



**Bringing Improvisation to Life: Experiences to address loneliness,
facilitate resilience, and enhance our everyday experience**

This presentation will underscore three forces facing trainees: potential hazards and limitations imposed by the pathway to psychiatric training, the current understanding of loneliness and its identification as an epidemic, and the growing need for resilience training in the clinical workforce, particularly among trainees. The COVID pandemic of the past three years has exacerbated these forces, leaving a need to consider potential active interventions. Improvisational theater and its background guidelines have been used progressively in the workplace – from Fortune 500 companies to medical education, and examples of these will be introduced. We will explore how improvisation can be used to “unscript” ourselves a bit, to enhance the clinical encounter, to facilitate an experience of connection in the world, and to enhance our experience of resilience in a progressively uncertain world.