

Improv and Personal Growth Therapy Groups & Improv for Therapists Resource List

Creator and Therapist: *Lisa Kays*

lisa@lisakays.com; 202-340-1640 (Cell: 202-489-6882)

*These readings introduce and explore the fundamentals of improv focusing on **spontaneity, trust, and fun**. They introduce and discuss the skills necessary for good improv, including heightened awareness and listening, teamwork, leadership, and creativity. Their lessons are universal and can be applied more widely to our lives and relationships.*

If you are into reading, a few books that you might enjoy while in this group or after:

Free Play: Improvisation in Life and Art by Stephen Nachmanovitch

War of Art by Steven Pressfield

Improv Wisdom: Don't Prepare, Show Up by Patricia Ryan Madson

Bossypants: Tina Fey

Yes, Please: Amy Poehler

Improvise: Scene from the Inside Out by Mick Napier.

Truth in Comedy: The Manual of Improvisation by Charna Halpern

A few good videos available on Netflix:

Trust Us: This Is All Made Up

Upright Citizens Brigade: Assssssssscat

Nanette by Hannah Gadsby

(Not improv, per se, but a helpful reflection on how comedy can/should be used to talk about difficult and painful topics, and the harm comedy can do when we shortchange such topics...which improv can run the risk of)

On the web:

Improv Nerd (via Facebook)

How does the brain improvise? We asked a rapper, a jazz pianist, and a comedy duo to find out.

Washington Post

(https://www.washingtonpost.com/graphics/2018/lifestyle/science-behind-improv-performance/?noredirect=on&utm_term=.695f5da6c78d)

TedTalk: Kelly Leonard: Learning Lessons Through Improv:

https://www.youtube.com/watch?v=2ig5FKTLDR8&feature=player_embedded

Feel Good with Just One Word (Dr. Dan Siegel):

https://www.youtube.com/watch?v=0E82oV_BeLo