Photo: Craig Russell

RED NOSES CLOWNDOCTORS International

RED NOSES INTERNATIONAL Curriculum

RED NOSES Clowndoctors International

Vienna, January 2022

RED NOSES is an artistic organisation bringing humour and laughter to people in need of joy.

For 25 years, RED NOSES has been making a difference for patients, families and medical staff in countless health and care facilities in Europe and beyond. RED NOSES International (RNI) empowers vulnerable audiences, such as children in hospitals, people in geriatric centres, patients in rehabilitation centres, youth with mental and multiple disabilities, refugees and other displaced persons.

The figure of the clown is extremely human and touches individuals deeply by bringing them relief and hope in moments where they cannot connect to their positive emotions.

RNI is based in Vienna, Austria, and is the headquarters for the largest clown doctor group in the world.

Curriculum

RED NOSES International (RNI) is constantly improving its high artistic quality standards for its artists. In order to achieve this, the RED NOSES Curriculum (which has been installed in 2015) has been revised and changed according to the needs of the group by a group of experts. With this solid and uniformed curriculum, the RED NOSES group seeks to ensure artistic quality by providing the best possible training and education for its clowndoctors.

The curriculum is obligatory for all RED NOSES partner organisations; therefore all clowns are required to complete the certification process. To obtain the "RED NOSES International Certificate", the applicant is required to complete all curriculum units. It is not mandatory to complete the units in order.

The entire curriculum comprises a total of about 560 hours.

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UNIT 01 **STEOP (Study Entry and Orientation Phase)** [lectures]

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1.5 Theory of Hospital Clowning
1.6 History of Clowning

UNIT 02 **Artistic Studies** [workshops]

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2.2 Clown/Humour Systems
2.3 Clown Partner Work
2.4 Clowning in Hospitals
2.5 Clowning for the Elderly
2.6 Tools

UNIT 03 **Healthcare Studies & Clinical Exposure** [lectures]

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3.3 Illnesses of Elderly People
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UNIT 04 **Psychology** [lectures]

4.1 Psychology in Hospital
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UNIT 05 **Sociology** [lectures]

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5.2 Cultural paradigms and social identity

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UNIT 06 **Communication** [lectures]

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UNIT 07 **Clown Trainee Programme** [practical experience]

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Curriculum

UNIT OVERVIEW

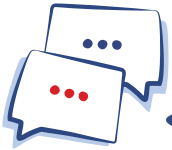
Unit 02
Artistic Studies

Unit 01
STEOP

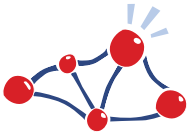
Unit 03
Healthcare Studies

Unit 07
Clown Trainee Programme

Unit 04
Psychology



Unit 06
Communication



Unit 05
Sociology

STEOP (Study Entry and Orientation Phase)

The STEOP is a necessary introductory unit to get a basic understanding of the ethics, drivers and structures of RED NOSES International (RNI) as well as the theoretical knowledge of hospital clowning.

01 MODULE		Content	Hours
1.1	**Clown Ethics within RED NOSES***	› Self-conception of the clown´s work › Code of Ethics › Demands and duties of the clown › Philosophy of the clown	**1**
1.2	**Ethics and Drivers of RED NOSES**	› Mission, Vision and Philosophy of RED NOSES	**1.5**
1.3	**Structures**	› Basic understanding of the structures of RED NOSES organisations and the RNI headquarter	**1.5**
1.4	**Introduction to selected RNI programmes and formats**	› The Elderly › Programme › Caravan Orchestra › Circus › Emergency Smile	**3**
1.5	**Theory of Hospital Clowning**	› The hospital as a stage – 5 levels in cooperation with staff	**2**
1.6	**History of Clowning**	› History of clowning and healthcare clowning	**3**
	Reflection paper: A reflection paper needs to be written for the module 1.6.		
Total hours			**12**

Curriculum UNIT 02

Artistic Studies

The largest section of the curriculum includes a series of workshops taught by international professionals.

