




WORLD LAUGHTER TOUR

Think Globally, Laugh Locally

Do you want more laughter in your life?
Do you like to help people?
Want to make the world a better place?
JOIN THE LAUGHTER REVOLUTION!

Become a C.L.L.— a Certified Laughter Leader “How to Create Therapeutic Laughter & Laughter Clubs”

(A Substantive Curriculum and a Hysterical 2-day Workshop)



**The 2-Day Workshop
That Combines Ancient
Practices and Modern
Mind-Body Science**
Created By:
Steve Wilson
Psychologist



Laughter Clubs ... simply the best way to bring health, joy, happiness, and peace to patients, clients, co-workers, friends, and family.

Laughter Clubs improve quality indicators and contribute to improved case mix scores, offering an integrated mind/body/spirit activity program.

Laughter Clubs combine the ancient laughter practices with the modern science of exercise. A gentle, laughter-filled session of breathing, stretching, and therapeutic laughter exercises can even be done seated & typically lasts 30 minutes.



“I was surprised that so much thought and design has been given to laughter programs.”
“I was so comfortable.”
“Loved the self-esteem lecture.”
“There were so many practical experiences.”

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Who Should Attend

Activity Personnel	Social Workers	Counselors
Recreation Personnel	Nursing Home Administrators	Long-term Care Staff
Caring Clowns	Chaplains/Clergy	Nurses
Physicians	Laughter Lovers	Yoga Instructors
Health Educators	Friends	Neighbors
Speakers/Trainers	Family Readiness	Teachers



“It’s a shame that mankind has to be reminded to laugh.” -- Robert L. (Occupational Therapist)

“Very constructive and explained very well.”
 “The class was wonderful!”
 “The exercises we did were work but a lot of fun.”
 “I want to bring peace, laughter & hope to the workplace.”
 “Very hands-on. Good answers to questions.”
 “The study guide is very informative.”

“This is great. I’m having a great time with it and I’m marketing with it. I’m also using it to help get staff back on track.”
 Claudia Ledenican, Certified Activity Director, CommuniCare Services

What You Will Take Home

- 100-page Study Guide/Reference
- Membership in a private online network group
- Access to a toll-free hotline
- Listing on the World Laughter Tour Website
- CD-ROM of resource materials to launch your own Laughter Club
- Opportunity to register your own Laughter Club
- Two certificates:
 - Certified Laughter Leader Certificate from the World Laughter Tour
 - Certificate of completion from Columbus State Community College
- Official Certified Laughter Leader t-shirt
- Mini Mirth-Aide™ kits (fun stuff inside)

Workshop Objectives

Participants will be able to:

- Discuss the history of therapeutic laughter.
- Describe the physiology of laughter.
- Define the terminology, fundamental concepts and principles of therapeutic laughter.
- Differentiate laughter versus humor.
- Explain each part of a laughter club session.
- Demonstrate components of a laughter club session.
- Identify the populations who may benefit from therapeutic laughter programs.
- Explain the contraindications for laughter club participation.
- Differentiate healthy laughter versus that associated with pathology.
- Explain the concept and six practices of “Good-Hearted Living.”
- Answer frequently asked questions about therapeutic laughter and laughter clubs.
- Describe the roles & responsibilities of a Laughter Leader.
- Explain 5 ways that therapeutic laughter differs from therapeutic humor and other laughter-filled activities.
- Describe five aims of World Laughter Tour.
- Explain how to adapt therapeutic laughter programs for various types of challenging participants.



