Objectives/Learning Ideas

1) Facilitative Language versus harmful disability language
2) Coping/Adaptation Models
3) Basic coping strategies to facilitate movement through adaptation to a changed lifestyle
4) Appropriate use of humor (timing, type, importance)
Questions to Consider:
Applying Therapeutic Disability Humor
(Smith & Sapon-Shevin, 2008)

- In the presence of a person with this disability, would you be comfortable sharing this joke?
- Hearing this joke?
- Does this joke laugh AT or WITH?
- Is there a cost? Is it exploitive? Who benefits?
- Does this joke make you feel:
  - Empathy
  - Closeness
  - Understanding
  - More relaxed with…

Does the joke:
- Tell you “they” are irrevocably different
- Makes you feel more distant from “them”
- Give you the impression “they” are somehow less than human
- Provide/reinforce incorrect information about the disability
- Make you likely to be tense or awkward in the presence of the person with the disability
A Time to Cry and a Time to Laugh: Using Humor in the Adaptation Process

Useful References (Willmering & Wiebold)


Buxman, K. Types of humor: The good, the bad, and the (sometimes) ugly.


Sultanoff, S. Levity defies gravity: Using humor in crisis situation. *Association for Applied and Therapeutic Humor*.

