

Clown therapy

Clown therapy is a funny, original and creative method to help us be more at ease in our body it is a technique to overcome anxiety shyness and anxiety it can also help to rediscover the creativity that we have as a child.

Rosine Rochette actress and psychotherapist launched clown therapy in French from her personal experience in clown shows. Since the beginning of the 2000s, his workshops and work groups have not stopped, tired of traditional therapies, people want to work on themselves while having fun.

In the session we talk about ourselves and we explain why we signed up for the course, several techniques can be applied but never like a clown show that we see with the family, little by little we find ourselves with our imagination of child.

When an intern puts on a red nose, she can suddenly afford anything. From the first day of training, she goes on stage and this learns to face stage fright and to surf on her emotions without trying to control it. Over the course of the sessions, she accepts the minute of silence and manages to take serious things lightly.

This therapy is also used in sick children who are hospitalized or in the elderly.