

Typical Agenda for 2004*

Day One**



Informal Gathering and Registration Welcome, Introductions & Overview LAUGHTER CLUB

Instructional Laughter Club session
Catalog of Laughter Exercises

BREAK

Resources & History

What is a "Laughter Club"?
History of therapeutic laughter

Theories at work in Laughter Clubs

FAQs for Laughter Leaders

Lunch Break

Laughter Club Theory

BREAK

Leadership Development

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

Day Two**

Philosophy of Service LAUGHTER CLUB

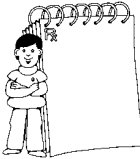
Yoga & Scientific Theory

The 15-step "core session"
Good-Hearted Living

BREAK

Laughter Therapy Theory

How humor differs from laughter
Theories & terminology
Physiology of laughter



Box Lunch (provided)

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

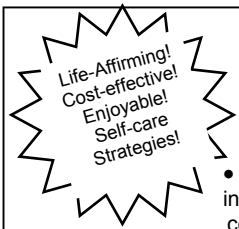
Closing Circle & Certification Ceremony

Wrap up & Evaluations/Adjourn



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

** Abundant video material is used throughout the workshop.



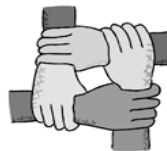
Special Features of World Laughter Tour Programs

- All programs are led by qualified individuals, who renew their certification annually.
- College-approved training program, accredited for continuing education.
- Can be done in groups or alone; controls exertion so there is no discomfort; always enjoyable.
- Systematically improves communication, socialization, range of motion, breathing, manipulative skills, daily living skills, reduces stress, chases loneliness; restorative.
- A set of ethical values and principles.
- Includes a step-by-step system to prevent hardening of the attitudes; a true mind/body program.
- Promotes positivity, creativity, friendship, support, sense of belonging, sense of purpose, optimism, humor & laughter.
- Professional Advisory Committee of eminent researchers, educators and practitioners.
- Certified Laughter Leaders have continuous support through a network that enables sharing ideas & offers continuing education.
- Dynamic and ever-evolving. Constantly explores new applications of the methods to provide health, well-being, and peace.
- Programs improve Quality Indicators and Case Mix Scores

"The thoughts we hold in our minds are more vital to conquering illness than the substances we put into our bodies."
~Norman Cousins

The World Laughter Tour Vision

The world is spinning at a nerve-wracking pace, with color-coded threats of nuclear disaster and international terrorism. Civility, kindness, and joy have all but disappeared. We can conquer illness and create peace by capitalizing on the power of the mind, laughter and humor, for ourselves and the world.



2004 Workshop Dates

Days and Times Vary to Accommodate a Variety of Participant Schedules. CHECK CAREFULLY.

April 30-May 1	Fri/Sat	Columbus, Ohio
May 22-23	Sat/Sun	Monterrey, Mexico
July 15-16	Thu/Fri	Portland, Maine
July 22-23	Thu/Fri	Columbus, Ohio
August 13-14	Fri/Sat	Richmond, Virginia
August 19-20	Thu/Fri	Indianapolis, IN
September 9-10	Thu/Fri	Columbus, Ohio
September 25-26	Sat/Sun	Monterrey, Mexico
October 1-2	Thu-Fri	New England Area
October 14-15	Thu-Fri	Phoenix, AZ
October 27-28	Wed/Thu	Greensboro, NC
December 2-3	Thu-Fri	West Palm Beach, FL

2005

January 28-29 Sat/Sun St. Peterburg, Florida

More dates may be added. Check our website or call 1-800-669-5233 (U.S./Can. only).

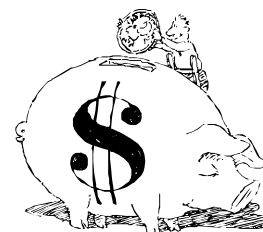
More information and online registration at www.laughterclubs.com.

- ◆ Nurses
- ◆ Activity Directors
- ◆ Activity Therapists
- ◆ Social Workers
- ◆ Recreation Therapists
- ◆ Health Educators
- ◆ Counselors
- ◆ Laughter Club Leaders
- ◆ Occupational Therapists
- ◆ Chaplains
- ◆ HR/Wellness
- ◆ Clowns
- ◆ Friends/Neighbors
- ◆ Family Readiness Groups



Tax Deduction:

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



Presents

How to Create Therapeutic Laughter & Laughter Clubs

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

Do you love to laugh?
Do you like to help people?
Want to make the world a better place?
JOIN THE REVOLUTION!

