

Workshop on

**WIT OR WITHOUT: FACILITATION OF A POSITIVE ATTITUDE TO COMMUNICATION
USING HUMOR IN STUTTERING INTERVENTION**

by Dr. JOSEPH AGIUS

Workshop Outline

Laughter is the best medicine ... unless you stutter- then it's fluency shaping or stuttering modification! The most creative aspect of language is humor and it is one of the most important topics in the study of communication. The healing power of humor and laughter has been recorded and used throughout history. Humor is universal and there are claims of very beneficial effects from the use of positive feelings and emotions associated with laughter. 'Wit' is the natural ability to perceive and broadening perception could facilitate changes in attitudes and insight. Practical strategies for helping people who stutter broaden their perception and use humour to change their feelings and beliefs about stuttering are still limited. We need strategies that integrate humour to be used in treatment and help us help people who stutter make changes towards developing healthier attitudes and feelings. This workshop highlights the therapeutic use of humor and gives an overview of the use of humor in stuttering intervention. Strategies to broaden perception and facilitate humor in fluency intervention are presented. The HALT (*Humor and Laughter Times*) task sheet will be introduced.



"I'm prescribing a ticket for the feel-good movie of the year."

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JOSEPH AGIUS, Ed.D., is a registered Speech Language Pathologist with special interest in fluency disorders and humor research. He holds a Master of Science degree in Clinical Speech and Language Studies from Trinity College, University of Dublin and a Doctor of Education degree from the University of Sheffield. As partner expert, nominated by the University of Malta, Dr. Agius collaborates with experts from European Universities on the development and delivery of the '*European Clinical Specialization Course in Fluency Disorders*'. He is Senior Principal of the Speech Language Department and employed by the Health Division, Government of Malta. Dr. Agius lectures at the University of Malta on '*Fluency Disorders*', '*Language and Psychiatry*' and '*Creativity, Humor and Communication*'.

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