

Training improvisation techniques
to act against emotional and verbal violence

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ACTitude

improv theatre

Newsletter

IMPROV in pandemic times



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EDITOR'S NOTE

MARÍA CARRACEDO
INTRAS FOUNDATION

The times we are living is not easy ones. We fear to get contagious and the same time we try to keep a normal life limited by restrictions that change every week, and some of us have also lost a beloved person. This situation of uncertainty can cause a feeling of sadness, stress, loneliness...

The pandemic is having a great impact on mental health worldwide. A meta-analysis carried out with by a group of Canadian experts and recently published in the magazine Psychiatry Research, shows similar results in different places of the world: the prevalence of insomnia, post-traumatic stress disorder, depression and anxiety has increased everywhere, regardless gender, geographic or cultural differences

Now more than ever, we need strategies to deal with this increased stress.

As we have already told in the previous issue of this newsletter, improve can be a powerful tool to deal with emotions. In this 3rd issue we want to tell how improve can relieve from those feelings and emotions we are facing during these pandemic times.

IMPROV: THE VALUE OF MOMENTS

BERTA MONCLÚS
IMPROVA

If the pandemic has brought us anything, it has been the impossibility of planning, of being clear about what is going to happen in a month's time. Everything is fragile and unpredictable so we have to connect strongly with the Present.

The here and now, so many times listening to it is now causes it to take on more strength and meaning.

The art of Impro has this present as a fundamental motor.

The fact that improvisation is lost in the air makes us appreciate that every moment of life is unique a kiss, a sunset, a dance, a joke. None of them will ever be repeated in the same way. Each one happens only once in the history of the universe.

Impro teaches us to appreciate every second. Impro helps us to give courage, to not overlook anything that happens to us, to appreciate every little miracle, to look with eyes of curiosity and admiration.

T O D A Y, here and now.
Tomorrow it may be too late and this text will take on a different meaning.



The Greek Experience

BY MARIA LEKKA

In the year 2020...

The covid-19 pandemic has inevitably affected our everyday life and all the activities we used to do.

Therefore, it goes without saying that the sessions we implemented in the context of ACTitude project somehow managed to operate as a getaway, making us feel more carefree and cheerful.

Through the sessions, we were given the opportunity to get to know each other a bit better; each of the participants revealed a side of themselves they didn't even know it was there.

Everyone had a chance to get creative, freely express himself, play and laugh by using different means of expression, such as narration, creative writing, improvisation etc. The feelings and reactions varied every time; there was a lot of excitement and introspective reflection; however, we stayed true to our key-concepts, which were:

Liveliness-Expression-Freedom-Confidence!

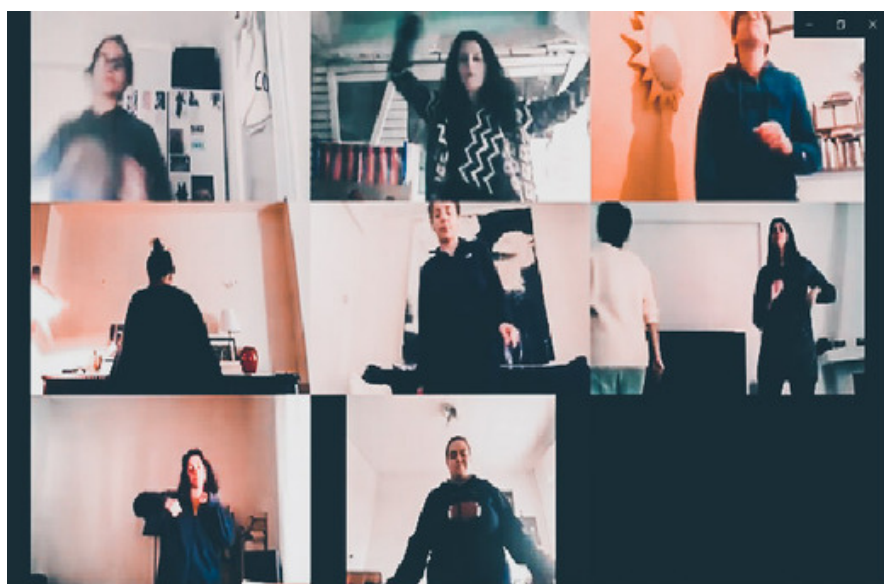
We want to share some of the participants' feelings, reflecting on their experience:

"I had a lot of fun, because we had the chance to listen to different points of view and do a lot of activities with movement and sounds. We could express ourselves."
(G.D.)

"I really enjoyed it when I was assigned the role of a statue or when I was playing with a large, invisible ball."
(P.G.)

"It was very interesting to hear different stories about the stigma around mental illness. It made me realize that there are other people like me."
(F.I.)

"I liked how the scenarios were inspired by everyday life's stories and that we examined them through the different exercises."
(T.A.)



"By the end of each session I always felt happy and optimistic."
(I.P.)

"I always had fun during the sessions."
(T.T.)

IMPRO in Spain

MARÍA CARRACEDO
INTRAS FOUNDATION

The improv course was held in Valladolid (Spain) with mental health professionals and a group of people with mental distress during the months of September and October, at a time when COVID-19 cases were starting to increase again.

It was the beginning of the second wave and health restrictions were changing week by week in Spain. The uncertainty was total, we didn't know if the workshops would be finalized or not.

In the end, we managed to do the whole course with MH professionals and these are some of their comments:

"I enjoyed very much"
(S.B.)

"The sessions created a group feeling"
(R.S.)

"It has been really very enriching"
(I. F)

"I really liked the dynamics and how in a pleasant and relaxed way it is possible to work on emotions and ways of managing them without them being almost perceptible to people."
(A.H)

"I consider that both on a personal and professional level I have learned many techniques and ways to manage emotions, in a more dynamic way and not as structured as I am used to."

(A.H)

"My impression was very positive, discovering the resource of improvisation to address mental health problems and conflicts in relationships, valid for any person, seems very valuable to me. I am looking forward to more training!"

(D.S.)





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Εθνικόν και Καποδιστριακόν
Πανεπιστήμιον Αθηνών
— ΙΔΡΥΘΕΝ ΤΟ 1837 —

impro.
SUEÑA, MAGNA, DISERTA...
Valladolid

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