

# CLOWNING, MUSIC, & MOVEMENT IN HEALTHCARE: AN ARTISTIC RESEARCH LAB

## BACKGROUND

Healthcare clowning uses humour, improvisation, and personal, empathetic connection to increase emotional wellbeing, strengthen social inclusion, and make environments more supportive. Among other tools, healthcare clowns regularly use music, rhythm, and movement.

Music and movement have also been shown to have a positive impact on emotional and physical wellbeing. For people with different cognitive styles and abilities, such as people with dementia and children with mental disabilities, encounters with all three of these creative disciplines can be particularly transformative.

What else do music, movement, and healthcare clowning have in common? What techniques and practices do they share? What makes each of these disciplines unique? What is the difference, for example, between a healthcare clown playing music and a music therapist?

In this interdisciplinary artistic research lab, musicians, dancers, and clowns working in the healthcare space will step into the unknown and work towards articulating the similarities and differences between their respective disciplines.

## GUIDING QUESTIONS

**1. THEORY: What are the similarities and differences between musicality, movement, and healthcare clowning?**

- *What techniques and practices do they share?*
- *What makes each of these disciplines unique?*

**2. PRACTICE: What interdisciplinary skills and knowledge can be applied and explored in practice?**

- *In the practice component, each participant will pursue their own research question, which is relevant to their own practice and interests.*

**3. DISSEMINATION: How are these interdisciplinary skills reproducible by other artists and non-artists?**

- *What new tools and techniques can be introduced for artistic training and preparation?*
- *What new tools and techniques can be introduced for carers, healthcare staff, family members?*

## AGENDA

### HOMEWORK TO PREPARE BEFORE THE COURSE

Nurture your curiosity! Prepare reflections on your own discipline. What makes your practice unique? What skills or techniques from other disciplines do you use in your practice or preparation?

## Research Lab (Vienna)

**DATE:** Oct 6 - 9, 2022

**FOCUS:** Question 1 – Theory

**DESCRIPTION:** In the live lab, the participants will creatively encounter one another's disciplines, and develop a shared vocabulary for describing their practice and the impact of their work. Through creative research methods, the participants will work to answer the theoretical guiding question: What are the similarities and differences between musicality, movement, and healthcare clowning? By the end of the seminar, the participants will have developed their own individual research questions, to be explored in the following practical session.

## Check-Ins (Virtual)

**DATES:** October 26, 2022, 16 – 18:00; November 17, 2022, 17:30-19:30

**FOCUS:** Question 2 – Practice

**DESCRIPTION:** Each participant will use the opportunity of their own practice to answer the research question they developed during the seminar. The reflections and vocabulary developed during the seminar should support this exploration. In the two virtual check-ins, participants will receive support and guidance from the teachers and one another. Participants will be asked to document their ongoing research using text (writing), voice recordings, and/or visual representations such as photographs.

## Share Tools And Techniques (Vienna)

**DATES:** December 2 – 3, 2022

**FOCUS:** Question 3 – Dissemination

**DESCRIPTION:** Based on the outcomes of their individual, practical research, participants will identify one reproducible skill or technique that can be helpful for others outside of the lab. The offering may be for artists to integrate into their artistic training and preparation, or it may be for healthcare staff or family members to better connect with their patients and loved ones. The offerings should be in the form of a 10 – 15 minute performance that utilizes physicality, music, and/or clowning skills.

## TEACHERS

### JOHANNES STEINER

Johannes Steiner works at the JAM Music Lab University in Vienna and the Institute for music education in Innsbruck (Austria). The emphases of his work are making music with classes in school, improvising with groups, arranging songs for groups in "real time" and exploring new concepts of rhythm theatre. „The Art of Storysinging“ is the name of his artistic research where he explores different ways of telling stories as a singer songwriter. In his concept „a cappella grooving“ he combines body, vocal-percussion, singing and movement to a new way of performing with choirs.

### KATHERINA SENK

Katharina Senk lives as white non-disabled woman in Vienna and works as dancer, choreographer and dance-pedagogue. Senk finished her studies at MUK-University Vienna in 2015 and since then has performed for Doris Uhlich, Florentina Holzinger, Sara Ostertag, Georg Blaschke and many more. Her own works have been showcased in Austria and abroad. Senk artistically and thematically explores Posthumanism, intersectional Feminism and Social Justice.

She was part of the EU-Project „Migrant Bodies - Moving Borders“ and she co-led artistic research-labs at MUK-University Vienna, Nomadic Academy in Munich and ImPulsTanz-Festival Vienna.

She believes in the power of dance as a connective tool and loves facilitating movement classes filled with sweat, curiosity, awareness and pleasure.

### **PATRICK VAN DEN BOOM**

Clowning is in my bloodstream. It was a wish to be a clown since I two years old. Sometimes it is clear from the start! I am very happy that I managed to make my profession out of my passion. It means a lot to me and I see it as a luxurious position. After a period of theater and dance I decided at the end of the nineties to go to a Dutch Clown School. This was the start of a lot of clowning! I started clowning in hospitals, elderly homes and also became a teacher/trainer.

In 2009 I moved from the Netherlands to Norway. There I started working at the Sykehusklovnene (hospital clowns) in Oslo. And I have started up the new group for clowning in elderly houses in Norway; Klokkeklovnene. Here we clown for people in dementia care.

And the Dutch Clownschooll I had in the Netherlands, became Clownschooll International! Now I give training and workshops all around Europe. To be honest, I feel like a lucky bastard to inspire others. It makes me very happy.

### **WHO CAN PARTICIPATE**

The lab will include a mixed group of approximately 5 clowns, 5 musicians, and 5 dancers. All participants should meet the following requirements:

- Curiosity!
- Interest in facilitating interactive artistic experiences that give the spotlight to others
- Generosity to share knowledge and experience
- Reflective and hungry to discover
- Open-minded to explore the therapeutic effects of your art on others
- Commitment to carrying out self-led research

To register your interest in participating, please send a short (1-2 paragraph) letter of motivation and a CV to [maggie.roessler\[at\]rednoses.eu](mailto:maggie.roessler[at]rednoses.eu) by July 25, 2022.