Adam Zimmerman, MSc Child Life Pediatric Psychosocial Care

Therapeutic Clown | Psychosocial Care Practitioner | Facilitator/Educator

Ottawa, Ontario, Canada | 613-796-6779 | eccentricadamz@gmail.com

Professional Summary

Creative and compassionate therapeutic clown with over 25 years of combined experiences working closely with children and families in various performative contexts. Areas of focus have included healthcare, arts, and workshops. 2026 Graduate - MSc in Child Life Pediatric Psychosocial Care at McMaster University, focusing on advanced psychosocial and developmental support for children in medical environments and education of therapeutic clown as a healthcare practice.

As a therapeutic clown at the Children's Hospital of Eastern Ontario (CHEO), I integrate child development theory, relational medicine, and play to support children and families navigating medical stress/complexity and hospitalization. Recognized by the Province of Ontario for advancing therapeutic clowning as a professional and psychosocial practice in pediatric healthcare, I bring a deep commitment to interdisciplinary education, clinical practice, and extend an open invitation for academic/institutional research collaboration.

Education

- MSc Child Life & Pediatric Psychosocial Care - McMaster University, Hamilton ON | 2026
- Provisional Certificate in Therapeutic Play - Adler School of Psychology, Toronto | 2016
- Bachelor of Arts, Major in Theatre - University of Ottawa | 2014
- Nouveau Clown Institute Graduate - Granollers, Spain | 2010
- Certificate in Professional Clowning - Roanoke, Pennsylvania | 2009

Applied Theatre & Clinical Focus

- Therapeutic clowning and pediatric psychosocial care
- Child development and coping in healthcare environments
- Arts-based health education and interdisciplinary learning
- Procedural support and emotional regulation through play
- Knowledge translation and competency development
- Professionalization of therapeutic clowning as a healthcare practice

Professional Experience

- Children's Hospital of Eastern Ontario (CHEO) | 2023 – Present
- Provide therapeutic clowning interventions to support emotional well-being of children and families across inpatient and outpatient units.
- Collaborate with Child Life Specialists and healthcare teams to deliver procedural support, distraction, and psychosocial interventions.

- Contribute/establish program development for mental health services, including DBT-informed group therapy initiatives.
- Integrate relational medicine as an approach to therapeutic relationships using storytelling and play-based communication to enhance patient agency and engagement.
- Document clinical encounters and participate in interdisciplinary care planning.
- Facilitate/inform medical students, residents and staff modelling non-pharmacological psychosocial care strategies through teaching one-to-one aspects of applied therapeutic clowning in a clinical setting.
- Support knowledge exchange between CHEO and academic/donor/CHEO Foundation settings to advance understanding of therapeutic clowning.
- Founder/Director/Producer - Adam Zimmerman Productions Inc., Ottawa | 2015 – 2022
- Designed and delivered professional development workshops on clowning, creativity, and relational engagement.
- Writer and developed multiple performances across varying stages for family-based performances of varying genre/type/application.
- Developed performance-based learning modules emphasizing empathy, improvisation, and play.
- Partnered with municipal and academic institutions to integrate arts-based practices into community programming for special events.
- International performance and workshop facilitation (USA, Spain, China, Austria).
- Writer & Artistic Director - Cirque Estival & Cirque des Fêtes | 2006 – 2010
- Directed and developed clowning content for touring circus productions, coordinating artistic and technical teams.
- Advised/co-created educational programming/performance content and provided mentorship for a number of clown practitioners across Eastern Canada.

Teaching & Workshop Facilitation

- Puppetry Construction Workshops - Designed and facilitated sessions for children, high school students, and community groups within the City of Ottawa and surrounding area.
- Adult Education - Delivered inclusive workshops for adults with disabilities in Ottawa.
- Professional Clowning Workshops - Developed curriculum and facilitated multi-day learning sessions for improv groups, emphasizing relational engagement and creative presence.

Honours & Recognition

- Certificate of Recognition - Province of Ontario (2023)
- Public Arts Award - Trois-Rivières, QC (2005)

Languages

- English (Fluent)
- French (Bilingual in accordance with CHEO requirements)