



Jade Angelica: Improvising with Alzheimer's: Transforming the journey with "YES"



Dr. Jade Angelica is an author, spiritual director, improvisation practitioner, founder and director of Healing Moment for Alzheimer's. Learn about this personal experience, with an invitation to caregivers to have an open heart and mind for those they care for. Then go and transform the lives of people with Alzheimer's and Dementia and change the world with Improv.

TOP EMBODIMENT TIP: Engage with Improvisation, there is lots of laughter and embodiment in it. I guess that's it, Laugh!

Improvisation can Heal:

- Creating **good improv skill are inherently healing**
- Improv offers a kinder and joyous way to take care of those with dementia illnesses.
- At their core, **Improv practises are about embodiment**, about finding and expressing our true selves.

Qualities of Improvisation:

- Attentive listening; Being obvious; Accepting what is.
- Letting go of the need to control; **Opening ourselves up to possibilities.**

The Main Rule of Improvisation: **Make Your Scene Partner Look Good.**

- The goal, in being with an ill person is to enhance their lives.
- We can do this by meeting them in their moment, in their reality and by building their self esteem during every interaction. Respond in affirming ways.

Learning to Say Yes:

- Yes-sayers have more adventures. No-sayers have more safety: Keith Johnston, Improv.
- **Saying Yes is stress reducing and life changing** in the life of a person with dementia.
- We are inviting you to **adopt an attitude of affirmation and acceptance** in situations.
- Acceptance seems to be the most effective coping technique for caregivers so it is a critical skill to practice:
- **Say Yes to reality;** give yourself permission to accept what a person with Alzheimer thinks is real.
- **Saying No can lead to a conflict;** it can create lots of confusion, irritation and heartbreak.

Emotional Memory: **People with Alzheimer's retain emotional memory throughout disease.**

- They lose ability to process emotions about what happened and ability to soothe themselves.
- Having a loving invitation to do something differently is important.
-

Resources

- ❖ **Books:** *Where Two Worlds Touch: A Spiritual Journey Through Alzheimer's Disease*, Skinner House Books, 2014.
- ❖ **Website:** [Dr Jade C. Angelica](#)
- ❖ **References:** Patricia Madson (IMprov Wisdom), David LaGraffe, Joanne Koenig Coste



All Trauma & Social Change Presentations are Proudly Sponsored by

Steve Hoskinson, [Organic Intelligence](https://www.organicintelligence.org)



Steven Hoskinson is Founder and Chief Compassion Officer of Organic Intelligence®. For twenty-five years he has trained and mentored therapists and others at the intersection of trauma, embodiment and social responsibility. Organic Intelligence offers courses in its fully developed systems framework, including with CEs for professional post-graduate level training in trauma.

OI's Trauma Safe™ Trajectory features a carefully sequenced set of trainings, including the experiential 10-Week End of Trauma™ Course, the HEART@Home™ Coaching Certification, and the OI in-depth overview, PTSD: Post-Trauma System Development course. All courses are available online.



PTSD: Post-Trauma System Development emphasizes skills and theory relevant to personal resilience, as well as for professional therapeutic understanding and intervention. This course also includes demonstration sessions, debriefed by Steve Hoskinson, and monthly online group meetings with Steve through 2021.

As an Embodiment Conference registrant, receive 50% off Post-Trauma System Development with this Conference's Exclusive Offer. Use coupon code ENJOY when you register. [organicintelligence.org](https://www.organicintelligence.org)

Interested in securing [LIFETIME ACCESS](#) to the Embodiment Conference?

				
Recordings	Cheat notes	Bookmarks	Learning lists	Recommendations
Lifetime access to sessions to watch as you please. Video and audio-only options.	Notes on each session to highlight key takeaways and fast-track your learning.	Bookmark your favourite tools to jump back whenever you need them.	Bite-size lists to help structure and guide your learning.	Find new teachers and discover topics personalised to your tastes.

Get lifetime access now