

April 6, 2018

Short descriptions of parallel sessions

Workshop 1:

Body interactions and self-regulation: Individual and group work for somatic self-regulation - Part I and II [3h30min]

Ale Duarte, somatic educator, Brazil

The goal of the workshop is to show how to make **use of the body and presence** to foster self-regulation in individual and groups of children that present difficulties to contain or manifest their energy. Based on the principle of Ale's five-phases of self-regulation cycle, participants will discover how to attune using this non-verbal approach to leverage presence, body, eye contact, gestures to create a safe environment and healthy participation. In this workshop, participants will learn the **four-core strategy to approach kids** - approaching, containment, encouragement and easiness- aiming to balance the group energy and save your own. Ale will showcase the work in southern Turkey with Syrian refugees and how he **distils complex information into a simple and practical exercises**.

Symposium:

Healthcare Cloning in Child and Youth Psychiatry

Roel Brouwers, Sociotherapist at "Karakter", Centre for Child and Youth Psychiatry, The Netherlands

Angelique van Breemen, CliniClowns Foundation, The Netherlands

Anne van Bergeijk, CliniClowns Foundation, The Netherlands

Mette Juul Rasmussen, Ward Leader, Children's Psychiatric Ward, Roskilde, Denmark

Henrik Silver, Danske Hopitalsklovne, Denmark

M.s. Talia Safra, The Dream Doctors Project, Israel

This panel will debate the work and **impact of Healthcare Cloning in child and youth psychiatry**. Using concrete cases, the members of this symposium will present their points of view on the work of healthcare clowns in psychiatric facilities/institutions and how these affects the patients, but also the staff in these facilities. By presenting both points of view, the panel will address how healthcare clowns are able to reach out to patients in psychiatric departments/facilities and how this affects the quality of care offered.

Oral presentations:

Humour research: Connecting arts and science

Dr. Alyona Ivanova, Pirogov Russian National Research Medical University, Russia

Prof. Lizzie Coles-Kemp, Royal Holloway University of London, and Freya Stang, Simsalabim Productions, United Kingdom

M.A. Charlotte Langemeijer, CliniClowns Foundation, The Netherlands

Mag. Dr. Doris Bach and Julia Bach, CliniClowns Forschungsverein, Austria

This panel presents research about **humour and the effects of humour for children and adults**. The session will look at the **development and changes in the sense of humour** from early infant age until advanced adulthood, and at the **philosophical underpinnings of humour**, such as agency, self-awareness, humanness, and the dialogue with the other. The presenters will also focus **Healthcare Cloning**

evaluation tools, and how clowning can act as a social research intervention.

Pre-pleenary: Right to play, access to culture and life-skill development: where does Healthcare Cloning stand?

Moderator: Natalie Porias, RED NOSES Clowndoctors International, Austria

Speakers: Dr. Jeya Kulasingam, International Federation of the Red Cross and Red Crescent Societies

Viltautė Žemelytė, RAUDONOS NOSYS Gydytojai klounai, Lithuania

Martin Kotal, ROTE NASEN Clowndoctors, Austria

Laura Anes, RED NOSES Clowndoctors International, Austria

This session will address if and how healthcare clowning can support the **fulfillment of inherent rights of the patients/target groups**, including children's right to play and to participate in creative activities, as well as the right to access to culture. In addition, the session will debate if and how the clown interventions have the potential to convey didactic messages and **support life-skill development**.

Workshop 2:

Humour in healthcare: Skill sharing with medical staff - Part I and II [3h30min]

Paul Kustermann, ROTE NASEN e.V., Germany

Skills in communication is one of the most effective ways for healthcare professionals to put people at ease, create incentive and hope, as well as positively impact one's own work-environment and effectiveness. **Forming trust, bridging the gap, alleviating undue discomfort, creating lightness** – these are a few of the salient characteristics powerfully attributed to **using humour in care**. The objectives of this workshop are to build trust and get compliance, to bridge the gap from doctor to the patient and to use humour in dealing with conflict.

Workshop 3:

The comic body inside the hospital universe: An exploration of the gesture and the body work - Part I and II [3h30min]

Ronaldo Aguiar, Doutores da Alegria, Brazil

The goal of the workshop is to stimulate participants, through **scenic and corporal games, by playing and improvising**. It will promote a meeting with the **clown mask, research of the gesture** and of the comic body – a deep **dive in the ridiculous universe**. Every artistic professional has to feed his/her learning skills. A varied repertoire can only strengthen its way of looking at new languages and artistic possibilities, and so, to become an artist that holds the creation of his/hers own work – dominating both contemporary and and classic languages.

