

Improvisation techniques training to act against emotional and verbal violence



ACTitude

improv theatre

NEWSLETTER

1ST ISSUE



Co-funded by the
Erasmus+ Programme
of the European Union

MARCH 2020

EDITOR'S NOTE

BY MARÍA CARRACEDO
INTRAS
FOUNDATION

The effects of theatre on people have been studied since Ancient Greece.

Aristotle in his Poetic explained how theatre affects psychologically publics.

He called this phenomenon catharsis, and it is the human being's ability to empathize with feelings and situations of a character and "live them" without really facing the consequences. Thanks to catharsis, the theater is like a vaccine: we inject ourselves with a little disease by living the emotions of the characters,

but only the doses that we can learn to heal each time, and thus we become stronger. ACTitude goes a step forward, by using this empowerment effect not for the publics on a play, but on real life, by "acting and attitude" in our daily life to vaccine and defend ourselves from verbal violence and abuses with improvisation theatre techniques.

Discover the magic power of improv theatre with us!



WHAT IS ACTitude? improv theatre

Persons suffering mental health challenges are one of the collectives most exposed to verbal violence and, at the same time, they are one of the most vulnerable to open demonstrations of social rejection expressed verbally such as disrespectful comments, insults and mockery. Offenses may come from passers-by, co-workers, neighbors, and sometimes even from family members and persons considered friends. The consequences of the offenses are not only hurt feelings and miserable self-esteem; they go as far as to constitute the primary obstacles to social inclusion which, in turn, is essential to advance in the recovery process.

Financed under the Erasmus + program of the European Union, ACTitude aims to empower people suffering mental discomfort, supporting them to recognize when they are being subject to verbal abuse, to stand up for themselves, and respond to the offenders in real time in order to cut short the abuse and, thus leaving the role of the victim.



ACT improv theatre **itUDE**

is a training course addressed to mental health professionals that will provide them with a tool to conduct effective interventions with the clients of mental health services to empower the latter to act in situations of social and community violence, and also to mitigate the effects that continuous rejection, disrespect, and mockery have over the persons with severe and prolonged mental illness. This magic tool is improv theatre.



ACTitude improv theatre PARTNERS

The international team of ACTitude project is formed by Dept. of Psychology of the University of Maribor (Slovenia): in charge of the development of the conceptual part of the training program by using elements of the 3rd generation psychological therapies.

IMPRO Valladolid (Spain), Clamotta (Germany) and Theatre Studies Department of the University of Athens (Greece): this transnational team of expert performers and trainers specialized in improvisation techniques will develop the improve techniques applied and will train the MH professionals in Spain, Germany and Greece during 3 months.

Fundación INTRAS (Spain), EDRA (Greece) and CJD (Germany): MH professionals will be trained on improv techniques and will perform a pedagogical test with people suffering mental health discomfort.



Dept. of Psychology of the University of Maribor (Slovenia) is part of the Faculty of Arts (Filozofska fakulteta – FF; <http://www.ff.um.si>) is one of the youngest faculties of UM, established



in 2006, but with longer history of education and research at former Faculty of Education. The main goals of FF are to become the center of the development of humanistic and social sciences in northeast Slovenia and thus the promotor of positive regionalism in the country, and to establish cooperation with best European faculties and universities. There are three main scientific fields at FF: humanities, social sciences and education of teachers on different levels of study.

INTRAS Foundation is a non-profit organisation dedicated to research and intervention in the mental health field in the region of Castilla y León, Spain. The organisation's services and programs are based on the recovery approach, empowering people with mental health issues to live a self-determined and self-confident life. At INTRAS key value is given to respecting human rights in the framework of health and social settings, especially in what concerns people with mental health issues. The Foundation strives to achieve excellence on this as well as contributing to help other organisations from the sector in accessing quality training materials on the subject. Hence, INTRAS interest working together with other European partners from the sector to jointly pursue these objectives.

