

About:

The inner clown

Nobody is perfect, but in daily life we often have the feeling that we have to be perfect and that we have to function to fulfill all our daily tasks – what can create burn-out and depressions.

To discover the inner clown means to discover the inner child, the inner playful sides and to use your foibles and unperfectness as a strength, not as a weakness. It can be the initial point for a playful being and it can help to get over the life-long learned restrictions that adults are usually confronted with and used to.

Various exercises help to leave behind daily restrictions and behaviour patterns. We confuse ourselves, switch the perspectives and points of view and learn to explore our comical sides to find and explore the own clown figure. With our clown we can consciously create humourful situations.

humour strategies

People in helping professions are confronted with lots of difficult situations that are not easy to solve. Social workers that have to cope with the moods of difficult teenagers, nursing staff in retreatment houses face the demonstrations of dementia, therapists that have to handle the sadness of their clients...

All these professions are very different, but they have one thing in common: they are working with other people and so they have to guarantee the personal stability to be able to cope with the daily challenges.

Humour can be a help for that, it can be a strategy to handle difficult situations and to remain relaxed about own mistakes. So the objective of this methodology is to explore the own and other people's humour and its strength. We learn about our own humour and about other people's humour and how different it can be. To be conscious about the differences enables us to adapt ourselves to different situations and to different humour.

We learn techniques that create humour. We learn how we can create humourful situations. We analyze different situations in our work and try to find humourful solutions. And last but not least we have a playful. Enjoyable time together...

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