

Association for Applied and Therapeutic Humor Presents

ON THE EDGE

Humor in the Hard Places

AATH Annual Conference & Humor Academy
May 14-17, 2026 | San Diego, CA



Who is AATH?

We are an inclusive community of humor professionals and enthusiasts with a shared mission to elevate and nourish the human spirit through the intentional use of humor and laughter. One way we do that is by offering professional development and continuing education at our annual humor conference.

Gathering with like-minded international professionals, listening to inspiring speakers, and sharing the latest research, plus new perspectives on humor and laughter is pure joy. Add to that getting CEUs, and there is nowhere else I would rather be!

Roberta Gold, R.T.C., CHP
Professional Speaker, Author, Attitude Adjustment Coach



Continuing Education

This activity has been planned and implemented by Amedco LLC and AATH. Amedco LLC is jointly accredited and approved by the following:

- Accreditation Council for Continuing Medical Education (ACCME)
- Accreditation Council for Pharmacy Education (ACPE)
- American Nurses Credentialing Center (ANCC)
- Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program.
- American Psychological Association
- CA Board of Registered Nursing
- Board of Clinical Social Work, Marriage & Family Therapy, and Mental Health Counseling (FL BBS)

Who should attend the conference?

AATH welcomes anyone interested in learning more about the application and benefits of therapeutic humor. Attendees include scholars, psychologists, counselors, allied healthcare practitioners, nurses, social workers, physicians, cancer survivors, funeral directors, business executives, human resource managers, educators, clergy, hospital clowns, speakers, trainers, and so many others who incorporate humor in their life and work.



What is therapeutic humor?

Therapeutic humor is any intervention that promotes health and wellness by stimulating a playful discovery, expression, or appreciation of the absurdity or incongruity of life's situations. This intervention may enhance health or be used as a complementary treatment of illness to facilitate healing or coping, whether physical, emotional, cognitive, social, or spiritual.



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Why should you attend or send your employees to the conference?

- Increased productivity
- Increased employee engagement
- Increased problem-solving
- Decreased absenteeism
- Improved social skills, including employee/consumer engagements



I attended my first AATH conference to learn about therapeutic humor. I have stayed for decades (yes, really decades) because of the amazing friendships I have developed over the years. AATH has heart, soul, and a lot of warm and welcoming humor-beings.

Steven Sultanoff, PhD
Clinical Psychologist
University Professor

Is laughter the best medicine?

The physical and physiological changes that come with laughter have been studied. Studies show decreased levels of the stress hormone cortisol, increased immune function, a greater sense of relaxation after laughing, and increased “feel-good” hormones.



We invite you to join us and connect with scholars and practitioners who appreciate the value of using humor as a catalyst for change. Network with supportive, approachable, and oftentimes funny colleagues from around the world and learn the science and art of strategically using humor to elicit positive results. **There is nothing more uplifting than experiencing this event first-hand.** And it is always more fun with friends, so please pass this note on to a friend or colleague.



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Affordable, enjoyable, and immediately useable skill building taught by experts. This conference is consistently excellent and is attended by professionals who know their stuff and love their work.

Ed Dunkelblau
Director, Institute for Emotionally Intelligent Learning

Group Discounts Available

2-4 attendees - save \$75 per registration
5 - 9 attendees - save \$100 per registration
*Contact AATH for a discount code or to receive pricing for ten or more attendees

