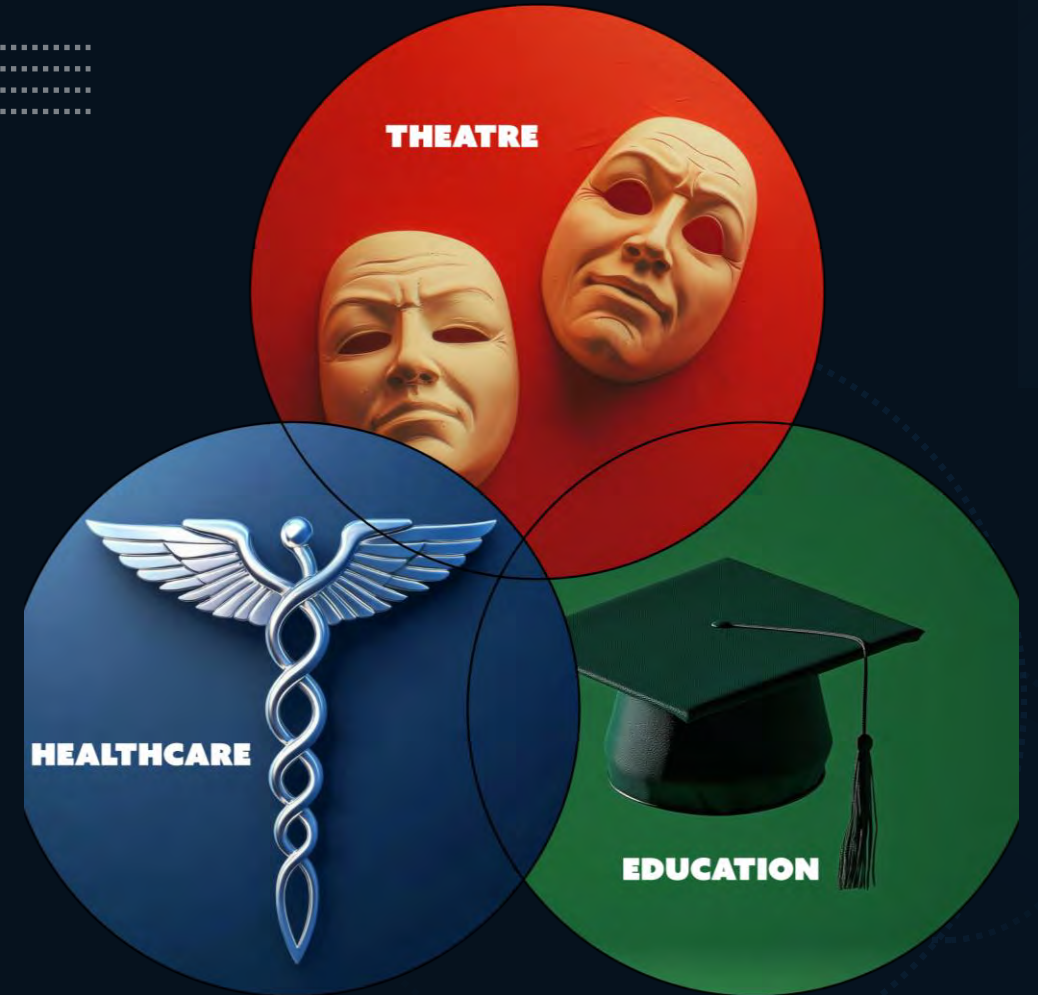


# Playing Your Way To Scaled Up Communication Skills

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Associate Professor

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# Financial Disclosures

- None

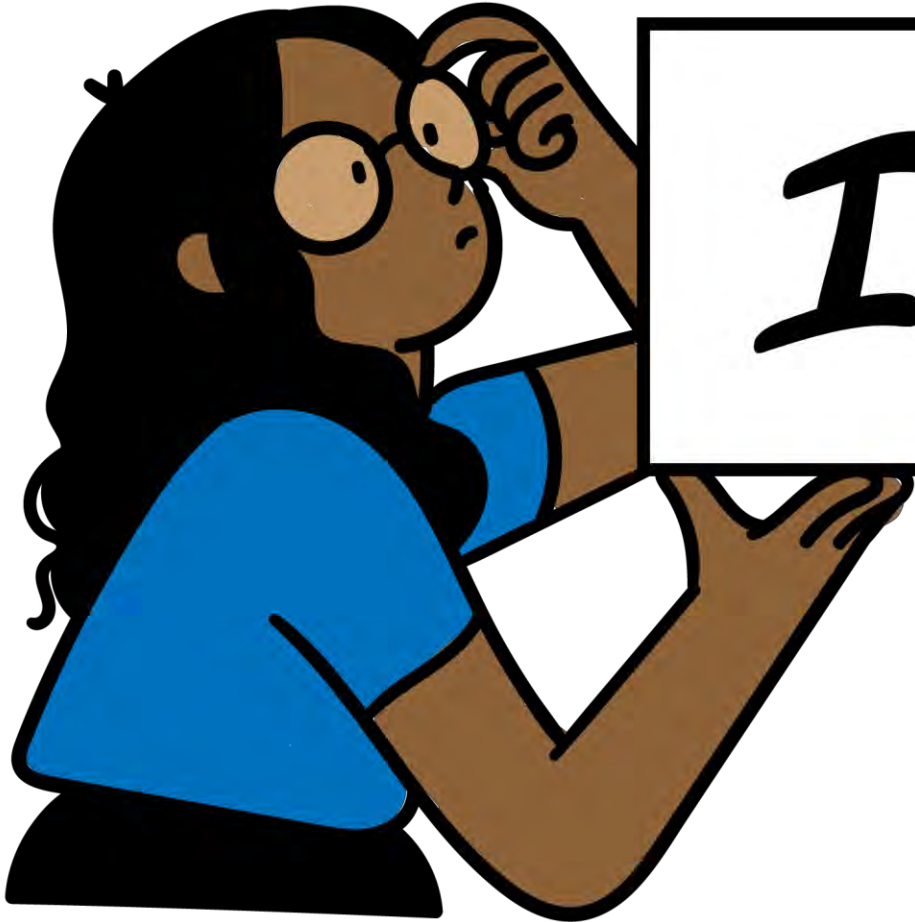
# Objectives

- Describe the history and social impact of improv theater
- Experience the connection between the skills necessary for improv theater and excellent communication
- Understand how the same principles for excellent intrapersonal communication can be scaled up to communication in large groups and down to establishing your own personal narrative



WHAT IS ...

