



Continuing Excellence LLC

How Therapeutic Humor Can Work For You (And Your Clients)

Presenters: Lodge McCammon, Ph.D. & Mallori DeSalle, MA, LMHC

Date: January 17, 2023

Time: 11:00 AM to 3:30 PM ET (*All times East Coast USA Local Time*)

I. 11:00 a.m. – 12:30 p.m.

- Welcome, Introductions, Objectives, Workshop Overview
- Warm Up Activities
 - o Funny Words / Joke Off
- Exercise 1: Pile-o-Punchlines
- Exercise 2: The comedy of Complaints
- Exercise 3: The Comedy of Contradictions

II. 12:30 p.m. -12:45 p.m.

- Break

III. 12:45 p.m. – 2:00 p.m.

- Exercise 4: So I...
- Exercise 5: This, That...and Tacos
- Exercise 6: Shall I Compare Thee

IV. 2:00 p.m. – 2:15 p.m.

- Break

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V. 2:15 p.m. – 3:30 p.m.

- Exercise 7: Punch This Line
- Exercise 8: Punching Up Paradox
- How will you use these skills?
- Closing and Evaluation

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