The Workshop That Combines Ancient Practices and Modern Mind-Body Science



Created By:
Steve Wilson, MA, CSP
Psychologist, Founder and President
of
World Laughter Tour, Inc.
"Cheerleader of The Bored"

Co-Sponsored By



Columbus, Ohio



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

What's Included

All Theory and Practice Sessions "PLUS"

- Extensive **Study Guide**
- **Day-two Box Lunch***
- **CD-ROM** of resource materials
- **CLL Certificate**, suitable for framing
- College Continuing Education certificate
- Official Laughter Leader **t-shirt**
- **Mini Mirth-Aide™ kit**
- **Personal Listing on the WLT Website**
- **Membership in on-line news & support group**



*May not be available at all locations

MORE INFORMATION

OR

REGISTER ON-LINE AT

www.WorldLaughterTour.com

or

USE OUR TOLL-FREE HOT-LINE

(U.S. & Canada) 1-800-669-5233

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 directly, and ask for the



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 four types of challenging participants.



- Explain the concept and six practices of "Good-Hearted Living."
- Answer frequently asked questions about therapeutic laughter and laughter clubs.

Continuing Education

Continuing education credit may be recognized by your professional board. Contact your own board to find out what's required.

This course has been approved for 11 clock hours of continuing professional education for social workers and counselors by the Continuing Professional Education (CPE) Department at Columbus State Community College. The CPE Department is approved as a provider for Social Worker and Counselor continuing education by the Counselor and Social Worker Board of the State of Ohio (RCS089904). The Ohio Board of Nursing will accept sessions for Counselors and Social Workers for Continuing Nurse Education."

Also approved for CE for Activity Therapists, Activity Directors, Recreation Therapists, and Health Educators.

Instructional Faculty ✨

Steve Wilson, MA, CSP, psychologist; president of World Laughter Tour, Inc.

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.

*Specific faculty assignments may vary depending on enrollment and location.

Planning Committee

- Steve Wilson, MA, CSP, Co-Founder, World Laughter Tour, Inc.
- Karyn Buxman, RN, MS, CSP, CPAE, Co-Founder, World Laughter Tour, Inc.
- Jacki Kwan, MSW, LCSW-C, Founder Ha-Ha-logy!
- Susan Stewart, RN, MA, Health Promotion Educator
- Diann Muzyka, RN, MSN, Columbus State Community College
- Lenore Schneiderman, MSW, LISW, Columbus State Community College
- Rosalind H. Trieber, MS, CHES, Humor and Health As-

REGISTER TODAY!



Register: Date/City _____

Name	
Street	
City/State/Zip	
Home Phone	()
Occupation	
Work Phone	()
Fax	()
E-mail	

2004 Workshop Tuition = \$339.00

SAVE: 60 days or more in advance = \$299.00,

REQUIRED TEXTS:

- _____ "Good-Hearted Living" by S. Wilson, \$19.95
 - _____ "Compassionate Laughter" by Dr. P. Wooten, \$14.95
 - _____ "Laughter: A Scientific Investigation" by R. Provine, \$14.00
- Shipping: \$5.35 for first book + \$1.00 each additional book.

LEADER'S T-SHIRT IS INCLUDED (Specify your size):

___ S ___ M ___ L ___ XL ___ XXL ___ XXXL

Lunch Preference (Day Two—Box-lunch Sandwich)

___ Turkey ___ Roast Beef ___ Veggie

Indicate method of payment:

Check (Payable to WLT, Inc.) VISA/MC/AMEX

Card # _____

Expiration Date ____/____ (mm/yy)

* Registration must be accompanied by full payment or PO #. Four ways to register:

1. Register online at www.worldlaughter.com
2. Fax: 1-614-855-4889
3. Phone: 1-800-NOW-LAFF
4. Mail registration and payment to:

The World Laughter Tour, Inc.

1159 S. Creekway Ct., Coils, OH 43230