

LaughteRx Symposium

Join us for a **VIRTUAL SYMPOSIUM** broadcast live from Gilda's Club Grand Rapids!

FRIDAY, MARCH 12, 9:00 AM - 12:30 PM

A symposium bringing together health care professionals, caregivers and anyone affected by chronic diseases like cancer in a morning of learning and conversation. Together, we'll explore the beneficial impact laughter can have on physical, emotional and mental health and its integration in care.

Earn 3 Continuing Education Credits in nursing or social work!

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Registration \$35 – register online at LaughFestGR.org/lrxsymposium

SESSIONS



Jayson Dibble, PhD, Associate Professor, Communication Department, Hope College

Tell a Joke to Rid the Pain? It Can't Be That Simple

Since ancient times humans have connected humor with health. But applying this idea with care requires a more nuanced understanding of laughter, humor, and emotion in general. And some of these nuances cut against everything we've been taught. For example, laughter can signal humor, but it doesn't have to. And even reading each other's emotions is not as straightforward as looking at one's facial expressions. This one-hour course discusses the latest research on the links between laughter, humor, and how we should be thinking about emotions more generally. If we really want to value the link between humor and wellness, care providers need to consider some "new" truths about emotions.



Simin Naz Beg MD, Division Chief of Hospice and Palliative Care at Spectrum Health

The Bigger Picture of Pain

This session will provide an overview of pain assessment, management and control in various settings. This will include patient-centered pain management approaches, and the latest learnings regarding the potential for an increase in chronic pain in post-COVID survivors.

Nurses and social workers: this course will meet your annual pain management requirement for license renewal.



Erin Wegener, MM, MT-BC, NMT Fellow, CBIS Music Therapist Lead, Cancer Program at Spectrum Health

Music Therapy in Medicine and Wellness: To Inspire and Rejuvenate You

Please join Erin Wegener, board-certified music therapist with Spectrum Health, to learn about music therapy services as these are utilized to support patients, families, and survivors of cancer. Erin will present examples of therapeutic music interventions used in clinical work as well as an introduction to the evidence base. Live music composed by patients and survivors will be shared with intention to inspire you and a guided relaxation experience presented to rejuvenate you.



March 11-14, 2021
LaughFestGR.org



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