

[Free and download] Humor for Healing: A Therapeutic Approach

# Humor for Healing: A Therapeutic Approach

*Linda Clarke Harvey*

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**Linda Clarke Harvey : Humor for Healing: A Therapeutic Approach** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Humor for Healing: A Therapeutic Approach:

This manual identifies the range of emotions health care workers feel while working with patients and provides guidelines on how to manage the stress more effectively. Health care workers, and thus patients, will learn the effects of stress and how humor can assist in reducing stress and enhancing profession-patient interaction. The material presented in the manual is based on cognitive-behavioral theory and research suggesting humor to be beneficial in strengthening the immune system. THE MANUAL COVERS:  
Anxiety  
Stress levels  
Effects of stress on human physiology  
Effects of humor on stress and physiology  
Using humor as a coping mechanism  
Positive and negative humor  
Steps to develop humor  
KEY FEATURES  
Includes protocols that can be explored individually and privately  
Shows health care workers and patients the benefits of learning how to manage stress  
Provides ways to use skills learned in one's personal life

About the Author Linda Clarke Harvey, M.A., PT, is the senior physical therapist and adjunct instructor at the University of Maryland at Baltimore. She earned a Bachelor of Arts in Biology from Randolph-Macon Woman's College in Lynchburg, Virginia. She received a Master of Arts in Motor Development/Biomechanics and is in the

process of earning a Doctoral degree in Sports Psychology from the University of Maryland. Harvey has presented several of her works to annual association meetings. She has also been a research assistant for computer application in visual exercises, Bureau of Standards and Measurements, and NASA. She is a member of the American Physical Therapy Association.