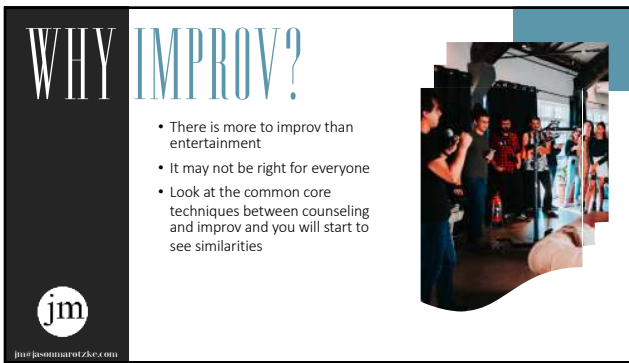




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OUR GOALS TODAY

- An introduction to the key concepts of improv that can be used with clients
- Linking to research and theories that promotes the use of Improv with specific clients
- The opportunity to experience the use of improv and determine if it is a fit for you




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WHAT IS IMPROV?

- Story-telling / entertainment
 - Not scripted
 - Not rehearsed
 - In the moment
- Improvisors train with some core "rules" that help them to be successful




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IN THE MOMENT

- ALPHABET



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LEARNING IMPROV


- YES... AND... - Primary rule of Improv
- Being in the moment, active listening
- Support those you are with
- Trust those you are with
- Give and take
- If you're off... be the off person in the group (celebrating failure)



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BE IN THE MOMENT



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- When did you stop playing?
- Games are a key element to learning improv
- Reinforce skills and develop group thought



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EXAMPLES OF IMPROVISATION IN COUNSELING

- Jacob Moreno – Drama Therapy
- Fritz Perls – Gestalt (Empty Chair)
- Keith Johnstone – Theatrical Improviser
- Newman & Holzman – Social Therapy
- Wiener – Rehearsals for Growth

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- Giving instructions
- Tuning into nonverbals
- Acknowledge group thought
- Listening
- Adapting
- Detail orientated
- Empathy
- Synergy, putting it all together
- Reinforcement



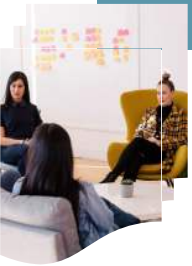
CONNECTION BETWEEN IMPROV & COUNSELING

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BENEFITS TO COUNSELING

- Yes... And... can help to override the automatic "NO" or "Yes... But" Response
- In Groups – It can promote group cohesiveness, leaning through play, exposure and humor.
- Viewing situations through a different lens
- Zone game
- Helps to change the automatic scripted to unscripted
- The use of Improvisation helps shut down the "judge" and allows for exploration



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IMPROV GAMES

- Yes... And..
- Yes... But..
- Group Mind
- New Choice
- Celebrate Failures
- Four Zones
- Playwright



PLAY TIME



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THANK YOU!

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