

Couples that Play Together...

Improv Therapy Group for Couples

Improv teaches people how to listen, make eye contact, build trust, work collaboratively, and laugh together. And a couple that laughs together, lasts together! A couple that plays together, stays together!

Improv Therapy Fun Facts:

- The first rule of improvisation is AGREE, "Yes, and..."
- There are no wrong answers EVER! No mistakes, only opportunities
- A great improviser is a great listener
- Improv reduces stress and anxiety, builds confidence, activates mindfulness, breaks down defensiveness, and fosters creativity and playfulness
- Improv changes neural pathways, creating real change in the way we interact and communicate

"The creation of something new is not accomplished by the intellect, but by the play instinct." - Carl Jung

6 Wednesdays via Zoom
Sept. 21, 2022 to Oct. 26, 2022
7:00-8:00pm EST
\$180/couple for series

To register email Jennifer Aull:
jen@northbrooklynmft.com
For more info contact Emily Shapiro:
emily@northbrooklynmft.com