



# VITAMIN H

## a Prescription for Humor

### written for Health Care Providers

by  
Patt Schwab, Ph.D.

*If laughter were nothing more than sheer silliness and fun, it would still be a precious boon. But we now know that it is far more than that, that it is—in fact—an essential element in emotional health.*  
(Steve Allen, MD)

#### *Better than chicken soup!*

We many not know how humor works, but we know it does work and that it is a valuable index of the quality of our lives. Humor should be taken seriously because it can help establish rapport with patients and staff, speed healing, reduce stress and make the medical setting more enjoyable for everyone.

Patt Schwab, Ph.D., provides insights and practical hints on how to get more humor into the medical workplace. Her programs are humorous but with enough substance that they are frequently offered for continuing education units for physicians and nurses in the United States. Her topics include how to use humor:

- ❖ to establish rapport with patients and colleagues
- ❖ to help patients remember information
- ❖ to problem solve more creatively
- ❖ to reduce stress

She also discusses:

- ❖ why patients use humor
- ❖ when humor is inappropriate
- ❖ why you don't need to act like a clown to be funny

Dr. Schwab is a living example of the relationship between humor and healing. After a horseback riding accident left her with a T-6 fracture and a prognosis of paraplegia, humor was her personal weapon during the long process of recovery. She talks about how humor helped her in her relationships with her doctors and therapists and about how laughter can help ease pain, relieve anger and build strength . . . all important ingredients in the healing process.

Dr. Schwab's theories about the beneficial effects of humor are based on the latest scientific and anecdotal research as well as personal experience. She has spoken to over 50 medical groups and will share the many ways health care professionals in the USA are using humor with their patients, patients families, and colleagues.

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 Meeting Planner Note 

*This program is an excellent keynote or 90 minute to 3 hour workshop.*

As a **WORKSHOP**, it can be designed to promote interactions between conferees.

As a **KEYNOTE** it can be tailored to include references to your conference program. A section discussing a variety of ways to increase the humor in your life without becoming a clown can be used as a **BREAKOUT** session after a keynote.

It can also be developed as a **COMMUNITY EDUCATION EVENT** sponsored by a hospital, clinic, or any organization promoting humor and health.

*Since laughter, adrenaline and staying awake all go together,  
this is also a great luncheon or early afternoon presentation.*

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