

WORKSHOP

Thursday, October 26th

HSC, LH 4 ([directions](#))

2:00-4:15pm

Human First!

A Workshop Inspired by Medical Clowning

Medical clowning is a therapeutic method aimed at helping children and adult patients through interactive humor, folly, and playful behavior. The skills of successful hospital clowns include the ability to rapidly read audiences and assess environments, to respond to subtle physical and emotional cues, to create genuine contact, to give patients, parents and staff the feeling that they are there specifically for them, to pay attention, in short, to be totally present. These skills translate directly to the medical professions. In this workshop, I will teach them through a series of exercises and interactive games all infused with the spirit of play. The three primary topics are: (1) Cultivating a state of authentic presence (2) Becoming aware that every BODY is talking: how one stands, sits or gestures send clear messages (3) Reminding people that each of us has a red nose in our pocket- Never underestimate the power of play. It engenders vulnerability, authenticity and, of course, delight. The overall goal of this workshop is to enable participants to nurture positive patient and colleague relationships through authentic presence, increase effectiveness, increase patient compliance and increase their ability to manage stress thus lowering burnout. This is an interactive presentation in developing sensitive observational and communication skills.

For more info contact:

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Michael Christensen

For 45 years, Michael Christensen has been a performing artist, lecturer, workshop leader and innovator in integrating humor into healthcare, most notably pediatric hospitals worldwide. 1977, co-founded Big Apple Circus, 1986 founded Big Apple Circus Clown Care. Guest lecturer, University of Tel Aviv, Italian Federation of Hospital Clowning, Scandinavian Humor Conference, Grand Rounds, Children's Hospital Boston, Children's National Medical Center, designated NY Living Landmark, recipient, Raoul Wallenberg Humanitarian Award, Ambassador David Waters Pediatric Hall of Fame inductee, Red Skelton Community Service Award, Parenting Achievement Award. His most cherished credits are appearing in children's Weekly Reader and Sesame Street!



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