

Counselling and Clowning

How might the performance art of the clown be useful in my counselling practice with clients?

There are a number of ways, but in general it is about looking at the issue that concerns you from a clown perspective. This is not about trivialising the issue or making fun of it, so we need to understand that the clown perspective is about making sense of an understanding from a creative position. It is about creativity, imagination and the willingness to explore what brings you to counselling. I have no wish to share too many of my secrets here, but if you wish to know more then the best way is to experience the clown perspective as a client. If so, then the first step is book an assessment and move into therapy.

However, don't forget of course that you don't necessarily have to have a 'problem' to work with me, but you might wish to learn more about yourself from a personal development perspective and work with me as a client in a personal consultancy/coaching context.