*IMPROV?*







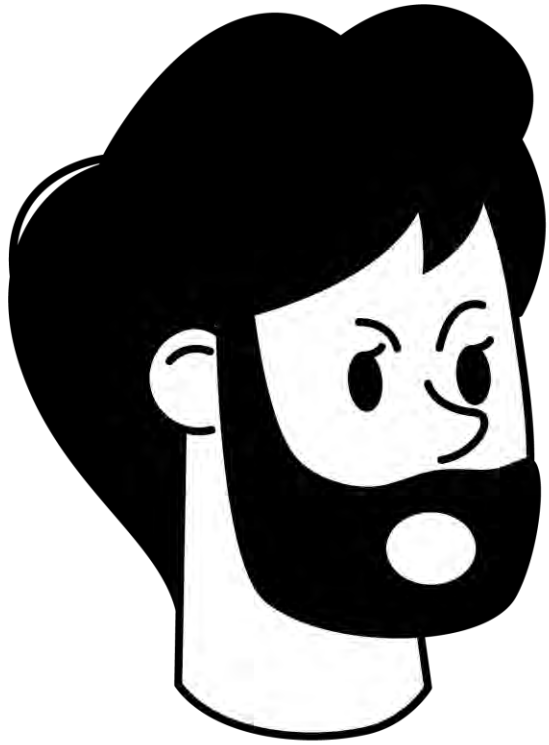




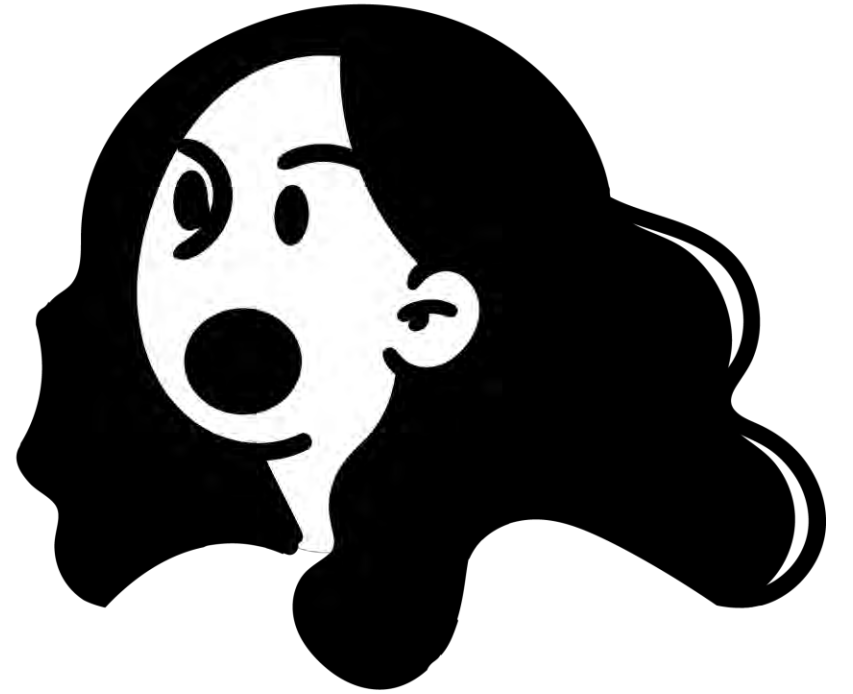








NO, AND  
YES, AND



# Conversation 1

NO, AND...



