



Lynn Caesar, Ph.D.,

Lynn is a licensed psychologist and a certified laughter yoga teacher and leader. A life long student of natural therapies, she is influenced by positive psychology, Integrative medicine, and laughter as a mindfulness practice.

A psychotherapist for over 30 years, she has a private psychotherapy practice in Arlington. She provides therapy to children, adolescents, couples, families, and the full age span of young adults through people in their 80's.

Lynn has founded and has been running the Arlington Laughter Club since October 2004.

The Arlington Laughter club has appeared on ABC News Good Morning America, NPR WBUR: Laughter Clubs: **Why Cracking Up Is Good for You**

Link: <http://www.wbur.org/2009/06/12/laughter-therapy>
local radio, the Boston Globe (The Grin Reaper) and local newspapers.

Lynn has been invited to speak and conduct workshops in Canada and Massachusetts for hospitals, mental health organizations, yoga centers, Integrative health care providers/organizations, electrical contractors, non-profit organizations, universities (Harvard, MIT), hospice organizations and communities for people whose lives are touched by cancer. She also offers trainings for people who want to become certified laughter yoga leaders.

