



Independent Study Registration Contract

B.A. Liberal Studies &
B.A. Health Counseling & Psychology Programs

Please complete this form with the appropriate signatures and send it to the BA Program Chair for review. Upon approval, the Chair will forward to the registrar via email, with copies to the student, evaluator and advisor.

Student Information:

Student Name: **Abigail Meserve** Student ID #: **0430210** Quarter/Year: **Spring 2026**

Independent Learning Activity to be registered:

Title: Therapeutic Clowning

LIB-3990: Independent Study credits (1-6): 4

EXP-3970: Service Learning credits (1-6):

EXP-3980: Internship/Practicum credits (1-6):

EXP-3960: Student Leadership credits (1-6):

Evaluator Information:

Evaluator Name: Sara Beth Lohre

Evaluator Phone #: (206)953-8210

Evaluator Email: Slohre@antioch.edu

Evaluator Resume: ☐ Attached ☐ On-file (Evaluator is core faculty or adjunct within the last two years.)

Unless otherwise under contract, evaluators are paid \$125 per credit hour. Payment is made when the student's work is complete, and the evaluator assessment is submitted. Payment is typically disbursed at the end of the month following the end of quarter the independent study is registered for.

Student Agreement:

I understand that this document is a formal request for registration and assessment of the above learning activities. I agree to pay the associated registration charges for these activities and understand that failure to do so may result in the submission of my student account to an outside collection agency. I understand that all costs, fees, and expenses incurred by Antioch in attempting to collect the debt will be added to the account balance. These costs may include, but are not limited to, collection agency fees, reasonable attorney fees, court costs, and other out-of-pocket expenses.

Required Signatures:

Student Signature: Abigail Meserve

Date: 2/17/2026

Evaluator Signature:

Date:

Core Faculty Adviser Signature:

Date:

BA Chair Signature:

Date:

Major Learning Intentions:

Clowning has several therapeutic applications. In this course I will explore how clowning is used as a therapeutic tool for the clown and for the audience. I will also be addressing the historical and cultural implications of clowning, including the fears people have and how to reduce harm when working with vulnerable populations, including children.

Learning Goals:

- Inquire knowledge about the psychology and philosophy of clowns. I will address research on medical clowns used in hospitals, the Jungian archetypes, shadow work and parts work. Additionally, I will connect clowning with drama therapy.
- I will explore how the various forms of clowns and circus arts are used across cultures and identities as an outlet for healing. Historically, neurodivergent, disabled, and marginalized groups have been preyed on by the circus industry. There is a growing interest within these communities to use that same environment as a place for healing.

Learning Experiences:

- Research articles
- Ted talks
- Interview clowns
- Draw from my own experiences

Demonstration of Learning:

- Presentation
- Journal
- Paper or Video from Interview
- Potentially record a short clown routine

Readings or Resources Required:

- Interviews
- Pendzik, S., & Raviv, A. (2011). Therapeutic clowning and drama therapy: A family resemblance. *The Arts in Psychotherapy*, 38(4), 267–275.
<https://doi.org/10.1016/j.aip.2011.08.005>
- Sánchez, J.C., Porras, G.L., Torres, M.A. *et al.* Effects of clowning on anxiety, stress, pain, and hormonal markers in paediatric patients. *BMC Pediatr* 24, 728 (2024).
<https://doi.org/10.1186/s12887-024-05211-1>
- <https://www.youtube.com/watch?v=BlkPppKZajM>
- https://www.youtube.com/watch?v=2_I5P85CTEc
- And more

Evaluator Role:

This independent study is student-led with weekly instructor check-ins.

Scheduled Completion Date:**Student Due Date: Week 10**

Student work is typically completed and submitted to the evaluator by the end of the **tenth week** of the quarter.

Evaluator Assessment Due Date: _

Evaluators submit assessments by the Friday of the **twelfth week** of the quarter. Evaluations are posted directly to the Registrar via Self-Service. (Outside evaluators who otherwise don't have Antioch accounts, please send the

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