02 MODULE		Content	Hours
2.1	**Clown Discovery Work**	› Clown discovery › The smallest mask and contact with the audience › Clown existence and "inner conflict" › Character work › Physical expression (instincts, emotions & body awareness) › Costumes and props	**85**
2.2	**Clown/Humour Systems**	› Principles › Dramaturgy › Game › Clown Improvisation	**17**
2.3	**Clown Partner Work**	› Partner work in visits and other formats › Status › Clown couples	**42**
2.4	**Clowning in Hospitals**	› To play with typical hospital situations as a clown, patient, relative and hospital staff	**17**
2.5	**Clowning for the Elderly**	› Differences between clowning for children and elderly › Tailoring the performance to specific needs of the audience (handicaps, disabilities, dementia, etc.)	**17**
2.6	**Tools**	› Skills development › Integrating professional skills into clowning	**17**
Total hours			**195**

Healthcare Studies & Clinical Exposure

To work in delicate hospital and senior residence settings, it is essential to understand their environment and rules. Understanding the condition/illness of the patient is essential to connect with them.

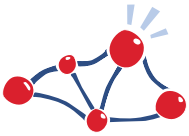
03 MODULE		Content	Hours
3.1	**Introduction**	› General behaviour in different types of hospitals – Artists in a sensitive environment	**1**
3.2	**Diseases, symptoms and healing processes**	› Acute diseases › Chronical diseases › Mental illnesses › Surgery › Oncology	**6**
3.3	**Illnesses of Elderly People**	› Common diseases › Dementia › Palliative Care	**4**
3.4	**Hospital Procedures**	› Handover rules: data protection, confidentiality › General hygienic rules for hospital clowning › Hygiene rules for projects with special care › Hierarchies of hospital staff	**6**
	Reflection paper: A reflection paper has to be written for the whole unit or a specific module of this unit.		
Total hours			**17**

Curriculum UNIT 04

Psychology

The goal of this unit is to enhance the understanding of patient reactions and expectations and to be able to adopt the most comprehensive approach possible.

04 MODULE		Content	Hours
4.1	**Psychology in Hospital**	› Introduction lecture: Common psychology › Psychology in hospital: How does an illness affect the psychology of a child, the family system, etc. › Behavioural and emotional effects of long-term hospitalisation › Children and youth psychiatry: an introduction	4
4.2	**Age Psychology**	› Psychological development and changes, age-step model › Validation/Communication with the elderly › Dying	4
4.3	**Psychology, Humour and Healthcare**	› Cognitive development and its relationship to humour › How humour is perceived in various stages of age › Types and variations of humour relevant to healthcare	4
4.4	**Humour as Communication Tool**	› Evolutionary origins and role of laughter › Humour theories › Effects of using humour	4
	Reflection paper: A reflection paper has to be written for the whole unit or a specific module of this unit.		
Total hours			**16**

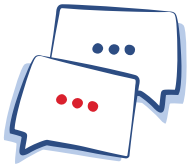


Sociology

RED NOSES clowns work in different departments in hospitals and other institutions and with people of all ages. The aim of the unit is to enable specific sociological knowledge to meet the needs for profound clown work in the hospital environment. Furthermore this component of the curriculum provides an understanding of how to interact with people from diverse cultures and ethnicities.

05 MODULE		Content	Hours
5.1	**Introduction**	› Focuses of sociology › Human organisation systems › The beliefs our society is built upon › Social imagination	**2**
5.2	**Cultural paradigms and social identity**	› Diversity/variety › Clown and gender › Stereotypes in clowning and prejudices in society › Discuss the role of the clown: Can we heal the traumas of societies? › Explore the blind spots of clowning	**6**
5.3	**Social and institutional structures**	› The “clinical gaze”: Concept of health and illness in society › Hospital as a field of action: Hierarchy/ power dynamics	**4**
	Reflection paper: A reflection paper has to be written for the whole unit or a specific module of this unit.		
Total hours			**12**

