

Humor & the Expressive Arts for Healing
By Ruth Hamilton, MA Ed.
*Founder of Carolina Health & Humor Assoc.
& Arts Can Heal*

This two hour experiential workshop offers a Power Point Presentation with poignant slides of patients using expressive arts. Humor props and expressive arts activities add to the audience involvement. The benefits of humor for the body, brain, and spirit are explored with Ruth's humorous antics and games. Everyone will recognize their own humor talents and practice some humor skills. See patient programming using expressive arts. Everyone designs and colors a mandala, engages in creative movement, and practices sound healing. Finally the participants design a humor/expressive arts intervention.

Comments and future workshop recommendations from Ruth Hamilton's presentation of this program at the "Beyond Medicine Conference" sponsored by NC AHEC in Charlotte, Nov. 15-16, 2006:

- Ruth Hamilton is an excellent, animated presenter. Gave us the most things to use personally and professionally.
Thank you for good networking conference!
- I love the variety. It has given me a lot of ideas in different realms of healing and has met many ways my goals for attending this conference. Thanks for doing this! I loved Ruth Hamilton and Wayne Sotile. Everyone was great, but to have the two of them bookend the conference was great!
- This was very unique subject matter and I really enjoyed it.
- Ruth was so creative and affirmative and FUN!
- Ruth's session was outstanding - very interactive and informative. Great workshop – this needs to be done for physicians, med students.
- Wonderful workshop!
- Excellent speakers and topics meshed well.
- Excellent! Just what I needed in my life – both personally and professionally.

- Excellent workshop. Well planned good location, good food, and interesting topics. What an awesome ending of the workshop with humor! (superb)
- Ruth Hamilton was excellent for the last speaker!
- Enjoyed the speakers who thought outside of the box (norm).