“This was a life-changing experience. I am not the same person now as when I first walked in the door.” -- Jeff S. (Health educator)



**MORE INFORMATION, OR
 REGISTER ON-LINE AT**
www.WorldLaughterTour.com
CALL TOLL-FREE
1-800-669-5233
 (U.S. & Canada)

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Typical Training Agenda

Day One

Informal Gathering and Registration

Welcome, Introductions & Overview

LAUGHTER CLUB

Instructional Laughter Club session
Catalog of Laughter Exercises

Resources & History

What is a “Laughter Club”?
History of therapeutic laughter

Theories at work in Laughter Clubs

FAQs for Laughter Leaders

Laughter Club Theory

Leadership Development

Presentation of a confident self
Listening skills for leaders
Roles & Responsibilities of leaders

Day Two

Philosophy of Service

LAUGHTER CLUB

Ancient & Modern Scientific Exercise Theory

The 15-step “core session”
Good-Hearted Living

Laughter Therapy Theory

How humor differs from laughter
Theories & terminology
Physiology of laughter

How to navigate our websites

Class picture (wear your CLL t-shirt)

Demonstration & Small Group Practice

Simulated laughing techniques
Practice leading a laughter session
Groups of four, eight and sixteen

Closing Circle & Certification Ceremony

Wrap up & Evaluations/Adjourn

+Includes daily morning & afternoon refreshment breaks
and lunch on day 2

* All content will be presented. Actual sequence may vary.

** Abundant multi-media material is used throughout the workshop.



“Everyone was very open & non-judgmental.”

“It was so easy to interact.”

“I enjoyed myself tremendously.”

“This will help with my life.”

“Awesome job! I had a blast!”

“Thanks for an informative and fun session.”

NOTE About Hotel Rates: We negotiate with the hotels to get you their best guest room rates. You must make your own arrangements for lodging. Call the hotel and ask for the World Laughter Tour special rate.

Continuing Education

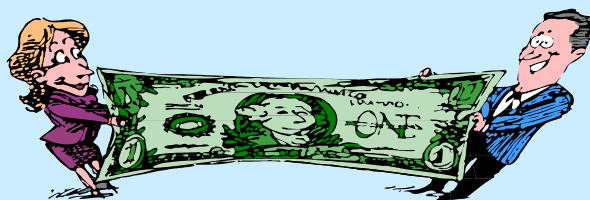
Approved for 11 hours of continuing education by the National Certification Council for Activity Professionals: NCCAP24272-05
Application for CE approval will be submitted for social workers, counselors, nurses, health educators, and others.

Continuing education credit may be recognized by your professional board. Contact your own board to find out what's required. We will supply all needed documentation.

Tax Deduction

Tax Deduction:

The expense of continuing education, when taken to maintain and improve professional skills, is tax deductible. Please contact your accountant for details.



Faculty

Steve Wilson, MA, CSP, Psychologist, had the idea for World Laughter Tour during a 1998 lecture tour in India where there was strong interest in laughter clubs and he saw them in action. When he returned to the United States he described the phenomenon to Karyn Buxman, RN, who agreed this was a breakthrough. They immediately became the co-founders of the World Laughter Tour, Inc.

Already a well-established professional (he had already achieved a successful college teaching career as a mental health educator, followed by a career as psychologist, and psychotherapist), Steve dedicated his life to teaching and promoting the health and peace benefits of laughter.

Author of eight books and dozens of articles on topics ranging from humor, healing, positive working environments, family relationships, and raising self-esteem, the National Speakers Association awarded him the designation of Certified Speaking Professional. He serves on the Board of Directors of the Association for Applied and Therapeutic Humor.

Since it was launched in July 1998, The World Laughter Tour has been recognized as a significant global influence in the practical applications of laughter and humor for health and world peace.

Self-proclaimed “Joyologist” and “Cheerleader of the Bored” Steve Wilson couldn't be happier.

Jose Elizondo, CLL, president of Projecto Risa, Mexico. Member of the Professional Advisory Committee of World Laughter Tour, Inc.

Cheryl Oberg, CLL, founder of C.A.T.H. (Canadian Association for Therapeutic Humour)

Jim “Scotty” Scott, MA, CLL, Family Readiness & Family Support Policy and Program Planner

Lynn Shaw, MSW, CLL, founder & president of “Laughter for Life”™

Susan Stewart, RN, MA, CLL, Health Promotion Educator

Marilyn Sprague-Smith, M.Ed., DTM, CLL, co-founder of Miracles & Magic, Inc. Member of the Professional Advisory Committee of World Laughter Tour, Inc.

