

WHAT IS THE WORLD LAUGHTER TOUR?



MISSION: World Laughter Tour is the leader in professional and lay-person training for therapeutic laughter; resources, information, ideas & news about healing with laughter; dedicated advocacy of the role of emotions and attitudes in health and happiness; helping people achieve their fullest potential through enjoyable, systematic, life-affirming, self-care strategies.

VISION: Together we can lead the world to health, happiness and peace through true mirthful laughter.

PRINCIPLES:

Therapeutic Laughter is
Non-Political
Non-Religious
Non-Exploitive
Non-Perfectionistic
Non-Threatening
Non-Competitive
Not a cult
Everyone is welcome

SLOGAN: "Think Globally, Laugh Locally"



Look for the
"Happy World" logo
for assurance of quality
laughter programs.

WE OFFER...

- ☺ **Training:** "How To Create Therapeutic Laughter", a 2-day workshop
- ☺ **Continuing Education** credits for activity therapists, nurses, social workers, more.
- ☺ **Keynotes, Talks, Seminars & Workshops** for energizing and educating association & corporate meetings.
- ☺ **Media** appearances.
- ☺ **FREE** electronic newsletter.
- ☺ **Extensive website** with links to current research and articles of interest, books, tapes and other resources.



NEED MORE INFORMATION?

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Home of Certified Laughter Leader™ Training

Answers to Frequent Questions About World Laughter Tour Programs:

Laughter Therapy, Laughter Clubs,
Laughter Circles, Healing With Laughter
Certified Laughter Leader™ Training
Good-Hearted Living™
...and More

Created by Steve Wilson, Psychologist
President and "Cheerman of The Bored"
World Laughter Tour, Inc.



1-800-NOW-LAFF

www.WorldLaughterTour.com

HOW TO BECOME A CERTIFIED LAUGHTER LEADER™

A medical background is not required. Anyone who wants to be a Certified Laughter Leader™ must show satisfactory completion of the basic 2-day workshop. Training is approved for continuing education for Activity Therapists, Nurses, and other professions.

“The physician’s job is to amuse the patient while nature effects the cure.”

TRAINING

- Basic training is completed in a 2-day workshop
- Training includes the psychology & physiology of laughter, attitudinal healing, adaptations to special challenges, how to organize & conduct therapeutic laughter and other programs, the code of ethics, and more.
- Distance learning is available on a limited basis
- Study Guide is available in English and Spanish
- Other materials available in Italian, French, Hungarian, Spanish, Dutch, German
- Workshop locations across North America throughout the year
- Workshops can be brought anywhere in the world
- Corporate training available on a preferred schedule
- CLLs enjoy a private online communications network to receive continuous support



FEATURES OF THERAPEUTIC LAUGHTER

- True, mirthful laughter generated in a supportive environment with a qualified leader
- A mind-body program of gentle laughter exercises, breathing, stretching, camaraderie
- Can be done as chair exercises
- Jokes are not used; only the joy of laughing
- Certified Leaders guide & motivate
- Group support lifts the members' spirits
- Atmosphere is relaxed, up-beat
- Flexible timeframes

BENEFITS OF THERAPEUTIC LAUGHTER

- ☺ Prevents “Hardening of the Attitudes”
- ☺ Relieves stress, depression, anger & anxiety
- ☺ Improves enthusiasm
- ☺ Reduces loneliness, tension
- ☺ Increases self-confidence
- ☺ Improves health & healing
- ☺ Effective in Long-Term Care
- ☺ Achieves targeted rehabilitation goals



RESEARCH SHOWS THAT LAUGHTER:

- Strengthens immune system
- Improves breathing, arterial blood flow, digestion, sleep
- Adjusts blood pressure & blood sugar
- Relaxes muscles
- Burns calories
- Reduces pain
- Helps people get along together better

THERAPEUTIC LAUGHTER:

WHO? WHAT? WHEN? WHERE? HOW?

Laughter programs provide light-to-moderate exercise for mental & physical flexibility, mood regulation, stress reduction, brain fitness, and an attitude boost. In other words, a *therapeutic ally*. The programs work well in schools, senior centers, long-term care and hospitals, as well as workplaces, fitness centers, support communities, libraries and public parks.



Certified Laughter Leaders™ (CLL) have completed the World Laughter Tour prescribed studies and supervised training in the science of laughter and healing strategies, and subscribe to the WLT Code of Ethics. A typical laughter circle or therapy session is 5-25 people. It may be open to the public or reserved for a specific group. It may be run for free, for a fee, or for a suggested donation, at a convenient time, day, and location. CLL programs and services may be registered with the World Laughter Tour and listed in the online Directory.

WHY?

Our stress-filled world doesn't laugh much. It continues to exist amid strife, misunderstanding & turmoil. We work with the scientific community around the world to develop ways to use humor & laughter for health, peace, connectivity, and the joy of living.

“A clown is like an aspirin only it works twice as fast.” ~Groucho Marx