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

- 20th 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:
  - NJ Phillips
  - nphilli8@emich.edu