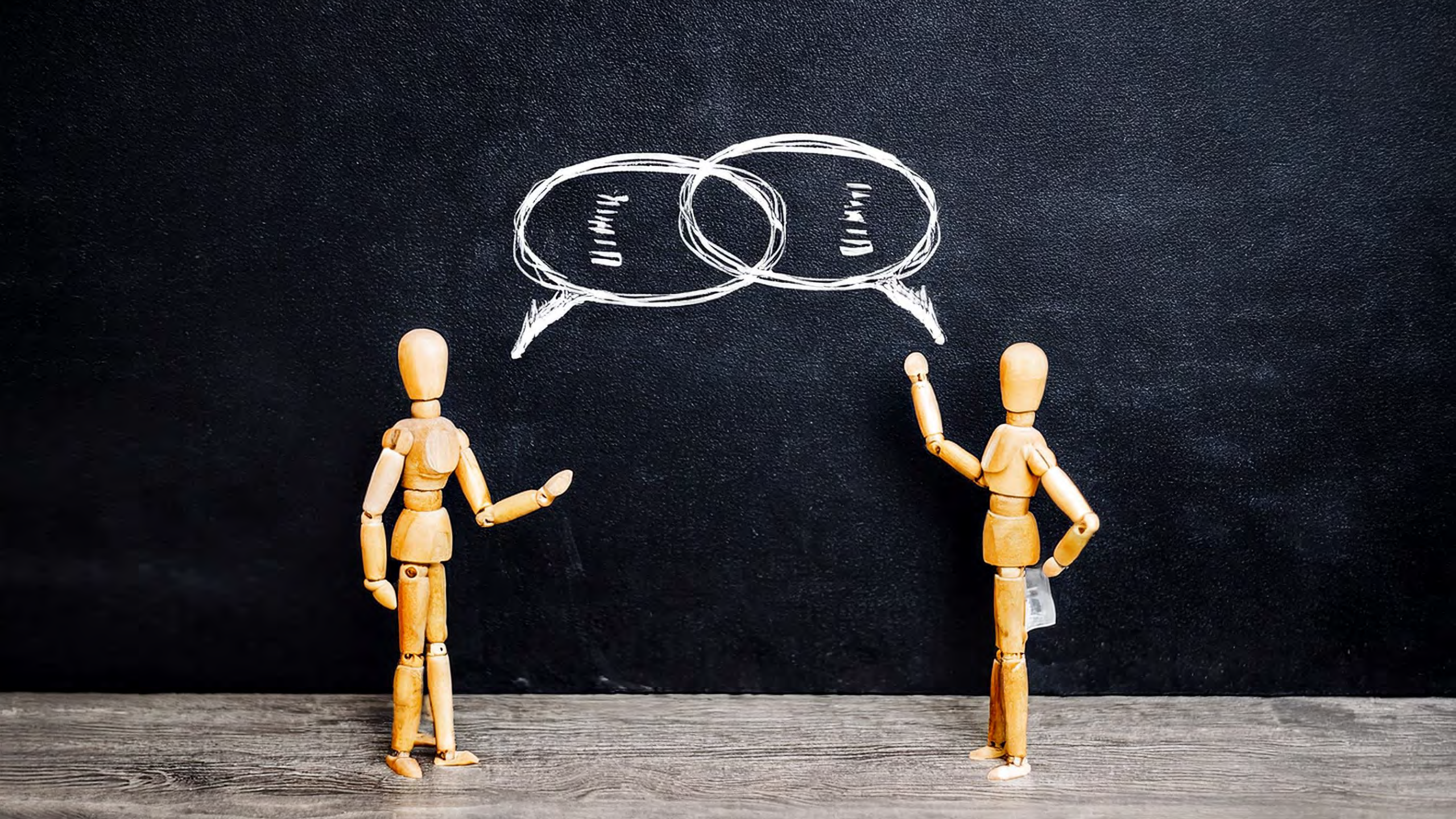
# Conversation 2

YES, BUT...

# Conversation 3

YES, AND...







# WHY DID WE DO THIS?

- 1. Argument vs. Cooperation.**
- 2. Building Up vs. Tearing Down.**
- 3. Release your expectations and agendas.**
- 4. Build trust.**
- 5. Creates connection.**
- 6. Fosters all ideas.**



Activity is meant  
to continue after  
Noon today

**Now**

**Improv  
Experiences  
Today**

**Next Week**



"We don't rise to the level of our expectations, we fall to the level of our training."

