



Irene G. Doniger, Licensed Psychologist, RN, MS, CLL-Expert, transforms lives through laughter.



From corporate training rooms, to senior center activity rooms, to classrooms or rooms holding the hopes of addiction recovery participants, Irene G. Doniger introduces people of all backgrounds and ages to the Power of Laughter, a science based, results-oriented process that:

- helps manage stress,
- heal pain,
- lessens depression,
- decreases dependencies and
- brings joy and comfort into lives no matter what the circumstances.

Irene's mission goes beyond: "Laughter is the Best Medicine," to "Laughter is a Lifesaver" for it was born out of her own health crisis. At age 56, Irene had her second heart attack in two years despite the fact that she was exercising, her numbers were good, and she looked great. While her mood was fine after the first heart attack and triple bypass, she says after her second attack, her mood "was lower than a pregnant ant's belly."

However, she got a gift from that second heart attack: it was laughter. In the middle of her doldrums, Irene found the World Laughter Tour website and their logo, a world face, laughed with her when she clicked it. <http://www.worldlaughtertour.com/>

A phone call later, she was on her way to becoming a certified laughter leader. Irene says it was during the weekend of training that the piece (peace) of her soul that had left during the heart attack came home. Irene has been bringing therapeutic laughter to people of all ages, sizes and settings ever since. **"Helping others is the twinkle in my wrinkle." – Irene G. Doniger**

Irene comes to this work with more than 25 years of experience as an R.N. in Brooklyn, New York, and as a licensed psychologist in Pennsylvania. Founder of *Irene G. Doniger and Associates, LLC.*, this unique behavioral health practice uses both traditional and less traditional therapy techniques to heal past wounds and help people find joy and meaning in their journey. Services provided include individual, group and family therapy. Groups provided have included ongoing and time-limited groups dealing with women's issues, anxiety, and self-esteem, relationship enhancement and stress management.



But it is her work as a Certified Laugh Leader - Expert Level that takes her professional counseling experience, combined with her work as an ordained storyteller, and merges it with her therapeutic laughter programs that provides the deepest satisfaction for Irene and profound results for her participants. Therapeutic laughter helps provide insight, health and humor. With programs for:

- corporate team building and stress management,
- addiction recovery,
- senior citizen health and wellness,
- community outreach,

Irene lends a fresh perspective coupled with a distinct pride in her Jewish heritage. Always sharing in a loving and ecumenical way, her gift of “Holy Laughter”, Irene uplifts and strengthens everyone she meets.

“I bring joy, love, peace and spirit to people using a skill-based approach that teaches my audience how to better cope with whatever life brings them. The skills I teach show people how to “put twinkles in the worst of their wrinkles,” get unstuck and move forward. “It’s not what we go through, it’s how we come through” that determines the quality of the lives we lead.”

-Irene G. Doniger



Praise for Irene:

From a participant in a corporate training program to help deal with difficult people: **"I had one of those very difficult customers to deal with at work and was shaking at the prospect of making the call to him. I really didn't expect these techniques to work but I was desperate so I decided to use them. I'm not sure what made the difference. Maybe it was the change in my tone of voice--no sign of fear, or whatever, but, Irene, they really work so well. We had an amiable resolution to the problems he presented and I went on to make several other calls to difficult customers in my caseload. All of them with much more positive results. You are a magician."**

From a man in a group for the long-term unemployed: **"Thank you so much for doing this program. I never knew laughing in a group, even when I didn't feel like it, could lift my spirits so much. I was even smiling when I got home from the meeting."**

From a recovering person (from substance abuse) after an hour program: **"Today you taught me how to help myself to feel better without taking any drugs or drinking. Thank you so much."**

From a participant on a Laughter program done via conference call: **"I've been in terrible pain since my accident and only got on the call because I said I would do the recording. Now, after 20 minutes of laughing, smiling, doing what I could, I am almost pain-free and ready for a nap. Thank you so much."**



Irene is available to Help You Put Some Twinkles in Your Wrinkles.

Irene's experience ranges from teaching 'Stress Relief by Laughter' at corporate team building events to presenting 'Laughter for the Health of It' in senior facilities, schools, and social and civic groups. Irene presents keynote speeches and break-out sessions about raising prosperity consciousness not just in a financial sense, but in relationships, self-esteem, personal success and feelings of joy and gratitude.

Irene also develops and leads programs designed to address particular needs as she did in the aftermath of the 9/11 bombing when the CIGNA Corporation relocated employees who would normally have worked in the Twin Towers to Philadelphia. The Employee Assistance Program at CIGNA asked Irene to work with survivors, family, friends and other employees of the companies involved or located nearby, for more than a year, doing trauma recovery work and other modalities helping them regain equilibrium, learn to feel safe in the world again and cope with grieving.

Key Programs:

- **Stress Relief by Laughter**
- **Laughing for the Health of It**
- **Coming to Peace During Challenging Times**
- **Laughing for the Sake of Heaven**

Additional Topics Include:

- Shatter and Renew
- Finding Clarity and Moving Forward
- It's Not What We Go Through, It's How We Come Through: Using Positive Humor, Laughter and Gratitude to Put Twinkles in the Wrinkles of Life
- Stress: Overcoming the Negative and Using the Positive Side of Stress to Grow
- Using the Art of Strategic Story-telling
- Team Building and Staff Development
- Dealing with that Difficult Client
- Living with Chronic Illness and Pain Both as a Patient and as a Caregiver

Audiences:

- The Department of Drug and Alcohol--State of PA
- White Deer Run and a variety of drug and alcohol rehabilitation centers around the State
- Gaudenzia House--National conference in Harrisburg 5 years in a row
- Cigna EAP--both counseling (especially for 9/11 trauma recovery) and coping programs for groups in corporations with offices in the Twin Towers
- Penn Mutual--multiple offices



Put A Twinkle in Your Wrinkle

Laughter is a Lifesaver and More...

