

The keys to empathy: presence and joy

Optimize your relational abilities as a healthcare practitioner through the values of the art of clowning



6 hour workshop
12 participants
125\$ / participant

*Workshop co-taught by experienced trainers from the
Dr Clown Foundation*



What is it?

A 6 hour workshop* that will allow you to facilitate and deepen:

- The quality of your presence
- The ability to listen to yourself and to others
- The ability to read emotions and body language

And to explore :

- Playful and fun approaches in relating to patients, family and caregivers, fostering empowerment, resilience, and trust.
- Joy as an instigator of action and caregiving

This training offers the chance to explore, through exercises and role play, the values of the art of clown: simplicity, honesty, lightness, openness, and play. The training aims to free us up physically, to connect us with our inner joy and to explore the themes of risk and going beyond our comfort zones, in a safe and secure environment.

Who is it for?

- Any healthcare giver wishing to improve the quality of their relationship with their patients, family and caregivers ;
- Anyone looking to discover how to relate to others through the values of therapeutic clown ;
- Adapted for university students in health sciences.

Specific objectives

- To become aware of one's physical and emotional state in the present moment and how it impacts the relationship with patients, family and caregivers ;
- To develop one's quality of presence and sense of being grounded in the here and now ;
- To explore new ways to communicate with the non-verbal patient ;
- To develop and maintain a lighthearted attitude, facilitating stress management ;
- To develop one's sense of "being in the body", facilitating empathy and listening ;
- To deepen one's awareness of self in response to the surrounding environment ;
- To be in touch with one's inner joy and sense of play in relation to the other ;
- To explore the impact of limits established or not established in a relationship (fatigue, emotional strain, burn-out).

**Please note that this is not a therapeutic clown workshop, but one inspired by it's approach.*

The Dr Clown Foundation's mission is to contribute to improving the quality of life of hospital patients through its therapeutic clown programs that combine complicity, playfulness and imagination.



For more information, please contact our team by email at formation@drclown.ca

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