-Archilochus











# Healthcare Improv



NE Trauma Conference Take Away



# IMPROV RULES

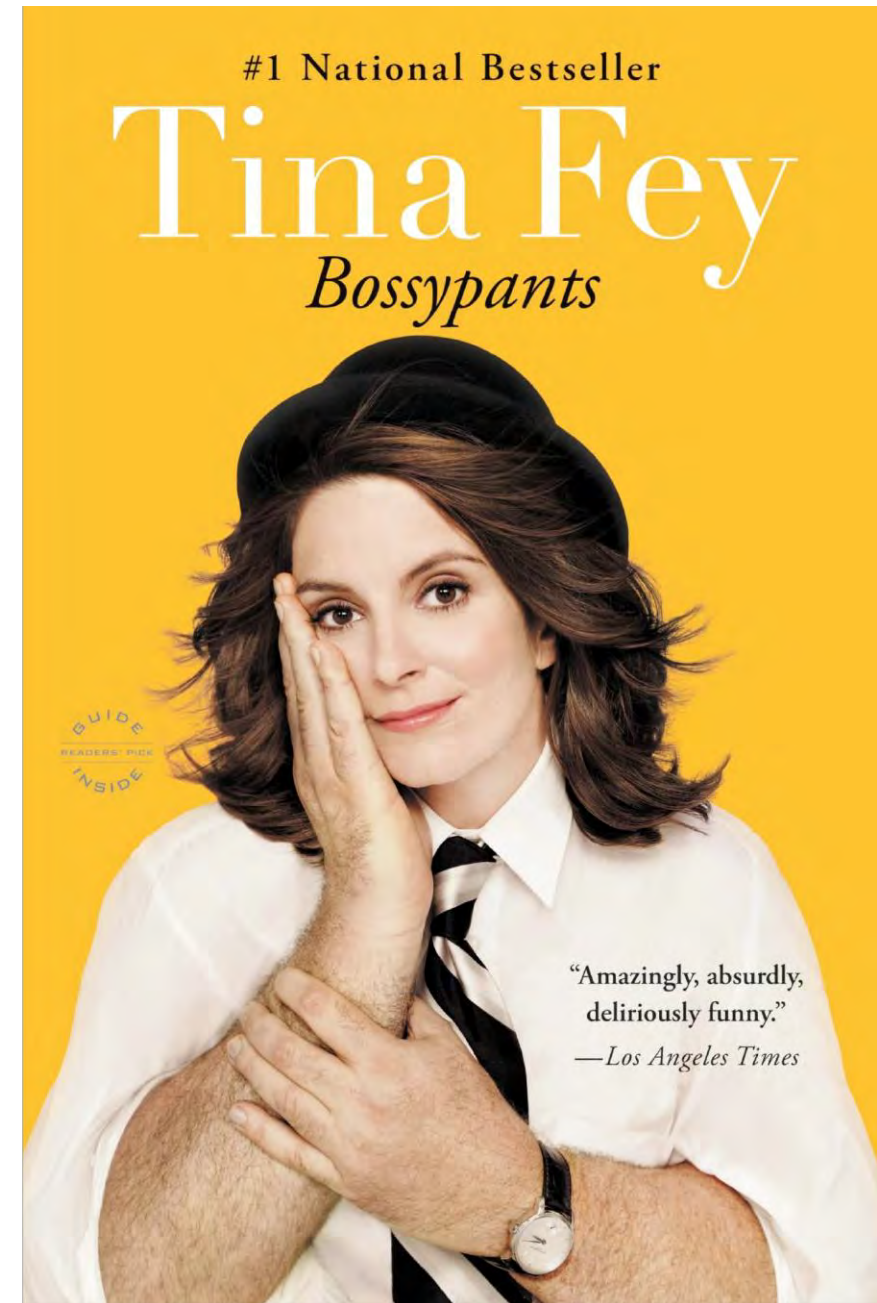
## THEATRICAL

1. Yes, And. . .
2. Establish your location.
3. Make statements.
4. Focus on the here and now.
5. Listen to your partner.
6. There are no mistakes.
7. You don't have to be funny.
8. Make everyone else look like a Million Dollars.



# WHY IMPROV?

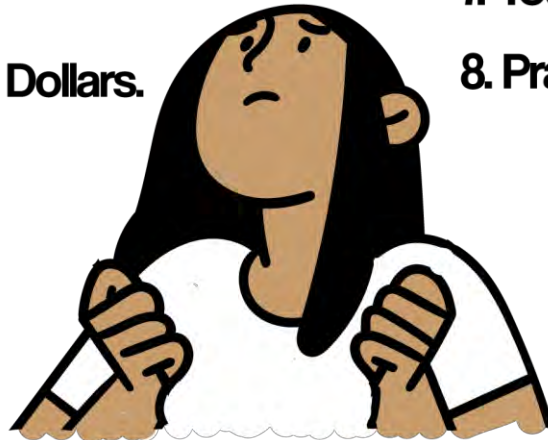
**Improv  
Rules = Communication  
Principals**



# IMPROV RULES

## THEATRICAL

1. Yes, And. . .
2. Establish your location.
3. Make statements.
4. Focus on the here and now.
5. Listen to your partner.
6. There are no mistakes.
7. You don't have to be funny.
8. Make everyone else look like a Million Dollars.



## EVERYDAY

1. Find agreement and build from there.
2. Establish expectations and know your audience.
3. Use low inference language and take ownership.
4. Be present. Don't dwell on the past.
5. Listening vs hearing
6. Opportunity to grow. Stop second guessing yourself.
7. You don't have to be funny (improv is about connection)
8. Practice empathy.





