

Kathryn A. Caskey
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EDUCATION:

1988 - Specialty in Holistic Health, Western Michigan University.
1967 - MA, MSW, University of Chicago.
1963 - BA English, University of Wisconsin, Madison, WI.

ADDITIONAL EDUCATION:

1990 - Gerontology Specialty program, Western Michigan University.
1989 - Notre Dame, Pastoral Bereavement Counseling
1988-89-90-91 - University of Chicago Summer Institutes: Grief and Shame Issues, Management Training, Addictive and Co-Relationships, Anxiety Disorders, Hypnosis and Hypnotherapy.

TEACHING EXPERIENCE:

1989 - Present: **Western Michigan University**, Adjunct Staff member, developed and taught Humor and Health, Successful Aging, Holistic Approaches to Play Across the Lifespan, Mind/Body Wellness, Coping with Change, Women and Aging.

1985 - 1993: **Nazareth College**, Adjunct Staff member, General Psychology, Child Development, Late Childhood and Adolescent Development, Adult Development, Interpersonal Communications, Gender Studies.

1985 - 1996: **Kalamazoo Valley Community College**. Adjunct Staff Member, Managing Stress, Assertive Training, Health and Humor, Interpersonal Communication.

1983 - 1994: **Southwestern Michigan College, Bronson Hospital**, Health Promotion Programs
Teach classes on Dealing Positively with Change, As Parents Grow Older, Improving Your Memory, Thriving and Surviving, Going Like 60. Beyond Crafts, Creative Programming for Older Adults, Retirement and You and Using Optimism, Humor, and Attitude to Enhance Mind-Body Wellness.

CLINICAL EXPERIENCE:

1988-90 - **Cass County Community Mental Health** - Outpatient Clinical Manager. Responsible for administration, program development and supervision of five Outpatient Therapists and three Prevention Specialists, one Aging Specialist.

1985-90 - **Cass County Community Older Adult Services**: Developed agency's first Older Adult Program designed to offer individual and group therapy to older adults and their families, provided in services and training to agencies and service providers; and designed Mental Health Community Prevention projects.

PRESENTATIONS AND CONSULTATIONS:

1986 - Present **LAUGHTER WORKS**, Co-owner and Creator.
Have given over 500 workshops and presentations to such diverse groups as International Humor Conference, Michigan Department of Education, Office of Aging, United States Post Office, Michigan Department of Social Services, Pharmacia, State Conference of the Chamber of Commerce.