

Therapeutic Healing Through Laughter Program Summary

Therapeutic laughter is a method to provide positive counterweight to the negative circumstances that have brought clients to the service provider. The workshop will teach laughter and humor techniques to use to help your clients well being. The program will instruct participants on:

1. Identify the Benefits of Laughter
2. Explore the History of humor/laughter therapy
3. Examine the Benefits of Simulated Laughter
4. Differentiate Between Humor vs. Laughter
5. Examine Self-Directed Activities to Relieve Stress
6. Designing a humor/laughter Program