# EVIDENCE BASED MEDICINE!!!

Improv for  
Interprofessional  
Conflict and  
Empathy

Improv to help OT  
providers

Improv to improve  
antenatal  
counselling

Improv to treat  
anxiety and  
depression

Improv for  
interdisciplinary  
education

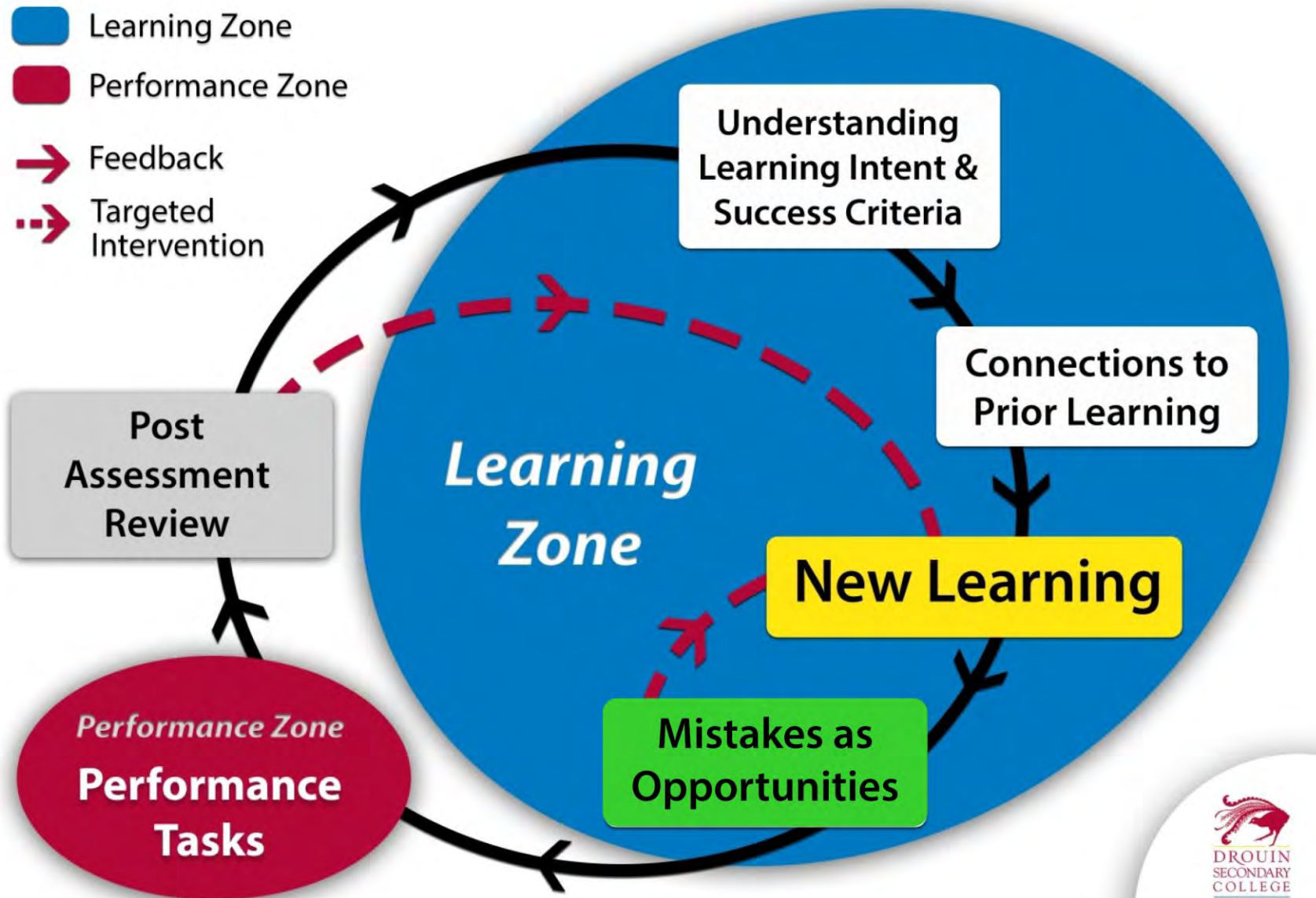
Improv to teach  
empathy

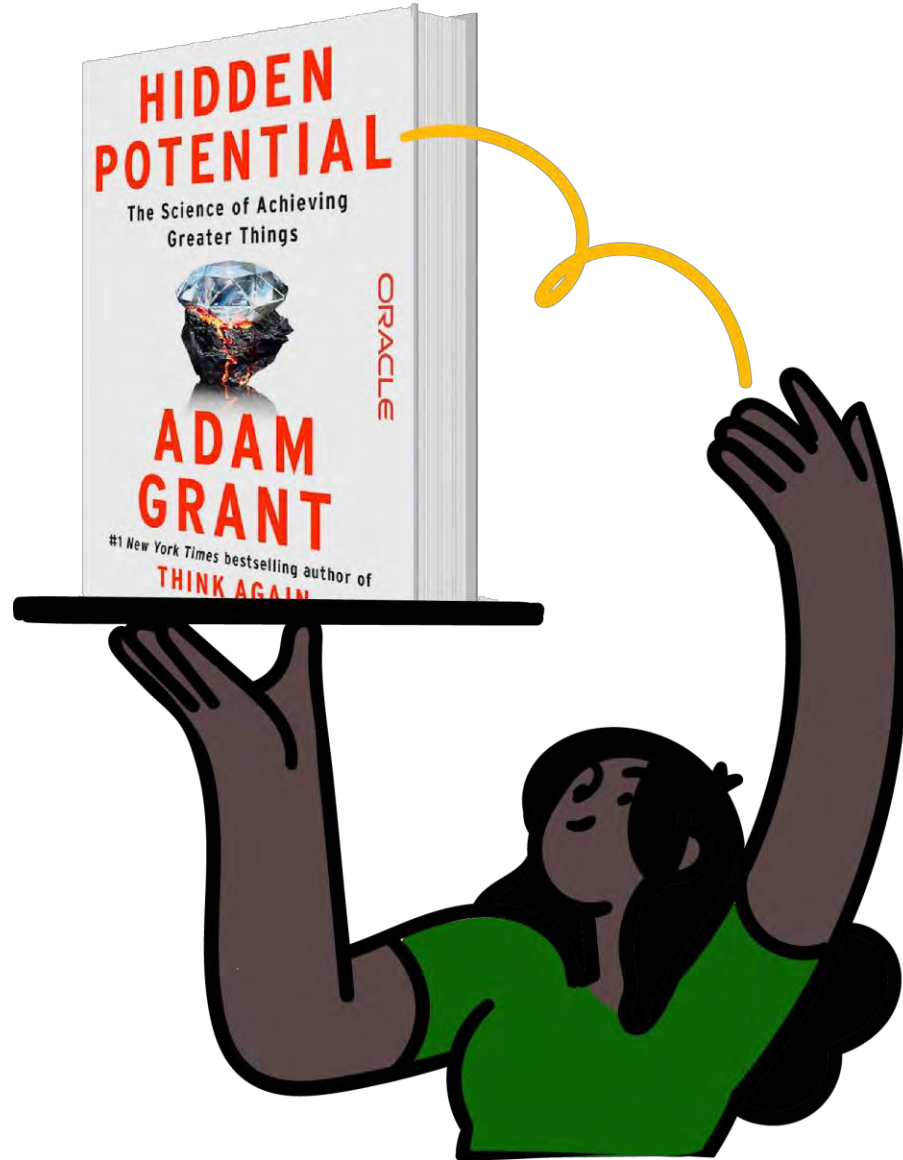
Improv to help  
patients and  
caregivers with  
dementia

