

**This is the ORIGINAL accredited training program leading to the designation "Certified Laughter Leader"**

**Workshop Training is co-sponsored by Columbus State Community College, Columbus, Ohio**



2004

**April 3<sup>rd</sup> & 4<sup>th</sup> / 2004, Calgary, Alberta, Canada.** For information & registration for this workshop e-mail: [\*\*justkidding@missloosie.com\*\*](mailto:justkidding@missloosie.com)

***"TRAINING IS NO JOKE, BUT THERE IS A LOT OF LAUGHTER IN OUR WORKSHOPS"***

**WORLD LAUGHTER TOUR, INC. MAINTAINS THE WORLD'S HIGHEST STANDARDS FOR THIS TYPE OF TRAINING.**

**ALTHOUGH MEDICAL BACKGROUND IS NOT REQUIRED FOR THIS WORKSHOP, IT IS THE ONLY TRAINING THAT IS COLLEGE-APPROVED AND APPROVED FOR CONTINUING EDUCATION IN SEVERAL PROFESSIONAL DISCIPLINES.**

Our training program, "How To Create Therapeutic Laughter and Laughter Clubs," prepares qualified leaders for Laughter Clubs and other therapeutic laughter activities. Qualified leadership by a Certified Laughter Leader (CLL) is a requirement for all World Laughter Tour Laughter Clubs. CLLs understand the science of laughter, as well as the theory, philosophy, and physical aspects of the Laughter Club method. CLLs are well-versed in the practices of Good-Hearted Living, which is a significant World Laughter Tour program for preventing hardening of the attitudes. CLLs subscribe to a code of ethics and traditional laughter club values, & they are familiar with group dynamics to obtain effective results. Training underscores the leadership characteristics of vigor, depth, encouragement, motivation, passion, & joy.

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Regular training workshops, "How To Create Therapeutic Laughter and Laughter Clubs" are held throughout the year at cities all over North America. Training can be arranged for any place in the world by contacting our offices.

Training is co-sponsored by Columbus State Community College Ohio, which has reviewed the curriculum. The workshop has been approved for Continuing Education credit for social workers, counselors, nurses, activity therapists, activity directors, recreation therapists, and Certified Health Educators. Completion of the workshop leads to the designation "Certified Laughter Leader," which is renewed annually.

Certified Laughter Leaders (CLLs) are authorized to organize and register Laughter Clubs and present therapeutic laughter programs; they may acknowledge their affiliation to World Laughter Tour, Inc., and use the Laughter Club logo in print material. In addition, CLLs have membership in an exclusive online support network for sharing their ideas and news; World Laughter Tour, Inc., supports leaders through the development of continuing education materials, models for business aspects of Laughter Clubs, and telephone consultation.

**When:** (Saturday, April 3<sup>rd</sup>, 2004) 9:00 a.m. - 5:00 p.m.  
(Sunday, April 4<sup>th</sup>, 2004) 9:00 a.m. - 5:00 p.m.

**Where:** **Radisson Hotel Calgary Airport**  
2120 16<sup>th</sup> Avenue NE  
Calgary Alberta, Canada  
1-800-333-3333

[www.radisson.com/calgaryca\\_airport](http://www.radisson.com/calgaryca_airport)

**2004 Tuition: Tuition/Registration - \$450.00 + GST**  
**\$450.00** Tuition includes all sessions, an extensive Study Guide of readings and resource materials, a CD-ROM with 78 files of support material for laughter leaders, lunch (both days), certification documentation, membership in an exclusive online support network, and an official Canadian Laughter Club T-Shirt. \*Register two or more people at the same time and receive a \$25 discount for each additional registrant.

**HIGHLY RECOMMENDED READINGS FOR THE WORKSHOP** "Laugh For No Reason - 2002 Edition" by Dr. Madan Kataria. Describes the history of laughter clubs since 1995, the science, the yoga, and the philosophy; loads of "how-to's" and dozens of color photos. \$29.95. Buy when you register or go to the shopping area to buy it now. [www.worldlaughtertour.com](http://www.worldlaughtertour.com)  
"Compassionate Laughter" by Dr. Patty Wooten. Essential guidelines & valuable advice for anyone who plans to take therapeutic humor & laughter programs to health care settings. \$14.95. Buy when you register or go to the shopping area to buy it now. [www.worldlaughtertour.com](http://www.worldlaughtertour.com)

**REFUND POLICY** You may cancel your registration at any time. You will then have two options: (1) You may credit your full tuition toward any future workshop. Or, (2) request a refund of your tuition less a \$30.00 administration fee.

**TAX DEDUCTION** The expense of continuing education, when taken to maintain and improve professional skills, is tax deductible. There are also other business circumstances that may make such expenses tax deductible. Please contact your accountant for details.