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- Siemen's Corporation--Malvern, PA
 - Temple Brith Achim--King of Prussia--to both children and adults (including story-telling in coping with illness and death in the family)
 - Laughing for the Sake of Heaven-Sisterhood Brunch, Using Laughter to develop Resilience
 - Temple Brith Shalom, Broomall--story-telling and particular holidays
 - B'Nai Jacob, Phoenixville, PA--shared the pulpit with the Rabbi--I did the sermon via stories and Program on Laughing for the Sake of Heaven for the Sisterhood several times
 - Women of Reformed Judaism--various groups around the state: Dealing with 9/11 at Biennial in Harrisburg; Organizational Conflict Resolution, Learning to say no with a smile and without explanation
 - Portrayed founding mothers of the organization at the National Biennial in Washington DC
 - Manor Care of King of Prussia--Laughter exercises with nursing home population (for 3 years) Shabbat service and Holy Laughter
 - Devon Manor, Devon, PA : Laughter program for residents and staff
 - Suburban Woods--E Norriton, PA -- Shabbat Service and Holy Laughter
 - Volunteer Para Chaplain with Jewish Children and Family Services
 - Previously state certified police trainer in crisis intervention particularly with sexual assault victims of all ages
 - Victim Services Center--was Education Coordinator wrote "Good Touch/Bad Touch coloring book as a works for hire
 - Presented programs on Date Rape Prevention, Self Defense, Sexual Harassment and more
 - Phact--a support group for families with children having severe environmental and food allergies (last 3 years)
 - Moms and More
 - Upper Merion Adult Education: Stress Relief by Laughter 6 week program several years until no more adult Ed.
 - Hillside Christian Women's Retreat: Joy and Connecting with Laughter and GH (Good Hearted Living.)
 - Brightview Senior Living Facility
 - Brandywine Senior Living--4 facilities



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Laughter is a Lifesaver and More...

Irene G. Doniger, Licensed Psychologist, RN, MS, CLL-Expert:

2008-Present: Founder, President and Licensed Psychologist Irene G. Doniger and Associates, LLC. This is a unique behavioral health practice using both traditional and less traditional therapy techniques to heal past wounds and help people find joy and meaning in their journey. Services provided include individual, group and family therapy. Groups provided have included ongoing and time-limited groups dealing with women's issues, anxiety, self-esteem and stress management. Design and present corporate and other programs specific to an organizations needs based on assessments done prior to presenting any programs.

In **2009**, added of interactive laughter programs for entertainment at various parties or events and of "Laughing for the Sake of Heaven" programs for synagogues, churches, vestry retreats and more. This program combines Bible and other spiritual stories with laughter exercises.

2002-Present: Facilitate therapeutic laughter programs and Stress Relief by Laughter and Laughing for the Health of It, Programs in assisted living facilities, social and civic groups, area adult education classes and corporations as a certified laughter leader. Laughter is now a 'results-oriented' process with science to back up the benefits.

2000-Present: Volunteer as a para chaplain for JFCS (Jewish Family and Children's Services) of PA

1999-2006: Provided Supervision to other therapists for insurance purposes.

1992-1999: Established and Directed the Mind/Body Connection—a Holistic Behavioral Health and Therapy Center overseeing practitioners in various disciplines. Provided psychotherapy services to individuals, families and groups. Directed staff of 6-10 holistic practitioners from various disciplines.

Credentials:

- 1973 BS: Health Sciences and Education: Brooklyn College, Brooklyn, NY
- 1996: RN: Received in New York City, Training at The Jewish Hospital and Medical Center in Brooklyn, New York
- 1985: MS: Counseling and Human Relations: Villanova University, Villanova, Pennsylvania
- 1987 Psychology License received, Pennsylvania
- 1997 Certified Hypnotherapist: Completed 500 hours of training with Ron Klein,
- 2002 Certified Laughter Leader: Trained by Steve Wilson, founder of the World Laughter Tour
- 2005 Attended Advanced Training Seminar at World Laughter Tour
- Reiki Level II Practitioner
- 2005 Completed 4 years training in Non-Dual Healing- Society of Souls, Jason Schulman Director and Teacher
- 2010 Ordained as a Maggidah by Yitzhak Buxbaum
- 2010 Attended Advanced Training "Business of Laughter"
- 2012, 2014 Advanced Training at World Laughter Tour Designation: Certified Laughter Leader-Expert



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At A Glance

[Irene's Radio Interview with Debra Norwood](#) Laughter Lawyer USA, with Look Good! Feel Good!:

'Healing Through Storytelling and Laughter'

[Irene's Profile on the Association for Applied and Therapeutic Humor](#)

The Home For Humor and Laughter Professionals

[Irene's Certified Laughter Club on the World Laughter Tour](#)

(on this page, select United States for the country, and Pennsylvania for the state to see Irene's profile)



Irene G. Doniger - Storytelling

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