

LAURIE YOUNG

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EDUCATION:

- 1988 Specialty in Holistic Health, Western Michigan University.
- 1970 M.A., Counseling and Personnel Services, Western Michigan University. *Licensed Professional Counselor, National Certified Counselor.*
- 1969 B.A. Social Science and English, Michigan State University.

ADDITIONAL EDUCATION:

- 2005 Certified in True Colors and Insight Learning Personality Profiles
- 1990 Gerontology Specialty Program classes, Western Michigan University.
- 1978-1984 Business Administration and Accounting, Western Michigan University and Kalamazoo Valley Community College. *National Honor Society in Business Administration.*
- 1984 Biofeedback and Stress Management, Health Circle.

TEACHING EXPERIENCE:

- 1991-Present **Western Michigan University**, Adjunct Associate professor. Developed and teach *Health and Humor, Humor & Fun—the Brain’s Best Learning Strategy, Holistic Approaches to Successful Aging*, and *Holistic Approaches to Play Across the Life-Span* through the Holistic Health Department. Also created and taught *Mind/Body Wellness, Coping With Change*, and *Therapeutic Uses of Toys* for the department of Health, Physical Education and Recreation. Now teach two 3-credit classes on-line.
- 1986-1997 **Kalamazoo Valley Community College**, Adjunct Faculty Member. Taught *Stress Management* and *Assertiveness*, created and taught three *credit Health and Humor* class as well as *Health, Wellness, and Aging* class for the Gerontology program
- 1985-1991 **Nazareth College**, Adjunct Faculty Member. *Interpersonal Communications, Adulthood, Gender Studies, Counseling Skills, Issues of Aging.*
- 1991-1995 **Bronson Hospital**, Health Promotion Program. Developed and taught classes on *Dealing Positively With Change*, and *Using Optimism, Enhancing Mind-Body Wellness.*
- 1991-Present **Kalamazoo and Portage Public Schools**, Community Education.

PRESENTATIONS AND CONSULTING:

- 1986-Present **Laughter Works** co-owner and creator. www.laughways.com
- Have given over 1000 workshops, training seminars, and presentations to such diverse groups as the IRS Office of Chief Council, the International Humor Conference, the Michigan, Ohio, Louisiana, Kentucky and Massachusetts Counseling Associations, the American Association for Counseling and Development, the National Wellness Conference,

the American Society for Aging, the National Council on Aging, the Association for Applied and Therapeutic Humor, and the International Society for Humor Studies.

Topics include:

- Laughter Works**...an approach to healthful living.
- Brain Works**...making it stick
- Great Expectations**...a light-hearted look at change.
- Therapeutic Juggling** and Other Prescription Toys.
- Wisdom, Wellness and Whimsy**...secrets from the fountain of youth.
- Accentuate the Positive/Eliminate the Negative**
- Getting to Know You**
- Resilience Rx**
- Team Works!**

OTHER ACCOMPLISHMENTS:

2010 Named Western Michigan University Outstanding Alumnae, Health & Human Services, Holistic Health Program.

2006-Completed 17 day trek to Mt. Everest Base Camp, 2003-Summitted Mt. Kilimanjaro, 1985-completed the New York marathon.

1996 Excellence in Education Award Co-Winner (1st and only women to date), International Juggler's Association.

1988-2000 Awarded ten gold medals in international jogging (running while juggling) competitions held in Denver, Los Angeles, St. Louis, Baltimore, and Montreal.

Wrote *Laughter Works...an approach to healthful living* for WHIMSY VII published by the International Society for Humor Studies, 1990. Also *Alzheimer's Disease...Remember to Laugh, Therapeutic Toys*, and *Keeping Our Wits About Us*, articles published by the Association for Applied and Therapeutic Humor.

For two years (1973-1975), I traveled overland through most of the countries in Central and South America and overland from Istanbul through Iran, Afghanistan and Pakistan to Calcutta including time in Sri Lanka and Thailand. Traveling through outlying, non-tourist areas, I met and got to know a great variety of world citizens from cities, towns, and villages of all sizes.