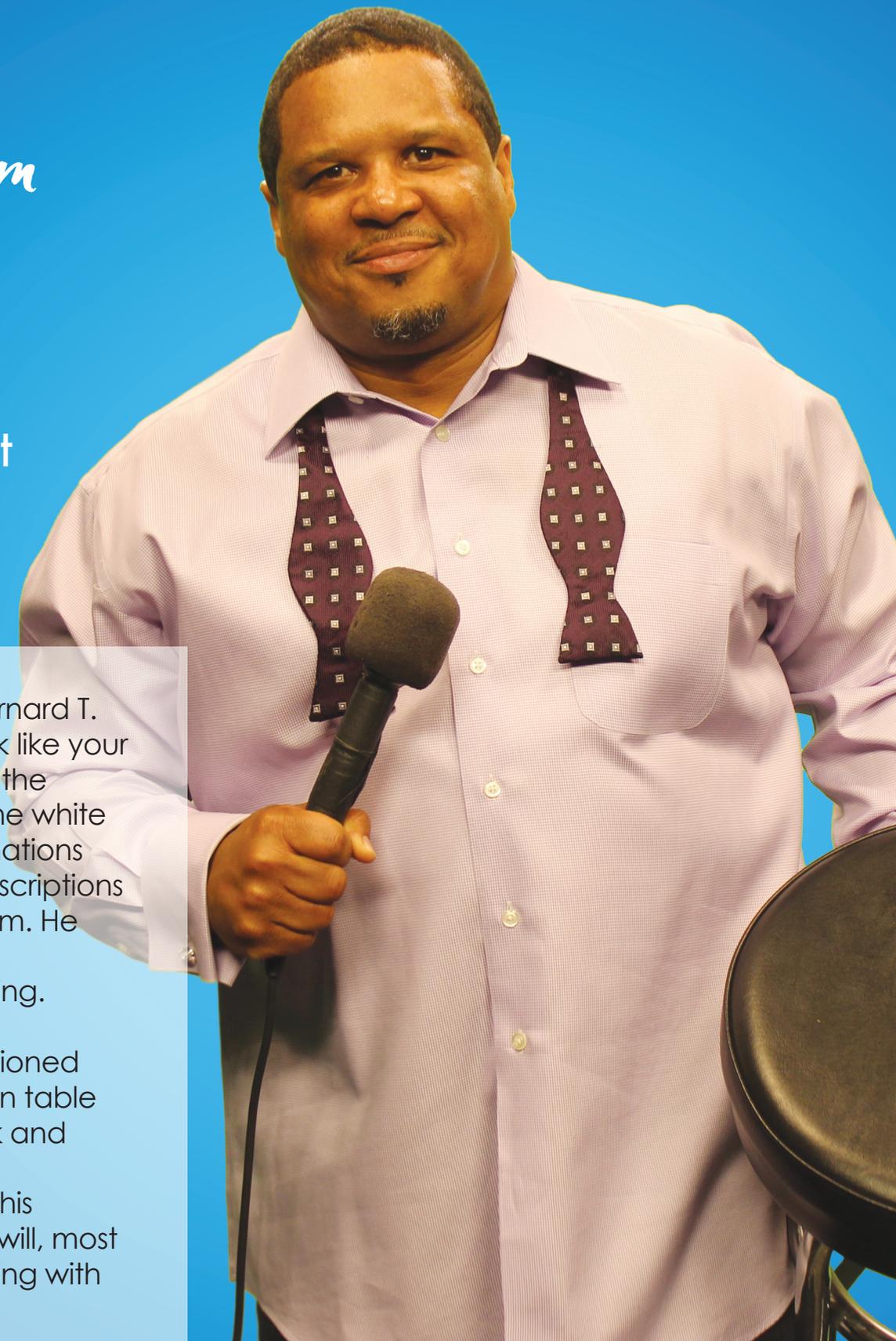


Joy In The Room

Vernard T.
Hines The
Laugh
Therapist Not
licensed Just
Medicated

At first glance Vernard T. Hines, does not look like your typical doctor with the stethoscope and the white coat giving examinations and dispensing prescriptions in a small white room. He prefers to wear less conventional clothing.

His office is not fashioned with an examination table and chair or a desk and couch. Make an appointment with this physician and you will, most likely, have a meeting with



him at one of the many venues where he sees people around town. Trained in the use of physical methods, as exercises, in treating or rehabilitating the sick or wounded by the use of scientific methods; for helping personalities overcome psychological and physical concerns. He counsels: deals with the mind which in turns directly effects our bodies ; using his technique as process to resolve difficult behaviors, beliefs, feelings. His credentials come from the highest learning: the Word of God.

What may have started in therapy sessions to address a particular issue evolved into his passion. Today he holds a unique distinction. He is one of the most sort after in his field. Coming to the stage. Lets give a warm 7 Cities welcome to our own Norfolk native, Vernard T. Hines aka The Laugh Therapist. Not Licensed Just Medicated.

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I call myself “The Laugh Therapist” because I am a 20 year 7 months 4 days (and counting) Iraq veteran of the US Army. Went to Iraq two times; while in Iraq suffered from PTSD. After returning home seeking help. Went to the VA got some things taken care of.

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Hines who received counseling and takes medication seeks to help others realize they must be open and available. See therapeutic avenues of treatment as your friend not foe

U.S. National Library of Medicine located in Bethesda, MD *U.S. Department of Health and Human Services National Institutes of Health* define

Post-traumatic stress disorder

(PTSD) is a mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event. US Department of Veterans Affairs PUBLIC a section for Veterans, General Public, Family & Friends and World Health Organization reveal about 8 to 14 million adults have PTSD during any given year.

