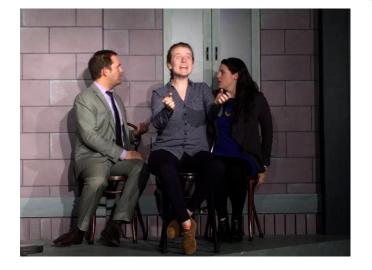
# Improv Comedy: Philosophies and Teachings in Practice

NJ Phillips

#### Overview

- Introduce Me
- History of Improv
- Who can play?
- "Rules" of Improv
- Game Time

### Hi, I'm NJ



- EMU OTS
- Graduated from the Improv Conservatory Program Second City, Chicago
- Performed improv 10+ years
- Ran a long form improv jam in Ann Arbor, MI
- EMU OT Student Orientation Improv Warm Up

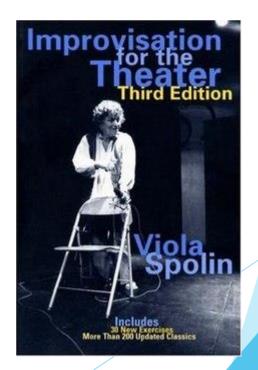




## Viola Spolin

- ▶ 20<sup>th</sup> Century American Theater Innovator
- ► Techniques to be focused in the present moment
- Jane Addams' Hull House, Chicago





#### Who?

- Everyone!
- Second City offers:
  - Improv for Autism
  - Improv for Anxiety
  - Humor Doesn't Retire: Improv for Seniors
  - Improv for Veterans
- Dementia
- Parkinson's
- Clinicians- You!

# "Rules" of Improv

- Have fun!
- Be Safe
- Make mistakes
- Listen
- Be Present (Drop your agenda)
- Yes, And!

# Time to Play!

Everyone Stand Up!

# Any Questions?

- Contact:
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