

# WHAT ARE THERAPEUTIC CLOWNS?

**Therapeutic Clowning** is an arts-in-health practice in healthcare and community settings with kids, adults or elders. This is an evidence-based practice. The clown duo seeks to find a connection with clients in order to engage them in imaginative play, music, playful diversion and many other forms of improvisation. The goal of these interventions is to bring lightness and joy to an environment where there is often stress, monotony and sadness. This work in duo has been shown to help vulnerable people overcome feelings of powerlessness, anxiety and isolation.

Therapeutic Clowns can facilitate relationships between family members and their loved one, support providers and their communities, as well as staff with one another.

Psychological safety is rooted in decreasing fearfulness. Therapeutic clowns are trained to help people come out of fearful states, thus allowing them to feel more security in their environment and safer with those around them.

The clowns will be interacting with both community members and staff members, helping to foster a sense of safety and trust. As people share in humour and laughter together, it encourages more trust, both in leadership, among team members and across disciplines.

Humour helps to break down barriers and improve communication. Laughter at work increases a sense of connection and fosters positive relationships. This leads to increased investment in the team, motivation to perform better, and increased team cohesion among all members of the team, across disciplines.

As therapeutic clowns regularly engage with community members and supporters, it will help boost mental health and wellness. As mood improves, the perception of stress is better regulated and this brings a sense of increased wellness. The result is more joy and as mental health continues to improve, people are better able to make decisions around work-life balance.

**Therapeutic Clowns Rose and Maisie want to meet you!**

**When: Tuesday, Sept. 20th 10 am - 12 pm**

**Where: 70 Clinch Crescent, St. John's**

**For more info, contact: [Danielle@asnl.ca](mailto:Danielle@asnl.ca)**

