



Moving Forward: Wellness One Step at a Time

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October 03rd 2014: The humor perspective: Bringing it into wellness

Join me as I welcome Derick Lengwenus and Dr. Karla Steingraber to discuss humor from the perspectives of a stand-up/improvisational comedian and a clinical psychologist. Mr. Lengwenus brings his award winning humor to this show about how the experience of humor and Dr. Steingraber, a licensed clinical psychologist, brings her clinical background and experience to provide information as to how humor can help us move forward in our day-to-day lives. We'll explore what is humor, the effects of humor, how to bring humor into one's day-to-day life, obstacles and misconceptions to humor, a

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Featured Guests



Derick Lengwenus

Derick Lengwenus combines storytelling with spot on impersonations. The Montreal Gazette writes, "Lengwenus can make high hilarious comedy out of any topic." CBC radio describes him as, "...a funny guy with a knack for physical comedy." Derick has appeared in the Just For Laughs Festival 4 times, including a recent televised appearance in 2013. In 2006 Derick earned a Canadian Comedy Award Nomination for his 1 hr televised special on CTV. A skilled improviser Derick also took home the prize for best Improvised Comedy at the 2007 Montreal Fringe Festival. His current comedy album entitled "Vulnerable" enjoys regular play on Sirius radio both in the States and Canada. Originally fro

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Karla Steingraber, Psy.D

Karla Steingraber, Psy.D. is a licensed clinical psychologist who loves helping parents regain their confidence in effective parenting and children with finding a healthy equilibrium between natural rambunctiousness and respecting limits. She spent time working in clinics, hospitals and residential programs in DC, Wyoming, Illinois and Montreal, Canada, working intensely with foster parents and children of all ages, developmentally delayed individuals and those with a brain injury, amongst other populations. These experiences, as well as that of being a parent, have shaped her understanding of impulse control and the necessity of clear boundaries.

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