FUNDACIÓN
Intras





Clamotta GbR is an Improvisation theatre (Improv)performing organization and Improvisation theatre school founded in 2003 by three experienced improvisation artists,

clamotta
IMPROTHEATER | TRAINING | UNTERNEHMENSTHEATER

Eva Thiel,

Markus Hahn,

and Stefan Thiel, for whom the Improv is much more than entertainment. It is a philosophy and a way of life. In addition to an improvisation theatre company, this also included the grounding of an Improv training school called 'clamotta ImproSchule', located in Cologne, Germany. Through various further training courses – among others by Keith Johnstone, who is the founding figure of modern improvisation theatre – they could further expand their professional skills and knowledge in order to develop the method of 'applied improvisation'. All of this makes them to experts in transferring the methodology of improvisation into daily life (both professional and private).

IMPROVA- IMPRO VALLADOLID is a cultural artistic association whose main activity is the management of the "ImproVA, el patio del permiso" training center that has more than 60 regular students at the moment. The school has for its base methodology IMPRO as theatre technique enriched with own methodology

impro.
SUEÑA, IMAGINA, DISFRUTA...
Valladolid

developed by Berta Monclús based on personal growth and self-empowerment, overcoming constraints and building an expanded vision of the reality, exploiting the power of creative imagination.

The Theatre Studies Department of the National and Kapodistrian University of Athens (Greece

belongs to the School

of Philosophy. It offers a complete spectrum of studies in the discipline of theatre on a graduate and postgraduate level.



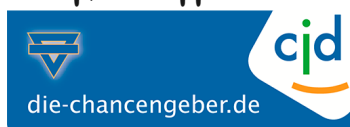
ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ
Εθνικόν και Καποδιστριακόν
Πανεπιστήμιον Αθηνών
ΙΔΡΥΘΕΝ ΤΟ 1837

It has an international orientation (primarily European), focusing on Greek phenomena. It addresses the following fields: history of the theatre, theory and practice of the theatre and performance analysis. It pays considerable attention to European theatre history from antiquity until today and, as expected, to Greek theatre – ancient, new and contemporary – as well as dramaturgical analysis of dramatic texts of European and Greek dramaturgy.

 **EDRA**, The organization 'Social Cooperative Activities
έδρα social cooperative activities for vulnerable groups for Vulnerable Groups

– EDRA' (Abbreviation: K.S.D.E.O. "EDRA") is a Non-Profit Organization– Social Cooperative, operating in the fields of mental health and mental retardation since 2001, aiming at the promotion of mental health, defending the rights of vulnerable groups and raising awareness in matters concerning mental health.

CJD is social NGO working in the social services and education sector all over Germany with persons suffering from different disadvantages (mental illness, learning disability, physical disabilities, addictions, unemployment, etc.). 9,500 full-time employees and numerous volunteers at over 150 locations provide help, support and education/training for more than 150.000 people in need each year. This work is based on the Christian conception of what it means to be human, with the vision: "Let no one fall by the wayside!"



To know more about all the partners,
 click on their logos !

WHAT IS IMPROV?

The modern improv theatre was rediscovered in the same period in London and Chicago in the 1960s. Since then it has continued to develop.

In classical improv theater, improv artists are on stage and play mostly entertaining stories together. They have not learned any texts by heart before and have not discussed them with each other beforehand.

The only thing they need is inspiration from the audience to start. How can that work?

Improv artists need two skills to be able to do improv:

1. The secret knowledge that holds all improv artists together is the knowledge of storytelling. Improv artists know exactly how a story works and what it needs at what time to make the story "nice". An improv artist is therefore at the same time his own author, actor and director. And all this at the same time with others in the team.

2. It needs training. Just as every footballer needs training, improv artists also need to learn a few rules. They internalize an inner attitude that enables them to remain creative, concentrated and relaxed – even under big pressure. Most of these improv rules can be transferred 1:1 into real life.



The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.