Workshop 4:

The body of words: Implementing the principles of physical play to the clown's spoken word - Part I and II [3h30min]

Ami Hattab, AmiWorkshop, France

The goal of the workshop is to lead the participants through a series of exercises in order to **explore the embodiment of the clown's speech**. Using physical identification, dynamics, rhythmicity, musicality, accentuations, shapes, among other components to **move from the body toward the speech**. Participants will practice these elements while avoiding the pitfalls of being too realistic or pedestrian on one side and

overacting exaggeratedly on the other. The participants will practice individually, in couples and in small groups depending on the exercise.

Workshop 5

Clown tools: Practicing stillness and the incredible beauty of simplicity - Part I and II [3h30min]
Lory Leshin, Le Rire Médicin, France

Practicing stillness is essential for a healthcare clowns work. This workshop will cover three concise techniques that apply to the artist behind the clown: the "**bâtons**" or bamboo sticks, **chorus work** and the **Chair Exercise**. The passages of this workshop are short and highly structured and adapted for clowns working in hospitals, and with all levels of experience.

Workshop 6:

Role play to connect with children with multiple disabilities - Part I and II [3h30min]
Carole Devillers and Pauline Woestelandt, Vivre Aux Éclats, France

This workshop is about the unique nature of clowning with children who have severe physical and mental disabilities and uses **three techniques of role-play to develop a creative relationship**. The first technique is to develop a performance and a relationship based on **physical contact**, as the audience does not use verbal language. Secondly, **exploring physical empathy as the basis of play** and finally, **empowering the child beyond his or her disabilities**. With clowns, the child can become an actor, a creative character or even the boss! We will explore such situations focusing on observation, sensitive and physical reactions and amplification.

Workshop 7:

Lightfulness: Tools to develop listening and awareness - Part I and II [3h30min]
Moshe Cohen, Clowns Without Borders, United States

This workshop offers techniques and practices to develop capacity/strengthening one's capacity to embody lightness & awareness in Healthcare Clowning. Using elements of **Butoh Dance** and **Physical Theatre Improvisation**, exercises will focus on **developing the lighter side of one's clown and non-verbal expression**: body, voice and gesture will be emphasized.

Workshop 8:

How to train connection and empathy: Essential skills of a healthcare clown - Part I and II [3h30min]
Pedro Fabião, Operação Nariz Vermelho, Portugal

This workshop will focus on the development of **connection and empathy** towards the child and your clown partner. The workshop offer a **sequence of very clear techniques** and games to always **keep contact with your partner and your audience**, from the eye contact and breathing connection techniques, to higher forms of connection by using emotion, motion, action and voice. The workshop will reply on a fun system of giving participants an immediate feedback and clarification on what their presence is transmitting, as well as what the others' presence is producing in them.

Symposium:

Beam in the clowns: Video as a tool for healthcare clowns

Jamie Sneddon, Hospital For Sick Children, Canada

Cleve Sauer, IWK Health Centre, Canada

David Landon, Child Life Therapeutic Clown Program, Canada

Video as a tool can provide an excellent support and supplement to the one-on-one work of the healthcare clown and can extend the impact of health care clowns. The presentation will focus on the strong **connection between therapeutic clowning with closed circuit TV and video**, and describe different ways in which video and hospital clowning can work together to **meet patient needs** and **respond to challenges that the digital age** presents - both today, and in the road ahead.

Oral presentations:

Ensuring stability: Organisational growth and financial consolidation

Kenneth Øhrberg, Danske Hospitalskløvnere, Denmark

Matti Selin, Arts Promotion Centre, and Kari Jagt, Sairaalaklovnit, Finland

Daiane Ratão, Doutores da Alegria, Brazil

Monica Culen, RED NOSES Clowndoctors International, Austria

To create strong and sustainable Healthcare Cloning organisations, managers need to pay attention to a variety of important areas such as **strategy, fundraising, organizational development and participatory management models**. This session will shed light on inspirational fundraising ideas, collaboration with governments as well as the pitfalls and opportunities of various development phases each organisation will inevitably face at one point.

Oral presentations:

New-borns, infants, and toddlers: Helping a young audience to ease in

Caroline Simonds and Marianne Clarac, Le Rire Médicin, France

Gabriela Marková, Ph.D, University of Vienna, Austria

Hagit Friedman, Ph.D, Haifa University and Shoshi Ofir, The Dream Doctors Project, Israel

In this parallel session, the focus is the impact of healthcare clowning on the youngest audience. It will be discussed how **gentle play and music** can support women in the delivery room and new-borns to settle in. Furthermore, we want to discuss how scientific data can help us to understand the interaction between **reactions of infants to healthcare clowns** and how the clowns adopt the needs of the children.