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Frequently Asked Questions About Laughter Clubs

Q. How does a Laughter Club get started?

A. First become a Certified Laughter Leader by completing training offered by the World Laughter Tour, Inc. Then organize a group of people. Select a place where everyone can meet, such as a school, retirement center, long-term care facility, hospital, church, or a public park. Laugh together!

Q. What happens at a Laughter Club session?

A. People get together in groups to laugh stress away. With a qualified leader, they take part in laughter exercises that capitalize on the role of emotions and attitudes on health and healing, encourage playfulness & balance mind, body & spirit. They discuss and learn the simple practices of Good-Hearted Living that reduce stress and *prevent hardening of the attitudes*.

Laughter club sessions are step-by-step fun that includes gentle stretching. Laughter meditation may be included. Sessions take as little as 5-10 minutes, as a quick boost sagging energy. Typical therapeutic sessions last 20-60 minutes. Family members may join the sessions. The program can also be done alone for a stress-relieving pick-me-up!

Q. How many Laughter Clubs are there?

A. There are hundreds of clubs around the world. More than 1,000 people have already completed Certified Laughter Leader training.

Q. How do I find a Laughter Club in my area?

A. Visit our Web site or call 1-800-669-5233.

Q. What is the World Laughter Tour, Inc.?

A. The World Laughter Tour spans the globe to find every good use of laughter and humor to promote health and peace. Launched in July 1998, it has been recognized as a significant influence in the practical applications of laughter and humor.

Q. Why do we need a World Laughter Tour?

A. People these days are too repressed, depressed, or distressed to exercise their natural gift of laughter. The world exists amid strife and turmoil, with new stress everyday. And, we must improve the quality of care for our aging population. With ancient wisdom & modern science, we create ways to use humor & laughter for healthy exercise, peace, and joy of living. Simply put, we have created programs to bring laughter and humor to more people.



C.L.L.s Are M.V.P.s

MISSION: WLT acts as the International Clearinghouse for information, ideas & news about the role of emotions and attitudes in health, healing & happiness. Helping people achieve their fullest potential via enjoyable, systematic, life-affirming self-care strategies.

VISION: Together we can lead the world to health, happiness, and peace.

PRINCIPLES

- Non-Political
- Non-Religious
- Non-Exploitive
- Non-Perfectionistic
- Non-Competitive
- Non-Threatening
- Everybody is Welcome



Curriculum Planning Committee

- Steve Wilson, MA, CSP, Co-Founder, World Laughter Tour
- Karyn Buxman, RN, MS, CSP, CPAE, Co-Founder, World Laughter Tour, Inc.
- Jacki Kwan, MSW, LCSW-C, Founder Ha-Ha-logy!, World Laughter Tour Professional Advisory Committee
- Susan Stewart, RN, MA, Health Promotion Educator
- Junell Nichols, RN, Longview Regional Medical Center (TX)
- Lenore Schneiderman, MSW, LISW, Columbus State Community College
- Rosalind H. Trieber, MS, CHES, Humor and Health Associates
- Deborah Harbinson, RN, Goodyear, AZ

“Great friends; practical ideas. Loved it!”
 “Deep, thorough laughter; just great!”
 “Warm, welcoming, supportive, helpful, mirthful.”
 “So much fun; so infused with laughter.”
 “Wonderful resources; a worthwhile cause! Keep going!”
 “Great job—very well organized. I had a Great—*incredible* time!”
 “Loved the in-depth knowledge of the mind. This gave me confidence.”
 “New ideas presented in such an organized way.”
 “I am so impressed with your dedication, hard work, and passion.”

Registration Information

Registration must be accompanied by full payment. There are four ways to register:

1. Online at www.worldlaughtertour.com
2. Fax (credit card only) 1-614-855-4889
3. Phone (credit card only) 1-800-NOW-LAFF
4. Mail the accompanying Registration Form to to:
The World Laughter Tour, Inc.
1159 South Creekway Court
Columbus, OH 43230

Cancellation: If you cannot attend, you may send a substitute or receive a credit memo toward a future workshop. If you cancel your registration up to five business days before the workshop, your registration fee will be refunded less a \$30 administrative charge.