



Laughing Together

Continuing Education for Mental Health Clinicians

CE hours are only awarded for instructional time, late arrivals or early departures will not be awarded CE hours

Designed for LMFTs, LPCCs, LCSWs, and LEPs of all levels, this course bridges the gap between traditional social work and the power of improvised comedy. Laughing Together moves beyond standard intervention models by using the "language of play" to address social anxiety and failure-avoidance in clinical and academic settings. Participants will build a shared vocabulary for using comedy as a tool to navigate high-pressure environments, while developing practical skills to foster connection, self-regulation, and resilience. By exploring improvisational games that increase social health, attendees will learn how to turn classrooms and clinical spaces into areas of unconditional support, empowering both students and communities to communicate ideas clearly and bond through the joy of failure.

By the end of the workshop, participants will be able to:

- * Utilize two to three basic comedy games in the classroom with specific goals those games help in an educational context
- * Identify three ways comedy can be used to establish peer-to-peer connections, alleviate pressure, and increase communal spirit
- * Distinguish two benefits to viewing play as a language

Upon completion of the course and evaluation you will receive a Certificate of Completion through email. If you do not receive your Certificate of Completion within ten business days, please email CEU@WellnessTogether.org

Instruction Provided by:

Chris Gethard is a comedian, actor, and podcaster. Notable appearances include: The Office, Broad City, Parks and Recreation, Space Force, Don't Think Twice, The Other Guys, The Heat, and Class Action Park. Chris hosts the podcast Beautiful/Anonymous and wrote and performed the show Career Suicide on HBO. In 2023, Chris worked with Wellness Together to found Laughing Together, a program that sends comedy workshops into school environments to teach social health skills through the language of play. Chris is a fellow with the Aspen Institute and a member of the Aspen Global Leadership Network.



1.0 Hour Available | No Additional Cost

CE hours are included for registered conference attendees who attend the course. No refunds will be provided. A CE certificate will be awarded at no additional cost to registered attendees present for the entirety of the course after completion of the course quiz, evaluation, and other required parts of the course.

For Accommodations or Grievances, please email CEU@WellnessTogether.org

Course meets the qualifications for 1.0 hour of Continuing Education Credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences.

Wellness Together, Inc., Provider #141369, is approved by the California Association of Marriage and Family Therapists to sponsor Continuing Education for LMFTs, LCSWs, LPCCs, and LEPs. Wellness Together maintains responsibility for this course and its content.

