

Workshop Title: Discover the Clown Within

Facilitator: Paul V Ricketts

Facilitator Biography:

One of my passions for the last ten years or more has been improvisational theatre clowning. It has enhanced and deepened my therapy practice and personally nourished me no end. I particularly enjoy exploring the creative relationship and physicality between emotion and motion and segments that include body and voice, clown and object and being the object. I am also interested in developing my writing and have an interest in storytelling.

I am a humanistic integrative psychotherapeutic counsellor, dance movement psychotherapist (DMP), trained in gestalt psychotherapy in York with GPTI, developmental and somatic psychotherapy and workshops in relational living body psychotherapy.

Capacity: 8 - 16

Outline / Aims:

This workshop is not about circus clowning or the sole intention of being funny or making people laugh. It is about exploring and expressing our emotional life with each other in a fun and creative manner drawing on the processes involved in improvisational theatrical clowning sometimes referred to as 'red nose theatre'. The aim is to enable participants to discover their clown within. The clown embodies the creative capacity that I believe we all have particularly as gestaltists with the essence of spontaneity, excitement and engaging with and living the 'novel'. There will be a fun warm up using movement, music, sound/voice and visualisation working in whole group, pairs and small groups. Then moving on onto exercises developing play with movement, sound/voice in regard to themselves, themselves and the space around them and in pairs objects and an invitation to become the object.

What we do will also depend on what participants bring to the workshop and therefore likely to alter according to emerging need and potential.

Alignment:

Being stuck and being able to play are essential ingredients of improvisational theatre clown practice. While the focus will be on exploring and developing our capacity for play in regards to creativity, creative potential and expression; links will be made to the theme of stuckness in clowning (of not knowing, not having ideas etc. the stuff of clown research!) and some time for personal/shared reflection on their experience of the workshop at the end.