

5<sup>th</sup> International Conference on

# Mental Health and Human Resilience

March 07-08, 2019 | Barcelona, Spain



## *Robin Andrew Haig*

*St John of God Hospital, Australia*

### **The therapeutic uses of humor**

I will be revisiting selected chapters from my text, "The Anatomy of Humor, Biopsychosocial and Therapeutic Perspectives", which Charles Thomas published in 1988, focusing on the origins of humor (and laughter), the constructive and destructive uses of humor in psychotherapy, its relationship to mood, physiology and health. I will be reviewing progress in humor research and health over recent years. Since brevity is the soul of wit and tediousness the outward flourish, I will be brief. We will be acknowledging the important contributions to society by comedians recently departed, Sir Ken Dodd and Robin Williams.

### **Biography**

Robin Andrew Haig, FRANZCP MRCPsych who is a Clinical Psychiatrist currently in private practice in Sydney, having held senior roles over many years in public and private clinics, teaching hospitals in London (KCH), Tasmania and Sydney, actively involved in Psychiatrist training and CPD.

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### **Notes:**