

| Contract # | Term        | Course    | Contract Title                 | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|------------|-------------|-----------|--------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 416084     | Spring 2019 | THEA 3248 | Is Laughter the Best Medicine? | <p>Humor has been used in cultures for many years. Often a subconscious tool for interacting with others, humor breaks barriers and creates a level of comfort and understanding among people. In light of this understanding, a question is posed: is there a therapeutic benefit to laughter and comedy? This contract will explore the purposeful incorporation of humor and comedy in therapeutic practices (particularly dramatherapy): its current presence, benefits, and any limitations it may hold. It will compare the different types of humor as scene through sketch and stand up comedy and explore whether there have been any previous studies on humor being used for therapeutic healing.</p> |