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:

2003	Critical Incident Stress Management certification.
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 Assistant professor. Developed and teach *Health and Humor*, *Holistic Approaches to Successful Aging*, and *Holistic Approaches to Play Across the Life-Span* though the Holistic Health Department. Also created and taught classes in Mind/Body Wellness and Coping With Change.

1986-1990 **Kalamazoo Valley Community College**, Adjunct Faculty Member. Stress Management, Assertiveness, created and taught three credit Health and Humor class and Successful Aging.

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, Humor, and Attitude to Enhance Mind-Body Wellness.

1991-Present **Kalamazoo and Portage Public Schools**, Community Education. Teach participants how to juggle.

PRESENTATIONS AND CONSULTING:

1986-Present **Laughter Works** co-owner and creator. Have given over 600 workshops, training seminars, and speeches to such diverse groups as the American Academy of Entrepreneurs, the International Humor Conference, the American Association for Counseling and Development, National Council on Aging. Topics include:
-**Laughter Works.**..an approach to healthful living.
-**Great Expectations**...a light-hearted look at change.
-**Wellness, Wisdom & Whimsey**...secrets from the fountain of youth.
-**Accentuate the Positive/Eliminate the Negative**
-**Resilience Rx**
-**Team Works!**