

CALL FOR PAPERS

“AFTER YOU HAVE BEEN THROUGH HELL...”

Cultural and positive psychology perspectives on humour

Editors

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Dear colleagues,

You are cordially invited to submit a chapter proposal for the book project: **“AFTER YOU HAVE BEEN THROUGH HELL...” Cultural and positive psychology perspectives on humour**. The book is envisioned as a primary reference in research, studies and concepts on humour from transdisciplinary, cultural and transcultural perspectives.

For publication in 2020 we, Elisabeth Vanderheiden and Claude-Hélène Mayer, are preparing an edited book on “Cultural and positive psychology perspectives on humour”. The aim of this book is to synthesize empirical-research-based and theoretical perspectives on humour in cultural contexts and across cultures in order to provide a comprehensible strength-based perspective on contemporary research and practice - which will be accessible to researchers and practicing professionals internationally.

Humour is a relevant resource when it comes to coping with critical and challenging situations in everyday life and across the life span. Viktor Frankl, who survived three years in the concentration camps of the National Socialists in Germany, has highlighted: "Humour is a weapon of the soul in the struggle for its self-preservation", thereby emphasizing the resilience factor of humour in healing, meaning-making and survival. Particularly against the background of such experience, the access via the 'second wave' of Positive Psychology (PP2.0), pioneered by Paul Wong (2011), can open up new perspectives.

Humour can make a decisive contribution to improving social interactions and solving problems (e.g. Führ, 2008). In work contexts, it can reduce feelings of stress and have a positive effect on the perception of leadership and management tasks (e.g. Putz & Breuer, 2017). In medical context, the effect of humour has been researched primarily in connection with pain therapies, severe diseases and

palliative medicine, and previous studies have shown the positive effects, for example, in anxiety and pain reduction, as well as its positive influence on rehabilitation (e. g. Yun, Kim & Jung, 2015; Dionigi, Sangiorgi & Flangini, 2013). Additionally, humour strengthens mental resistance and is "an extremely effective technique for processing emotions" (e.g. Ruch, 2015) from negative into rather positive experiences.

However, how humour is perceived and understood, what the roots of humour are, how it is used, what its boundaries and taboos are, and how people react to it, depends all on various factors and contexts, such as sex, age, family status, politics, religion, values and other cultural aspects (Alharthi, 2014; Yue, Jiang, Lu & Hiranandani, 2016; Davis, 2013; Mireault & Reddy, 2016).

We would kindly like to invite authors from various disciplines and cultural backgrounds to submit their chapters.

Book chapters should address humour in various cultural contexts and from different cultural perspectives, thereby keeping the positive psychology perspective in mind. Your chapter could address one of the following topics, but is not limited to:

- What is humour in cultural perspectives
- Humour as a resilience factor
- Humour as a resource in critical life events and in difficult life situations
- Humour in medical contexts
- Humour at workplaces and in management
- Humour in the context of digitalisation
- Humour of the oppressed
- Humour and gender
- Humour in the political context
- Humour in therapy, counselling and coaching
- Humour in pedagogical contexts
- Humour and stress
- Jokes and humour across cultures
- Expressions of humour in cultural contexts
- Neuro-psychological aspects and functions of humour
- ...

Should you be interested in contributing a chapter to this book, kindly inform us of your intent by return of email to: ev@keb-rheinland-pfalz.de and/or claudemayer@gmx.net.

Please submit your abstract and further information electronically here:

<https://elisabeth056370.typeform.com/to/ba8rdt>

1. a brief abstract of ca. 250 words of your proposed topic:
2. five keywords
3. please also send a short bio of the authors (250 words)
4. and add your physical address like in the following example:

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The deadline for the abstract submission (250 words) is the **01. October 2019**.
The first draft chapter contribution is due on the **01. August 2020** (British English, ca. 6000 words, including abstract, references, tables and graphs).
A detailed publication schedule will be provided after negotiations with the publishers.

We are looking forward to your response.

Kind regards,
Elisabeth Vanderheiden & Claude-Hélène Mayer

Claude-Hélène Mayer

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