

Overcoming the Pinocchio Complex

The title of a course given at the 1998 International Humor Studies Seminars, July 13-18, 1998 at the University of Oklahoma

The course by Michael Titze, Ph.D., from Tuttingen, Germany, is described as follows:

The methods of therapeutic humor, outlined in the frame of this course, were developed to immunize patients against gelotophobia, the fear of being laughed at. The general procedure, thus, is paradoxical: patients are encouraged to deliberately do exactly that which may bring them into a comical and/or ridiculous position. Therapeutic humor is conducted in groups where the therapist is assisted by a "therapeutic clown," who is the "shame-free alter-ego" of the patient. The general therapeutic principle is derived from the idea of a regression to those phases of childhood development where the patient was not yet hurt by gelotophobia. The therapeutic clown leads patients into this sphere and, thus, systematically generates a sound feeling of community, which is naturally joyful and merry.

Michael Titze is a Clinical Psychologist in private practice in Tuttingen Germany, is a contributing member of many prestigious Commissions and Councils and has written seven (7) books, the most recent [The Healing Power of Laughter and Therapeutic Humor](#) (all in German) Any one read German?

Above was the notice in the newsletter. Below is the 2010 list of articles, conference, news coverage on this subject.

For Further information see:

http://www.michael-titze.de/content/texte_e/text_e_00_wahl.html

English · Overview The links to all these articles are at the above website.

Schadenfreude and April's Fools: The Prerequisites of Malicious Glee

Source: [Humor & Health Journal, Oct/Nov/Dec 2009, p. 1-11](#)

Gelotophobia: The fear of being laughed at

Source: [International Journal of Humor Research, 2009](#)

Treating Gelotophobia With Humordrama

Source: [Humor & Health Journal, October 2007](#)

The Dadaistic Roots Of Therapeutic Humor

Source: [Humor & Health Journal](#)
(January/February/March 2006)

Comical Contrasts - The Easiest Route to Humor Creation

Source: [Humor & Health Journal](#)
(October/November/December 2004)

Using Humoristic Reduction in Communication

Source: [Humor & Health Journal](#),
(July/August/September 2004)

Report On The Stuttgart International Congress On Therapeutic Humor (2002)

Source: [Humor & Health Journal XI, 2, April 2002](#)

The Pinocchio Complex (1995)

Interview with Dr. Michael Titze, (Interviewer: Dr. Waleed A. Salameh)

Laughter Groups (1993)

Source: [Humor & Health Letter, March/April 1993](#)

The »Conspirative Method« (1987)

Source: [Handbook of Humor and Psychotherapy](#)

Humour, Laughter and Exhilaration Studied With Functional Magnetic Resonance Imaging

Source: www.humor.ch/images/Brighton.pdf

COVERAGE:

Afraid of being laughed at?

Source: [CNN Health, August 27th, 2010](#)

Zurich study assesses fear of being laughed at

Source: [SWISSTER, October 21, 2009](#)

Humor is a Way of Life

Source: [The Yeungman Observer \(Korea\), 02.03.2009](#)

When Humor Humiliates

Source: [SCIENCE NEWS, August 1st, 2009](#)

How Humor Makes You Friendlier, Sexier

Source: [Scientific American Mind, March 25, 2009](#)

Laughter as medicine

Source: [THE TIMES OF INDIA, November 2008](#)

Laughter is good for you

Source: [PakTribune, 07.06.2007](#)

Humor and Me - by William F. Fry

Source: [Studies in American Humor, 2006](#)

Laughter is the best medicine

Source: [Bilfinger Berger Magazine, 02-2006](#)

We want to be loved by you ...

Source: [The Sunday Times Magazine, May 28, 2006](#)

Germans Encouraged To Laugh By The Ministry Of Silly Walks

Source: The Times/www.freerepublic.com 03.05.2003

Indian Laugh Clubs Inspire Germans

Source: Hindu Press International, 06.05.2003

Earn more, laugh less

Source: The Tribune India, Saturday, November 21, 1998

Bring On The Laughter

Source: Edmond Evening Sun, 26.07.1998

Laugh? Modern Man Is Forgetting How!

Source: Sunday Times

Germans Have The Last Laugh

Author: Sean Sinico

Humour - The Best Medicine?

Source: SIMPLYOLDER.com

Humor Is A Serious Business In Germany

Source: www.int.iol.co.za

Germany Needs A Sense Of Humor

Source: FOCUS - Instituto de Empresa

Laugh Your Ego Off!

Source: www.zeitenschrift.net, 2004