



CLOWN DOCTORS NEW ZEALAND  
CHARITABLE TRUST

## WHO ARE CLOWN DOCTORS AND WHAT THEY DO

Laughter is an essential part of life, no matter how old you are.

The clown doctors are not actually 'real' doctors but experienced actors, drama teachers, performing artists and musicians who are highly trained in the art of medical clowning - and receive ongoing training through the International Institute for Medical Clowning, a New Zealand based enterprise of Steinbeis University Berlin.

With all their artistic skills (singing, dancing, storytelling, etc.) talent for improvisation and special hospital training, the clown doctors are well equipped to take on the challenging task of conquering fear, anxiety, stress, pain, loneliness, boredom and gloominess. From bedside to bedside, these specially trained masters of humour and spontaneous play help to bring back fun, cheer and a refreshing zest for life.



Our clown doctors encourage joy & laughter - a profound key to regaining balance and being able to cope with difficult situations. They also provide stress relief to the overburdened hospital staff as well as to the families of patients who are coping with the stress of having a sick loved one in hospital.



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When professional clown doctors visit the hospital they bring smiles and humour; patients benefit from the distraction they provide during difficult procedures, and from the motivation they provide by making participation in therapies fun.

At the moment in Christchurch we visit the children's wards at Christchurch Public hospital on a weekly basis and support Older Person's Health at Burwood Hospital on a fortnightly basis.