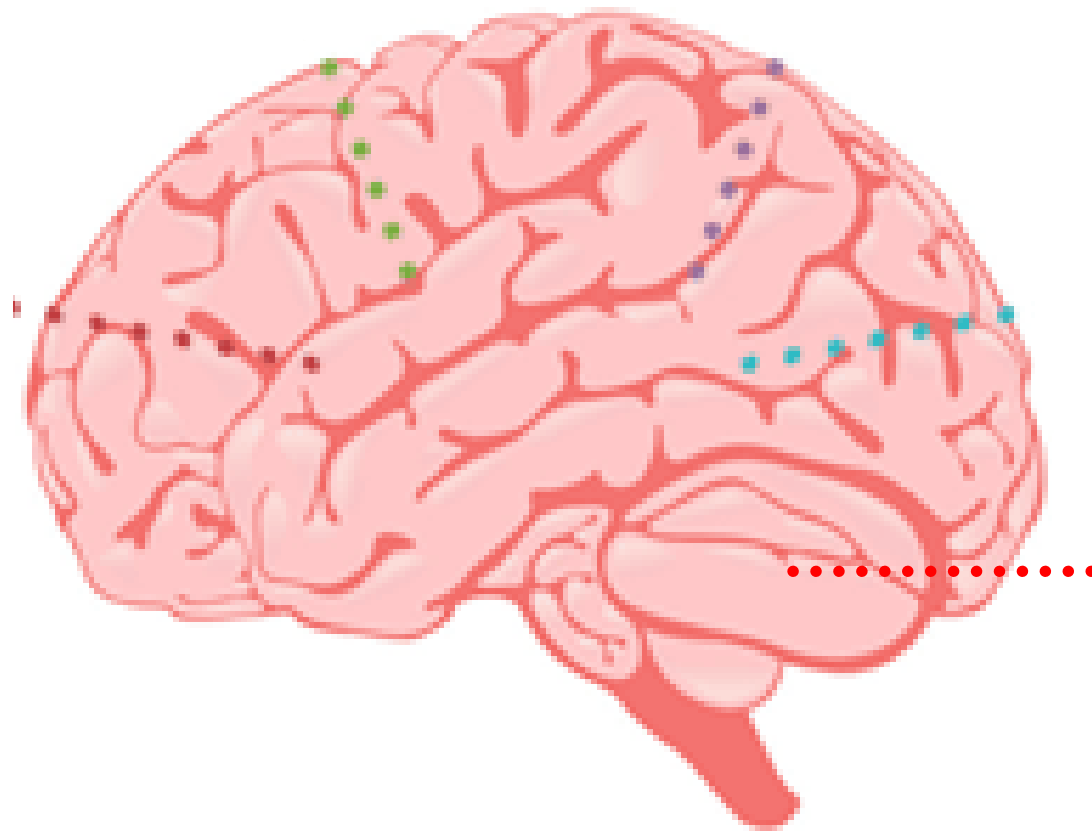
40 % worry

23% sadness

21 % anger



HOW HUMOR HELPS!



FUNNY FACTOIDS



HUMOR AND
LAUGHTER HELP
MAINTAIN WELL-BEING
BY REFRAMING
STRESSFUL EVENTS
(PERCHTOLDET AL.,
2019).

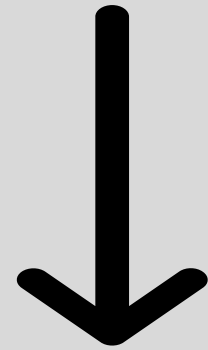


HUMOR CAN BE USED TO
HELP COMMUNICATE
DIFFICULT ISSUES, WHICH
HELPS CLIENTS COPE WITH
EMOTIONAL AND PHYSICAL
SUFFERING, SICKNESS, AND
LOSS (DZIEGIELEWSKI ET AL.,
2004).

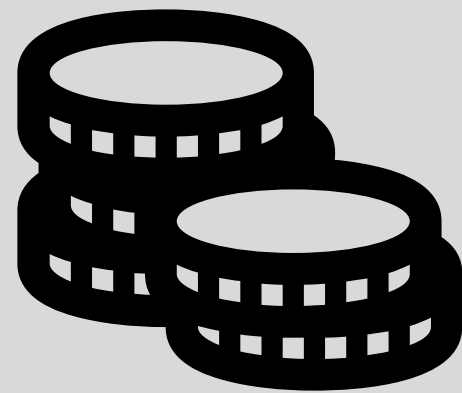


RESEARCH HAS SHOWN THAT USING
HUMOR AND LAUGHTER DIRECTLY
AFTER EXPERIENCING A STRESSFUL
SITUATION PRODUCES A REDUCTION
IN STRESS HORMONES AND CREATES
LASTING, POSITIVE FEELINGS. IN
FACT, WHEN PRACTICING HUMOR,
MUSCLES BECOME MORE RELAXED,
BREATHING CHANGES, AND THE
BRAIN RELEASES ENDORPHINS,
WHICH ARE THE BODY'S NATURAL
PAINKILLERS (WHALEN, 2010).

Therapeutic Humor helps us to:




unpleasant emotions.



the situation itself.



A photograph of two young children, a boy in a blue shirt and a girl in a yellow shirt, playing under a waterfall. The boy is in the foreground, reaching out with his hands to touch the falling water. The girl is behind him, also smiling and looking at the water. The background is a lush green forest. The text '4 Tasks Spirit Skills Ambivalence' is overlaid on the right side of the image in a white, outlined font.

4 Tasks Spirit Skills Ambivalence

How Is HUMOR Aligned with Therapeutic Alliance?

Absurdity and Ambivalence

It's ABSURD/FUNNY:

- We feel two (opposing) ways at one time
- We want change/ We don't want change

EVOKING LAUGHTER



Much like eliciting change talk (MI), discussing ideas on truth (DBT), or welcoming feelings (ACT)-laughter helps us ‘hear’ the change “potential” in our view on our concern/problem.



Sharing a laugh is like understanding/empathizing



Inviting others to explore alternate perspectives can decrease judgment for one’s circumstance.

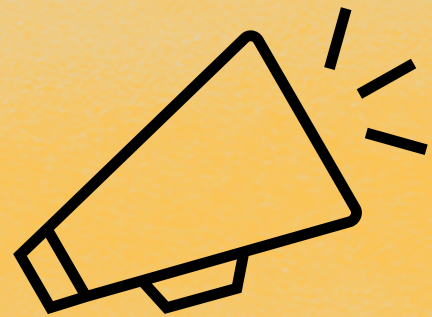
The background features several horizontal, overlapping brushstrokes of a vibrant red color, creating a textured, artistic effect. These strokes are set against a solid light gray background.

WHAT ARE
THE RISKS?

The background of the image features several horizontal, overlapping brushstrokes in a light blue color, creating a textured, painterly effect. The strokes are of varying lengths and thicknesses, giving the background a dynamic and artistic feel.

To HUMOR
or
NOT to HUMOR

When Humor Works



**Distraction vs
Strategy for Inaction**



Laugh At of vs
Laugh With



Perform vs Invite

FLIPPING FUNNY: Famous Quotes

I'm the king of the **[ABSURD]**.

Keep your friends close, but your **[ABSURD]** closer.

Life is like a box of **[ABSURD]**.

To **[ABSURD]** and beyond!

Houston, we have a **[ABSURD]**.

You can't handle **[ABSURD]**.

May the be **[ABSURD]** with you.



How Might YOU Humor?

Thank you!

MalloriDeSalle@gmail.com

www.MalloriDeSalle.com



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