**Workshop Objectives:** Participants will be able to:

- Discuss the history of therapeutic laughter based on the research provided by Norman Cousins and Dr. Madan Kataria of India.
- Describe the physiology of laughter.
- Define the terminology, fundamental concepts, and principles of therapeutic laughter.
- Differentiate laughter versus humour.
- Discuss each part of a laughter club session.
- Demonstrate components of a laughter club session.
- Identify the populations who may benefit from therapeutic laughter.
- Explain the contraindications for laughter club participation.
- Differentiate healthy laughter versus that associated with pathology.
- Describe the concepts of "sensible living".
- Answer frequently asked questions about therapeutic laughter.
- Describe the roles & responsibilities of a Laughter Leader.
- Describe ten aims of World Laughter Tour.
- Explain how to handle four types of difficult participants.

**Continuing Education:** NOTE: Continuing education credit may be awarded by other professional boards. Contact your own board to find out what is required. We will be happy to assist you by providing the necessary documentation.

- This workshop is approved for 11 contact hours of continuing education credit for Certified Health Educators.
- 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.
- The conference is pre-approved for 10.5 clock hours by NCCAP (NCCAP22129-03).
- The conference has previously been pre-approved for 9.0 clock hours by CTRAC.

**Faculty: Steve Wilson, MA, CSP, Gahanna, Ohio, USA**

Steve Wilson is an author and licensed psychologist, known as America's Favorite Joyologist. He is an international professional speaker and consultant in the areas of therapeutic humour, creating positive working environments and enhancing self-esteem. Steve is a co-founder of World Laughter Tour, Inc.

**Cheryl Ann Oberg, MT, CLL, Calgary, Alberta, Canada**

Cheryl Ann is a Therapeutic Clown called Miss Loosie, professional speaker and consultant in the areas of therapeutic humour and has been a CLL for 3 Years. Now a Master Trainer for the World Laughter Tour. Cheryl is the Co-Chair of the Canadian Association for Therapeutic Humour & the Executive Director of Calgary's Caring Clown Association.

**Who should attend:**

- Nurses and other Health Care Staff
- Social Workers
- Teachers
- Therapists
- Counselors
- Caring Clowns
- Elder Care Managers
- Long-Term Care Staff
- Assisted Living Staff
- Senior Centers Staff
- Anyone who would like to start a Laughter Club

**What you will learn:**

- The 6 theories of Therapeutic Laughter
- The development of the 4 essential leader characteristics
- The 3 most important questions leaders are asked all the time
- The core steps of a typical Laughter Club session
- Adaptations of Laughter Clubs to special populations
- Laughter meditation techniques
- The 8 proven physiological effects of laughter
- The 4 characteristics of un-healthy laughter
- The 3 core practices of Sensible Living
- The attitudinal shift to the Spirit of Laughter
- The yoga of laughter sessions
- How to provide Therapeutic Laughter as a fee-for-service program
- How to publicize your Laughter Club
- Leads to the designation "Certified Laughter Leader"

**WORLD LAUGHTER TOUR  
Thin Globally, Laugh Locally**

**How To Create Therapeutic Laughter &  
Laughter Clubs**

This is the basic training required to organize and conduct therapeutic laughter sessions and laughter clubs affiliated with the World Laughter Tour, Inc.

This workshop leads to the designation "**Certified Laughter Leader**".

Workshop Date **April 3<sup>rd</sup> & 4th / 2004**

Workshop City **CALGARY, Alberta. Canada**

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Professional Credentials (for CE credit) \_\_\_\_\_

Home Address \_\_\_\_\_

Home City \_\_\_\_\_

Home State/ Province \_\_\_\_\_

Home Postal Code \_\_\_\_\_

Home Phone \_\_\_\_\_

Employer \_\_\_\_\_

Position \_\_\_\_\_

Work Address \_\_\_\_\_

Work Province / State \_\_\_\_\_

Work Postal / Zip Code \_\_\_\_\_

Work Phone \_\_\_\_\_

Fax \_\_\_\_\_

E-Mail \_\_\_\_\_

T-Shirt Size S M L XL XXL XXXL

Are you a Registered Laughter Leader? Yes No

Where are you lodging?  Radisson Hotel  Other

2004 Tuition \$ 450.00 CDN

Early Bird Tuition \$ 400.00 CDN

GST #131370496RT \$ 31.50 CDN

Early Bird GST \$ 28.00 CDN

Total Tuition \$ 481.50 CDN

Total Early Bird \$ 428.00 CDN

**(Must be received by March 1st, 2004)**

Payments can be made by Visa, MasterCard or Corporate Cheque made payable to **Just Kidding**  
mailed to: 447 Lysander Drive SE Calgary AB, Canada T2C 1M2

VISA  MASTERCARD  CHEQUE  Card # \_\_\_\_\_

Expiry Date \_\_\_\_\_ Full Name on Card \_\_\_\_\_

Today's Date \_\_\_\_\_ Signature / Authorization \_\_\_\_\_