



HUMOR'S ROLE IN TRAGEDY

by

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DON'T UNDERESTIMATE THE POWER OF HUMOR!

In times of tragedy, laughter can heal . . . or hurt.
It can bring people together . . . or split them into opposing factions.
It facilitates memory in a crises, and when used correctly,
it can be a critical survival tool.

We are only just beginning to understand the role humor plays in times of tragedy and disaster—and how the level of recovery from a crises is reflected in the humor we use. Indeed, she or he who laughs. . . lasts!

The purpose of this presentation is to acknowledge the special role humor can play in coping with and resolving a tragedy, and how it can be a useful tool for the emergency professional, care giver, or supportive friend to use in monitoring the situation.

Dr. Schwab identifies the four stages of post traumatic humor:

- ❖ Morbid Humor
- ❖ Distractive Humor
- ❖ Power Humor
- ❖ Connective Humor

She elaborates on the strengths of each and gives hints on how to use them to reach closure on the event. Note: This presentation emphatically does NOT say that joke telling is the way to resolve a tragedy. It looks at the use of situation appropriate humor as one of many indicators of emotional recovery.

Since humor is a skill best developed long before being thrust into a tragedy, Dr. Schwab emphasizes several ways participants can increase the humor in their personal and professional lives.

This presentation is particularly useful for:

Emergency Management Teams, EMTs, Hospital Emergency Staffs, Neighborhood Preparedness Groups, and patients or survivors of traumatic events or diseases.



Meeting Planner Note



This program is an excellent keynote or 90 minute workshop.

*As a **KEYNOTE** it can be tailored to include references to your conference program and/or suggestions to promote interactions between conferees. 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.*

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