Curriculum UNIT 06



Communication

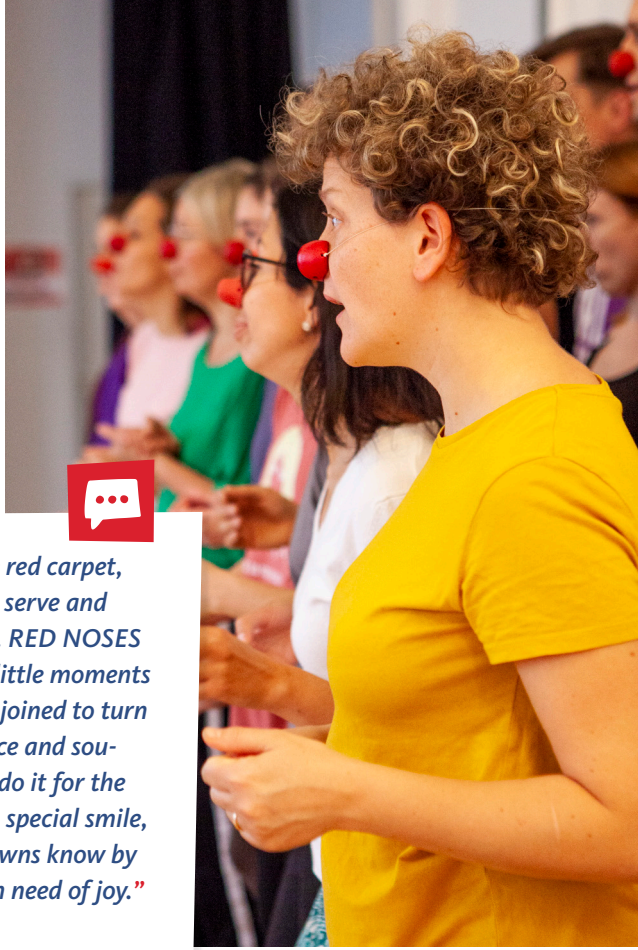
Good communication is an essential tool in maintaining strong working relationships at all levels of an organisation. In this section of the curriculum, different communication skills are taught to promote governance and ensure a common understanding within the organisation.

06 MODULE		Content	Hours
6.1	**Introduction**	› What is communication? › How does a clown communicate?	**2**
6.2	**Feedback Culture**	› How to give and take quality feedback › Feedback practice and peer-review	**5**
6.3	**External Communication**	› **Public relations** Communication with journalists; storytelling for the media, communication with hospital staff and parents on behalf of the organisation › **Fundraising/Marketing** What do they do and why; donor communication; the language of pictures, colors & graphics	**3**
Total hours			**10**

Clown Trainee Programme

The Clown Trainee Programme covers practical work in hospitals and comprises four coaching sessions in between the visits. This unit ensures that healthcare clowns complete a minimum of practical work in the hospital, but it is expected that all clowns complete additional visits during the training period.

07 MODULE		Content	Hours
7.1	**Hospital visits**	› 100 visits	
7.2	**Coaching sessions**	› 4 coaching sessions	



"We as Hospital Clowns are not on the red carpet, our clowns are not on a stage, but we serve and work on a very vulnerable part of life. RED NOSES clowns take their gratitude via these little moments of success. When all spirits of theater joined to turn a visit into an unforgettable experience and souvenir. They do not get fame, but they do it for the gratitude of these special moments, a special smile, the joy that they get. RED NOSES clowns know by now how to treat vulnerable people in need of joy."

Giora Seeliger, Chief Artistic Officer
RED NOSES Clowndoctors International

Workshops: The clowns are required to attend a minimum of 195 hours of workshops which are taught by internal experts as well as internationally renowned artists. In these 3 or 4 days workshops the clowns work on various disciplines needed for the implementation of RED NOSES clown programmes. After each workshop it is mandatory to fill out an evaluation or write a short reflection/feedback.

Practical work in hospital & coaching session: In addition to the workshops, the applicant is required to complete a total of 100 clown visits. The participation in 4 coaching sessions is also a prerequisite. This practical stage is the "Clown Trainee Programme" and comprises an amount of about 312 hours.

Lectures: The non-artistic modules consist of a variety of lectures taught by international experts in the field. At the end of selected modules the healthcare clown is required to write a reflection paper.

External reading: As part of the lectures, external readings are an additional prerequisite as it is not possible to give all know-how and content in a short lecture.

Optional: Exchange programmes are an added value to the clowns´ education and training, therefore and when possible, RNI clowns are encouraged to participate in international cross-border exchange programmes offered by RNI.

In addition to this curriculum, each healthcare clown must sign the RED NOSES Code of Ethics, the RED NOSES Children and Vulnerable Persons Safeguarding Policy and be willing to attend regular psychological supervisions.

www.rednoses.eu

RED NOSES Clowndoctors International

Wattgasse 48, A-1170 Vienna
T: +43 1 318 03 13-66 | **F:** +43 1 318 03 13-20
E: smile@rednoses.eu | **W:** www.rednoses.eu

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CLOWNDOCTORS
International