



Biographical Information

Deb Gauldin RN is a professional speaker, therapeutic humorist, author and recording artist specializing in healthcare morale, women's well-being and the science of humor and positive emotions. Known as the World's Funniest Singing Nurse, she has presented entertaining and educational programs in over 20 countries.

First and foremost, Deb is a wife and mother (and recent grandmother), sister and daughter. She has always been a champion and activist for women's causes. That's just who she is. (She was turned down after applying for the U.S. Peace Corps at age 10, and tried to join the NAACP at 13).

Beginning as a "Sunshine" geriatric volunteer at age 12, Deb moved through the ranks of health care one step and conviction at a time. She spent 20 years as an obstetric nurse and childbirth educator before creating her professional speaking and entertaining business in 1993. She has been part of a team piloting therapeutic humor, pet therapy, and other complimentary therapies, and has served on the board of the Association for Applied and Therapeutic Humor where she earned the designation Certified Humor Professional in 2013.

Deb collaborated with a college of nursing to produce a series of video presentations for use in nursing education and retention. For 11 years, Deb wrote and cartooned a humor column for The Journal of Perinatal Education, and has contributed to a series of award winning patient teaching guides by Mosby. She contributed to and was profiled in a book published by the nursing society Sigma Theta Tau, called Ordinary People, Extraordinary Lives: The Story of Nurses. Deb's shoes and story are also included in the traveling art exhibit, Heroic Acts in Humble Shoes by Irene Stemler, BSN.

Deb's signature story is part of an anthology called The Princess Principle: Women Helping Women Discover Their Royal Spirit. She is also a contributing author to a number of books including Humor Us: America's Funniest Humorists on the Power of Laughter.

Deb is a member of numerous professional organizations. Still, she insists that her *best teachers are in her audiences* and her true qualifications are her stretch marks and laugh lines!

Education:

CHP Certified Humor Professional – 2013 Association for Applied and Therapeutic Humor and Portland State University

ADN Associate Degree of Nursing – 1981 College of DuPage, Glen Ellyn, Illinois

LPN Licensed Practical Nurse – 1976 Des Moines Area Community College, Ankeny, Iowa
Prior to becoming a nurse, Deb studied Mass Communication, Art, Music, and Women's Studies at California State University, Hayward

Awards and Recognition:

2013: Humor Academy Graduate Certification. Completion of a three year evidence-based course on the clinical application of therapeutic humor. Portland State University in conjunction with the Association for Applied and Therapeutic Humor.

2005 Patty Wooten Scholarship Award Winner. Presented by the Association for Applied and Therapeutic Humor, Deb was the first recipient of this award in recognition of her night shift rounds.

2002 Arnold “Nick Carter” Award. Presented by the National Speakers Association-Illinois Chapter, for unrelenting enthusiasm and commitment to the speaking profession.

1999 Barbara O’Connell “Celebration of Life” Award. Presented by the National Speakers Association - Illinois Chapter. This award recognizes individuals who have given freely, cheerfully and selflessly in helping their peers and NSA-IL members

1996 Women Making a Difference Award. Sponsored by Prairie Moon Bookstore, Chicago, IL in recognition of Deb’s programs and volunteerism in promoting Women’s History

Professional Affiliations:

2010 International Society for Humor Studies

2004-2013 Association for Applied and Therapeutic Humor, Publication Editor and Member of the Board of Directors

2002-2004 Illinois Coalition for Nursing Resources, Recruitment and Retention Committee

2000-2001 National Speakers Association, Illinois Chapter, President

1998-2002 National Speakers Association, Illinois Chapter, Board of Directors

1996-1998 Illinois Women’s Funding Federation, Board of Directors

1995-1998 Women’s Assistance Fund, Board of Directors

1988-1999 Deb served hard time on the PTA, Winfield IL School District 34

Professional Memberships:

American Nurses Association

Association for Applied and Therapeutic Humor

Association of Women’s Health, Obstetric, and Neonatal Nurses

Healthcare Businesswomen’s Association

Holistic Nurse Association

International Society for Humor Studies

National Speakers Association and International Federation of Professional Speakers

Positive Music Association

Articles and Publications:

2015	Contributing Author	<u>What Color is Your Brain for Caregivers</u>	Sheila Glazov, SLACK Publishing
2013	Contributing Author	<u>Complementary and Alternative Therapies in Nursing (Seventh Edition)</u>	Ruth Lindquist PhD, RN, APRN-BC, FAAN Springer Publishing
2013	Contributing Author	<u>Using Humor to Maximize Living</u>	Mary Kay Morrison Rowman and Littlefield Education
2009-present	Contributing Editor and Columnist	Journal of Nursing Jocularly	
1996-2007 Quarterly magazine column	“Deb’s Last Laugh”	<i>Journal of Perinatal Education</i>	Distributed to all Lamaze International members
2005 Contributing chapter	“How to Turn Embarrassing Moments into Treasures Memories”	<u>Humor Us: America’s Funniest Humorists on the Power of Laughter</u> by Brad Montgomery	Published by Brad Montgomery Productions, Denver, CO
2005 Contributing newsletter article (April 28)	“Truth from the Ladies Room”	<i>For Your Well Being e-newsletter</i> by Barbara Christenson	Published by Speak Well Being Group, Portland, OR
2004 Contributing newsletter article (May 2004)	“How to Apply Critical Thinking to New Humor Research”	<i>The Humor Connection.</i>	Association for Applied and Therapeutic Humor
2004 Contributing newsletter article (April 8)	“A Funny Thing Happened”	<i>For Your Well Being e-newsletter</i> by Barbara Christenson	Published by Speak Well Being Group, Portland, OR
2004 Contributing article	“The Art of Bending with the Wind”	<u>Ordinary People, Extraordinary Lives: The Stories of Nurses</u> by Carolyn Hope Smeltzer & Frances R. Vlasses	Published by Sigma Theta Tau, Indianapolis, IN
2004 Article featuring Deb’s career	“Something to Sing About” by Irene Stemler, R.N., B.S.N.	<u>Ordinary People, Extraordinary Lives: The Stories of Nurses</u> by Carolyn Hope Smeltzer & Frances R. Vlasses	Published by Sigma Theta Tau, Indianapolis, IN

2004 Deb's story and shoes are displayed in this traveling nursing retention exhibit		<u>Heroic Acts in Humble Shoes: America's Nurses Share Their Stories</u> By Irene Stemler, R.N, B.S.N.	SLACK Publishing
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Articles and Publications continued:

2003 Contributing Author	“Beautiful Just As You Are”	<u>The Princess Principle: Women Helping Women Discover Their Royal Spirit</u> by Jana High & Marilyn Sprague-Smith	Published by R&W Publishing, Dallas, TX
2002 Contributing story/art		<u>Handle with CARE - Motivating and Retaining Employees</u> by Barbara Glanz	Published by McGraw-Hill, New York, NY
2002 Contributing magazine article:	“Reap the Benefits of Professional Collaboration”	<i>Professional Speaking Magazine</i>	National Speakers Association, Tempe, AZ
2001 Guest interviews and cartoons	“An Interview with Deb Gauldin, RN, PMS”	Ardell Wellness Report and WellnessWeb.com	
1999 Contributing chapters		<u>Maternal Child Newborn Patient Teaching Guides</u> by Carol Schlef, R.N.	Published by CV Mosby Company, St. Louis, MO

Teaching Tools for Nursing Education

Audio Recordings available through Deb Gauldin Productions:

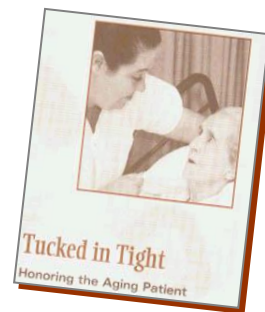
- “*Songs for the Unsung Heroes ~ 13 Songs for Nurses by a Nurse*” ©2005 Deb Gauldin Productions
- “*Transitions ~ Hormone Affirming Music and Humor*” ©1993 Deb Gauldin Productions
- “*Breasts with a Life of Their Own ~ More Hormone Affirming Music and Humor*” © 1994 Deb Gauldin Productions

DVD/Video Recording available through Deb Gauldin Productions:

- “*Tucked In Tight*” ©2000 College of DuPage Press
Deb wrote and recorded the lyrics and music for this video

Sample lyrics:

If you could, I know you would be here every night.
So it's through me I'll help you, tuck her in tonight
For tonight and every other night I'll softly hum,
And for you, tuck her in tight.



Collaborations with the College of DuPage

- Deb wrote and performed music for this Computer Assisted Learning Module, Video and CD: Domestic Violence Screening, *“Safe Home”* ©2000 College of DuPage Press
- Full length videos filmed live with nursing students: *“It’s All in the Delivery ~ Sheer Comic Joy”* and *“What’s So Funny About Nursing School ~ A Sure Cure for Nursing Student Blues”* ©2000 College of DuPage Press
- Audio recording: *“PMS Blues and Other Classroom Humor ~ Add Spice to Your Nursing Lectures”* ©2000 College of DuPage Press

PMS?

*You guessed it - *Premenstrual Syndrome*. Early in my career a meeting planner called. She needed my credentials in order to meet a brochure deadline. I said that I was an RN and she went on to ask, “Just an RN?” After hanging up, I began to feel irritated that being “only” an RN sounded so marginal to her. This seemed a good opportunity for me to practice being more assertive, so I decided to call and let her know how her tone made me feel. Perhaps the conversation would lead to a dialogue about better ways to ask that question in the future.

I called back and reminded her we had just spoken. To set her at ease, I told her I had given her inquiry some thought and wanted her to add “PMS” to my credentials. Before I could clarify I was joking, she barked, “Very well” and hung up on me!

Months later I arrived at the event and stopped to pick up my name badge and speaker materials. Printed everywhere was Deb Gauldin, RN, PMS! It seemed fitting (and still does) so I kept it! (The National Speaker’s Association will not let me use the extra initials because all credentials must be verified. I assured them my family thinks I am completely certifiable!)

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