Improv to teach  
medical students

Improv to improve  
wellness



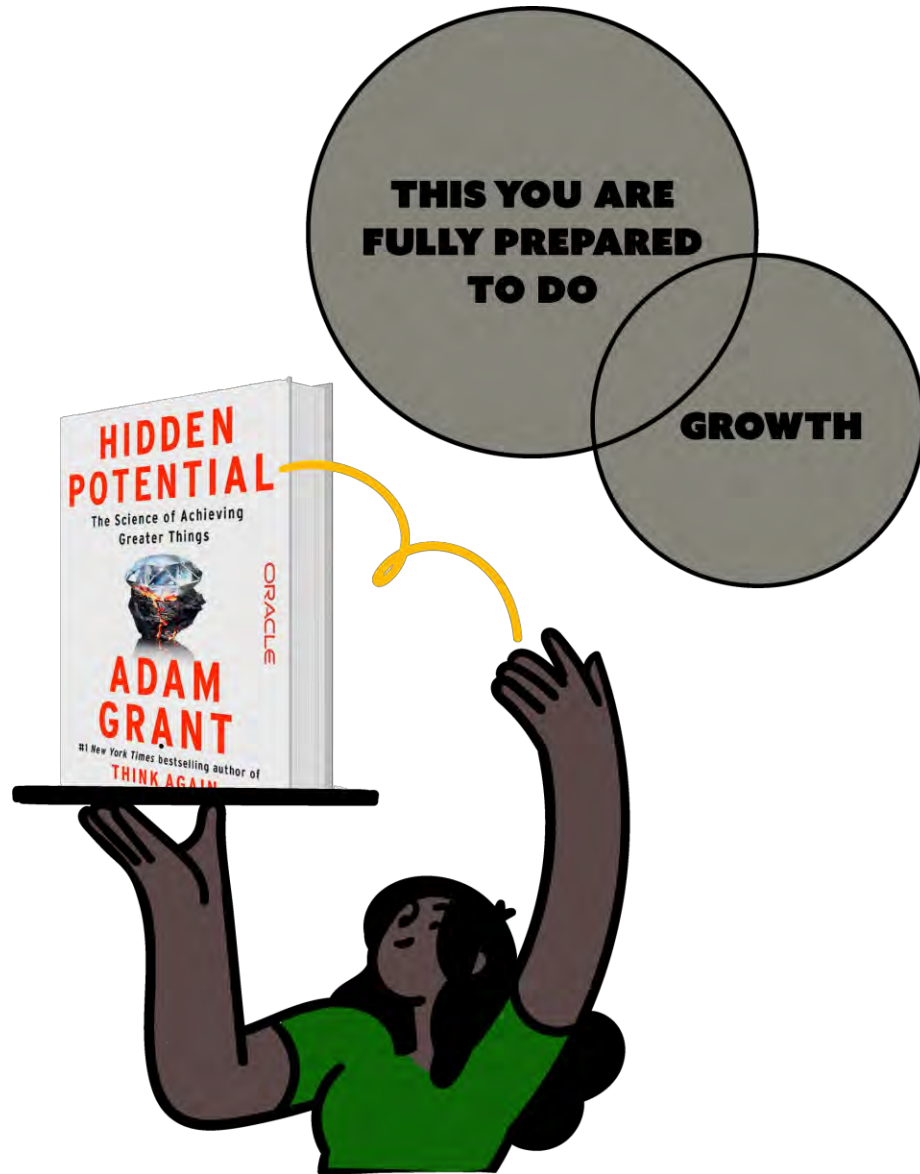




# Deliberate Play

LIKE DELIBERATE PRACTICE  
BUT WITH A DIFFERENT FOCUS

BURNOUT VS. BOREOUT



# The Role of Discomfort

COMFORT IN LEARNING IS  
A PARADOX

BRAVERY IN SPITE  
OF DISCOMFORT  
ENABLE NEW LEARNING







**SIDES**









# WHY DID WE DO THIS?

1. Collaboration vs. Competition.
2. Finding the win-win situation.
3. Working with not against.



**ONWARD WITH THE  
JOURNEY!**





# Healthcare Improv



NE Trauma Conference Take Away