



Patty Wooten has *Jest* what you need!

Looking for a energizing, informative, funny speaker?

Need humor skills to manage your stress?

Want to understand the healing powers of humor?

Patty is the best for jest:

- Experience - a quarter million people have laughed and learned
- Awards - 2002 Lifetime Achievement Award for her work in therapeutic humor
- Author - Three books and more than 50 articles in professional journals
- Research - Humor and nurse burnout presented at international symposium
- Leader - past president of the Association for Applied and Therapeutic Humor
- Collaborator - worked with Norman Cousins and clowned with Patch Adams
- Clown - nurse/clown characters entertaining more than 25 years
- Journalist - featured columnist for the Journal of Nursing Jocularly

Patty can help you:

- Assess the role of humor and laughter in your life, your relationships, your job
- Develop ticklish tactics to cope with stress and change
- Understand how humor, laughter and mirth make us healthy and keep us sane
- Identify strategies for using humor appropriately and effectively

If you're ready to laugh call Patty Wooten

Select from these presentations

- PROFESSIONAL SURVIVAL - You Can Laugh or You Can Cry!
- CAN YOU MANAGE TO LAUGH - Humor to enhance leadership effectiveness
- FINDING COMEDY IN CHAOS - You can't be serious all of the time
- CHOOSING THE AMUSING - Finding humor when you need to laugh
- COMPASSIONATE LAUGHTER - Making a heart to heart connection with humor
- LAUGHTER'S THE BEST MEDICINE - Discover what scientific research proves
- HEART, HUMOR AND HEALING - Using humor during illness and recovery
- PUTTING FUN TO WORK - Productivity and job satisfaction increase with fun

Each program will be customized to meet the needs of different audiences. Presentations are designed to last from 60 - 90 minutes.

What Others are Saying about Patty Wooten

"No one has to make the case for the importance of laughter in this world, but Patty Wooten proves this point in her teaching. She not only believes deeply in the need to take the solemnity out of serious illness, but is able to demonstrate through her skits how this can be done."
- Norman Cousins - author of Head First -The Biology of Hope

"Patty Wooten has illuminated the crucial role of a light heart in healing. The world of medicine owes her a great debt."
- Larry Dossey, MD - author of Healing Words

"Through her unforgettable comical delivery of the true essence of humor's healing potential, Patty Wooten is changing the face of conventional medicine."
- Lee S. Berk, Dr. PH - Loma Linda University School of Medicine

"Wooten shares her brand of compassionate humor - while wearing a clown outfit - with hospital patients, cancer survivors and support groups. She is making practical use of what the research shows: Laughter makes us healthier."
- USA Today - October 31, 1996



Publications

- Wooten, Patty. "Humor: An antidote for Stress". *Holistic Nursing Practice*. 1996, 10 (2). pp. 49-56.
- Wooten, Patty. "You've Got to be Kidding! Humor Skills for Surviving Managed Care". *Dermatology Nursing*. 1997, 9 (6 pp. 423-428.
- Wooten, Patty. "Humor as therapy for patient and caregiver" in *Pulmonary Rehabilitation*. W. Bell (ed) Philadelphia PA: J.B. Lippincott, 1992, pp. 422-434.
- Wooten, Patty. "Humor in the Ha Ha Hospital" in Buxman, K. (ed) *Nursing Perspectives on Humor*. Staten Island, NY: Power Publications, 1995.
- Wooten, Patty. "Humor, Laughter and Play - Maintaining Balance in a Serious World" In *Holistic Nursing Handbook*. Dossey, B. and Keegan, L (eds.). Baltimore, Aspen Publishing, 1999.
- Wooten, Patty. *Heart, Humor And Healing*. Santa Cruz, CA: Jest Press, 1994.
- Wooten, Patty. *Compassionate Laughter*. Santa Cruz, CA: Jest Press, 1996.
- Wooten, Patty with Shobhana Schwebke. *Hospital Clowns - A Closer Look*. Santa Cruz, CA: Jest Press, 2000.

Featured columnist for *Journal of Nursing Jocularity* from 1990 - 1998.

Who is Patty Wooten?

Patty Wooten is a woman who knows how to laugh. Often called the "Queen of Jest", Ms Wooten is a nurse, a clown, and a leading expert in the field of therapeutic humor. She has appeared on many radio and television shows including: *To Tell the Truth*, *NBC Real Life*, and the *Discovery* channel. Patty is the author of three books, two video programs and over 50 articles in professional journals. Her work has also been featured in *USA Today*, *Good Housekeeping*, *Psychology Today* and *USA Weekend* magazine. She is a past president for the *Association for Applied and Therapeutic Humor* and was awarded the *Lifetime Achievement* award for her work in therapeutic humor.

Patty is also the founder of "Jest for the Health of It", a company dedicated to the promotion and development of therapeutic humor. She helps people develop humor skills to reduce stress, recover from illness and improve the work environment. She has worked with *Patch Adams* as well as *Norman Cousins* to help people understand the therapeutic benefits of humor.

Patty's sensitive approach, practical suggestions and her dynamic presentation skills help audiences understand the therapeutic benefits of humor and laughter for the body, mind, heart and soul. If it's "laughter you're after" call Patty Wooten - she's tickled the funny bones of over a quarter million happy people.

Look Who's Laughing (a partial list of more than 500 clients)

National Conventions

Academy of Med Surg Nurses
Assoc. Cardiac and Pulmonary Rehab
Amer. Assoc. Critical Care Nurses
Amer. Assoc. of Dermatology Nurses
Amer. Kidney Fund
Amer. Nephrology Nurses Association
Amer. Org. of Nurse Executives

Amer. Soc. of Post Anesthesia Nurses
Assoc. of Operating Room Nurses
Federal Ambulatory Surgery Assoc.
Int. Society for Humor Studies
Assoc. Pediatric Nurse Practitioners
Health Service Corps

State Conventions

Nurses Association from Alaska, New Jersey, Texas, Nevada
Nurse Executive Org. from Arkansas, Colorado, Kansas, Maine, Wisconsin
Calif. Department of Aging
Calif. School Nurses Association
Fla. Assoc. of Nurse Recruiters
Kentucky Case Managers Assoc.
Ohio State Hospital Assoc.

Organizations:

Genentech, Stanford Med. Center, Dean Ornish Research Program, MD Anderson Cancer Center, California Alzheimer's Association, Cedars Sinai Med. Center.

Plus more than 700 presentations to over 250,000 people across the USA and also in Canada, Spain, England, Australia, South Africa and New Zealand.



Laughter's the Best Medicine

