

IMPROV FOR THERAPISTS

4-Hour CEU Workshop



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February 14, 2019

9am-1pm

(Registration opens 8:30am)

Avow Hospice

1095b Whippoorwill Ln.

Naples, FL 34105

4 CEU CREDITS: BAP 307

WORKSHOP GOALS:

- Understand the parallels of psychotherapy with Improv Games.
- Describe the basic philosophy of Improv Comedy.
- Participate in 5 improv exercises.
- Learn to allow ourselves and our clients to make mistakes without feeling shame.
- Be able to describe the value of playing for its own sake.

At the end of this workshop led by Margot Escott, LCSW, you will understand the connection between counseling and improvisational comedy and how to apply improv to your own clinical practice.

Clinically, improv skills help decrease anxiety, improve mood and build communication skills.

Improv Comedy is about being in the "here and now", learning to listen and gain self-confidence. The first basic principle of Improvisation is the "yes and..." philosophy. The director/therapist creates a safe environment that affirms and adds, rather than negates participants. Another basic concept is that there is no "wrong way" to improvise. This technique, that there are "no mistakes", enables clients to try new behaviors in an accepting environment. This workshop is experiential and you are encouraged to participate and have fun!



REGISTER:

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Margot Escott incorporates over 30 years experience as a counselor, speaker and teacher in her wellness classes that are designed to use humor, play and improv to achieve well being.