Anyone who has experienced a trauma such as a serious accident, physical assault or abuse, war as a civilian or as part of military operations, a national disaster (bushfire, fire or cyclone), sexual assault or abuse of any kind at any age. Traumatic events include things that happen directly to you or someone close to you, events witnessed, the passing of a love one, and first responders.

Rather than the formal definition Hines explains, "They define traditionally. I define PTSD as Processing Traumatic Situations Differently. For example, trauma affects people differently. At any given location two people can experience the same event but each see in their own unique perspective."

Hines - who has practiced his therapeutic brand of comedy for nearly 9 years - is also a Master of Ceremonies (MC)

and a motivational speaker.

I speak at church organizations, like Mt. Gilead Missionary Baptist Church in Norfolk , my home church, The Mount in Chesapeake as well as military operations like Fort Eustis to over a 1000 soldiers about drug and alcohol abuse and the effects of PTSD. I call it " Kingdom Komedey" with a K. Good, clean, Christian comedy.

Hines wants people to know, its possible, "You can live a normal life if you decide to seek help. Therapy really helped me to deal with and manage my PTSD which in turn made my life a lot easier.

I can see how God used therapy to turn things around. Helping put the "joy" not just back but at the fore front of my life. This has allowed me to share this knowledge as testimony to others and help them. (Rev. 12:11)

Hines has spoken to

veterans in The Wounded Warrior Program and VCCJA City of Richmond Annual Training Conference for Workers Stress Relief .

"My goal is to bridge the gap for veterans and civilians that may need help but not seeking help. Sometimes people need help but may not realize they do.

I spoken to some vets who have went to Iraq for several tours up to four times and they acknowledged that they were there and experienced some of the same events I did but they feel they are just fine. And that's great but I have found therapy has helped me and can help others who have experienced similar situations".

She waters me with love " Hines, a dedicated husband and father , credits his wife Patrice, with being " his joy in the room" "I thank my wife for being there for me" Hines emphasized

that a large part of his ministry is education thru laughter, “ It is important to educate wife, children to understand what the vet (or any person who has experienced a trauma) is going thru ; to understand what the vet is thinking by educating the family, friends, it will facilitated the healing. According to Hines, Laughter is Healing. This is the ultimate goal of his ministry to help others live in liberty experiencing “ fullness” in every area of life utilizing the joyous medicinal health benefits of *laughter*, Gods medicine.

Citizens of Valor : the men and women of the United States Armed Services who served and continue to serve this country are a priceless resource. They are “*the brave*” notably mentioned in our National Anthem. Each and everyday they safely secure our borders and our most important natural resource our lives. We salute and thank these

precious souls for their service.

Hines, who is an advocate for veterans and wounded warriors , further emphasized Putting God first ... and thru therapy I have learned to manage PTSD in a positive manner. Initially upon returning home from Iraq Hines, who admits he self medicated with alcohol, believes it was laughter, seeing things on the lighter brighter side, looking at life thru faith filled eyes, shifting focus from pain to joy, coupled with therapy that ' kept me from committing suicide' and saved my life. When you call this doctor, Vernard T. Hines, The Laugh Therapist, expect to hear good news every time. Expect to laugh. Expect to hear others laugh. Laughter disseminates the distance between us.

When you come on in the room. There is joy in the room. He has written your prescription and it is, simply, to incorporate laughter in your everyday life. In scripture God states this so distinctly calling us to come out of the twilight to walk in the light of joy.

Indeed, Proverbs 17: 22 declares A merry heart doeth good like a medicine: but a broken spirit drieth the bones.

Hines concurs “Laughter is an avenue God has given us as stated in His Word.

Laughter is the best medicine.

So whether you giggle, Te he, or let out a loud HA HA HA. Make the sounds of merriment. Express your amusement and release those endorphins, release that inner child, release your concerns you will be doing your mind and your body good.

“ Comedy is for anyone who needs to laugh.” Hines continued

It is my therapy to see others laughing.” In fact, medical evidence shows

We change physiologically when we laugh. We stretch muscles throughout our face and body, our pulse and go up, and we breathe faster, sending more oxygen to our tissues.

Studies at University of Maryland, Harvard, University of California Berkeley (where a vast amount of medical data collected sets the standard in treatment results in the United States and the world) confirm that laughter positively effects blood flow, blood sugar levels, relaxation and sleep; cases are also sited where people identified with terminal illness such as cancer survivors sited laughter as big part of their rehabilitation and actually beating the ailments.

Hines said he, also, uses laughter to break the stigma that those with PTSD or anyone whose experienced trauma, can do anything ; overcome and deal with it, live productively and he knows laughter ,just the sheer act of making sounds of joy ,is just the medicine you need to cure what may trouble you .

The laugh therapist is more than a comedy show, Hines asserted “it is a ministry based on biblical principles”. According to Hines when he read Psalms 126: 2 he knew that was the scripture foundation on which to build and grow his ministry that works thru laughter.



Then was our mouth filled with laughter, and our tongue with singing: then said

*they among the nations,
The LORD
bath done great things for them.*



The Laugh Therapist is coming to a location near you. The doctor is in the house and his prescription for life is “ Keep hope in God in all you do, keep laughing.”

Laughter dissipates any distance between us.