

DRAMA THERAPY: A CLOWN APPROACH

By Christina Lewis

Drama Therapist, Special Educator and Clown

Oct 2-3, 2018

Introduction



How the archetype of the Clown can be used as a vehicle for healing? Each of us is born into this world with an essential innocence, openness and sense of wonder. As we “mature” and become adults, we lose much of this openness as we try to fit in and succeed. In the process of maturing we shut away our spontaneity and our willingness to take risks and look foolish. And yet, deep within us, that small child is still there, waiting to be set free.

The Clown Therapy work is an invitation to unlock the child within and to come out and play. With the freedom provided by the mask of the Red Nose, we are invited to access our full range of emotions and expressions that we have long suppressed. We are encouraged to take our selves to the extreme and to the absurd, breaking down our sense of what is right and proper, and express our REAL feelings.

What is clown therapy?



Clown Therapy is a form of Drama Therapy that uses the exploration of the personal Clown Character within each of us as a vehicle for self-discovery, and self-growth through use of Drama Therapy exercises, improvisation and play techniques.

The Clown has existed throughout the ages in all cultures. As the Fool, the Trickster and the Buffoon, it has traditionally been a character where our hidden tendencies and desires could find a voice and a place to express themselves.

In this Clown Therapy workshop, we will begin to discover our own Clown Character that lives inside us. We will explore the world of our Clown, and in so doing have an opportunity to shed light on parts of our own hidden psyches in a safe and playful way.

Target participants

Social workers, therapists, teachers, parents, theatre artists, and anybody who is interested using play as a vehicle for personal exploration, healing and release.

Style of learning

Drama therapy theory, experiential learning, interactive and hands on practice.

Trainer

Christina Lewis, BA in Comparative Religion, MA in Drama Therapy and Psychology and Master Clown, is the Founder and the Director of the Clown School of San Francisco where she teaches and directs students in the art of Clown. She also works for California Institute of Integral Studies as a Director of Self Revelatory performance pieces for the Master's Program in Drama Therapy.

She is also a Special Education teacher for students with multiple and severe disabilities, and she uses the Clown modality to reach and support her students. Christina performs and teaches workshops as her alter ego “Dotty Moppet” throughout the year for children all over the San Francisco Bay Area.

Remarks from 戲劇治療師 陳凌軒

戲劇治療包括很多不同的手法。小丑，絕對是最動人的其中一種。找自己的小丑，是接觸內在小孩的好方法。Christina Lewis 說，放下塵世間的對與錯，好與壞，小丑所專注的，是真實的感覺。在她的安全帶領下，我曾經跟那個「衰衰的」自己碰面。遇上，微笑，懂得，然後接納。遇見自己的美好經驗。

WORKSHOP DETAILS

Course Code : CE20181002
Course Name : Drama Therapy: A Clown Approach
Date : Oct 2-3, 2018
Time : 9:30 am - 5:30 pm (14 hours)
Venue : The Chinese University of Hong Kong
Language : English
Class Size : 24 participants
Course Fee : HK\$ 2,700

Discount Scheme

(on or before Aug 20, 2018)

- **10%** (HK\$2,430) discount for Early Bird Registration
- **20%** (HK\$2,160) discount for CUHK Department of Social Work's members (Current staff, current students, SWK Alumni Association members, or CPE members)
[20% discount is applicable by POST only]

Application Deadline: Sep 17, 2018

Application Methods

(email notification on application status will be sent for application received by CPE, please contact us if you do not receive any notification)

1. Send the following **application form with a crossed cheque payable to 'The Chinese University of Hong Kong'** to CPE, the Department of Social Work, CUHK, Shatin, N.T. Hong Kong.
OR
2. Register the workshop online via our website:
<https://web.swk.cuhk.edu.hk/en-gb/continuing-professional-education/programmes-information>

Once the application is confirmed, transaction will be settled within 30 working days after the online registration. Prior to the confirmation, only the credit limit is withheld by the bank.

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Application Form

Full Name: (English) # Mr/Ms: _____ (中文): _____
Name of Organization: _____ Position: _____ Field: _____
Email: _____ Tel. No.: _____
Academic training background: _____ Highest educational level obtained: _____

Payment Information

Please delete as appropriate

Please tick appropriate boxes

Cheque No. : _____ Bank name : _____ Amount : # HK\$2,700/ HK\$2,430/ HK\$2,160

Membership : No Yes, if Yes, #Staff ID/ Student ID/ Alumni Association membership ID/ CPE Membership No.: _____

Important Terms and Conditions

1. Application will be accepted on a first-come-first-served basis.
2. Email notification on application status will be sent to you only when application and payment have been received by the Division of Continuing Professional Education (CPE), please contact us if you do not receive any notification after 7 days.
3. Application is regarded as successful only after a confirmation email is issued to you.
4. Cancellation of course will be announced via email at least one week before the commencement of the course. No separate notification will be issued by post.
5. Course fee is non-refundable or non-transferable to another course once application is confirmed.
6. Receipt of course fee will be issued on the first day of the course and payment method will be indicated on the receipt.
7. All course training materials, including but not limited to lecture notes, worksheets, PowerPoint slides, and demonstration videotapes, are prepared by the trainer of the course and are the property of the trainer. No reproduction of any pieces of these training materials is allowed without the permission of the trainer and CPE.
8. No form of recording, including audio- or video-recording, during the course is allowed without prior permission by the trainer and CPE.
9. Certificate of Attendance will be given to participants who have attained at least 75% attendance of the course.
10. If Storm Warning Signal No. 8 or above, or Black Rainstorm Warning Signal is hoisted by 7am, class will be cancelled. Details of postponement or other arrangements will be announced by email afterwards.
11. Personal data provided on course application form are used only for course application, course administration and future promotion purposes. All personal data collected will be treated with strict confidentiality. Under the provision of the Personal Data (Privacy) Ordinance, applicants have the right to request access to and make correction of their personal data. Applicants wishing to make amendments on personal data should submit a written request to CPE by email to cpe@swk.cuhk.edu.hk.
12. The right of interpretation and amendment of the above terms belong to CPE.

I acknowledge that I have read and agree to the above terms and conditions.

Enquiry : 3943 1704 Email : cpe@swk.cuhk.edu.hk Website: <http://www.cuhk.edu.hk/swk>