

## Being a Clown and The Expressive Arts

The clown's artistry offers key insights into how practitioners in guidance & support can unlock their own capacity for the mental and physical flexibility needed in their work with clients. The clown is a master of improvisation and humour. *Being* a clown is a breath of fresh air, a pause for thought; it invites us to converse with complexity. Giving and receiving with respect and sensitivity is the essence of this key player in our human repertoire. All roads are open with the clown.

“This book shows us, better than any other I have read, that not only is clown an act of love, but so are all our attempts to help other in difficulty. And the book itself is written in the same spirit.”

Stephen Levine, PhD  
Vice-Rector, The European Graduate School  
Professor Emeritus, York University



*Isabelle Schenkel* obtained her Doctorat in Expressive Arts after a Master in Social Sciences. As a performance artist, she brings play and inspiration to her interventions as a trainer, coach and supervisor.

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ISABELLE SCHENKEL

L'Harmattan

Isabelle Schenkel

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Préface by Stephen K. Levine

Arts : thérapie

