



**Medovating Imposter** → **ImprovStar Experience**  
*Effortlessly Empowered by The Medovate LIFE Foundation*

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**ACTION > LIGHTS, CAMERA**  
Improvising\* our way through Imposter Experience by moving together as one ensemble

- Month 1: Safety
- Month 2: Name it to tame it
- Month 3: Relating
- Month 4: Perceptions
- Month 5: Sequencing
- Month 6: Saying yes to life
- Month 7: Holding space
- Month 8: Mirror practice
- Month 9: Gift-giving
- Month 10: Reducing maladaptive distancing
- Month 11: Mutual support
- Month 12: Shared risk-taking

\*Click [here](#) (and the link that shows up below) to be able to reserve your ticket!

Together, we can heal each other

## ImprovStar Experience: A Creative Approach to Reconstructing U.S. Health, Care & Life

### Lights Up!

“All right, AAD State Society leadership. Thank you for being our [Zoom](#) audience! I’m David J. Mann, MD, FAAD and my team and I at Medovate extend a warm welcome to you all for our **Second Thursdays Improvising Imposter Experience!** Our focus here will be on advocacy as we become change agents for health, care, and life! To get started, can you give us two suggestions for us to tackle in today’s show?”

### “Audience, You’re Up!”

1. “How about getting us solutions to help the [20%](#) of the U.S. doctors who recently reported being **depressed**.<sup>1</sup>”
2. “What do we do for the [49%](#) of the U.S. doctors who reported being **‘burnt out’** (from the same 2024 Medscape survey of 13,000 physicians)?<sup>1</sup> Any ideas?”

### Leadership Training and Improv

Including improv into leadership training provides a fun, integrated way to enhance confidence. It develops agile thinking while nurturing self-awareness, mutual support, [appropriate risk-taking \(im prov video\)](#), and the ability to influence others. As Executive Directors of Dermatology State Societies, you face myriad challenges on a daily—if not hourly—basis. As a former president of the Chicago Dermatological Society, I’ve seen firsthand how improv expanded our capacity to build and implement leadership skills and strategies for our members—key tools in the growth mindset toolkit. With enhanced [flexible and cognitive learning](#)<sup>2</sup>, improv skills can lead us to experience enhanced productivity with better health and overall wellness.



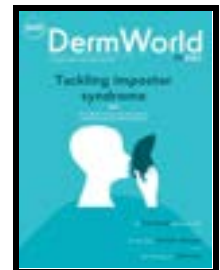
It is our aim to share specifics on HOW improv has nudged the lives of our dermatologic team members forward, both personally and professionally. The [cascading](#) experience has changed our approach to solving many of our

challenges as well as giving our staff the confidence needed to get involved in health advocacy projects, from the AAD’s screening program SPOT Skin Cancer™, to Medovate initiatives in patient education, engagement, and empowerment community events. These opportunities can negate and hopefully prevent many [aspects of imposter phenomenon](#), thus helping practitioners cultivate moral joy from their chosen vocations and apply it as moral courage..

### What If “Imposter Experience” Became “IMPROVster Experience?”

We are so excited to officially invite you, the AAD State Society Leadership Board, along with our greater AAD community, to participate in our **Improvising Health, Care & Life (IHCL)**. IHCL is part of Medovate’s Intergenerational Mentorship Circle, a novel program designed to address *imposter phenomenon* for *all* the participants in the healing arts of medicine. *Imposter phenomenon* is an ominous and pervasive experience among health care providers, per the [article](#) below in AAD’s [Derm World](#).

A lack of structural support can result in one feeling “never enough<sup>3</sup>”, “burnt out”, depersonalized, or depressed. From an advocacy perspective, our goal is to help prevent many of the root contributors that injure and potentially lead to practitioner suicide.



How so? Through the improv experience, ([please see the video of our Medovating Gap Experience team in action](#)), one can gain access to healthier coping skills, like becoming kinder and gentler to oneself after awkward moments, or commuting a *faux pas* or silly mistake. As people who engage with so many different cultures, Executive Directors have to be even more aware of customs to avoid hesitating or leading the art of gathering. Improv helps one grow as a director and heightens one’s confidence as new habits are built. Developing “muscle memory” for evidence-based improv techniques can build our Emotional Intelligence skills and overall awareness. Improv theatre games (e.g. “Name it to tame it.”) can create the emotional space needed to heal old injuries from the past and be able to overcome adversities in the present moment. This process may offer a significant counterbalance which is so desperately needed to rectify the dysfunction currently plaguing our U.S. health-care system. We can all transform the feeling of being an “Imposter” to becoming an “ImprovStar”.

<sup>1</sup> <https://www.medscape.com/slideshow/2024-lifestyle-burnout-6016865#2>

<sup>2</sup> <https://www.sciencedirect.com/science/article/pii/S0360131516300847>

<sup>3</sup> [https://www.jaad.org/article/S0190-9622\(19\)32901-9/fulltext](https://www.jaad.org/article/S0190-9622(19)32901-9/fulltext)

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**Learning From Science** 

As background, few people are aware that improv was initially designed as a treatment for anxiety<sup>4</sup>. Dr. Mann personally found this to be the case as improv helped him overcome much of his performance anxiety when his brother signed him up for training at Second City in 2018. When the student is ready...



**Jonny on the Spot** 

Insights & reflections from Medovate’s improvisation professional and coach, [Mr. Jonny Nelson, BA](#):

*“There are many benefits I see coming out of improv training. To be fair... some of these come up more and some come up less. And to be doubly-fair, I personally think playing and creating and entertaining and laughter—for its own sake—is justification enough for improv! However, given my background in philosophy and German, I can see many examples where people will find improv valuable for honing nontechnical skills needed in most disciplines, career paths, and relationships.”*

**Improv Growth Dimensions** 

**Metacommunication skills** (subtle gestures, movement)

- Being verbally clear, concise, and compelling
- Being aware of your presence (eye contact, facial expressions, body language, tone of voice)

**Intrapersonal skills**

- Establishing trust/safety (competency and ethics)
- Enhancing gentleness
- Increasing creativity, play, laughter, and joy

**Interpersonal skills**

- Becoming a better, more mindful listener
- Being friendly, polite, and courteous
- Being assertive (when needed), but not hostile
- Having a sense of humor by learning to play
- Giving and receiving constructive feedback
- Guiding the audience’s focus

**Teamwork**

- Being kind, collaborative, and cooperative
- Genuinely connecting with others
- Taking a team-based, collectivist point of view

- Valuing the gifts of diversity and inclusivity
- Co-creating social harmony

**Flexibility & Adaptability**

- Being open to change, especially in facing tension
- Finding novel ways of doing things (anomalies)
- Responding well to uncertainty
- Being teachable/trainable with authority figures
- Working well under pressure to find solutions

**Conflict Management**

- Developing a win-win philosophy
- Avoiding unnecessary conflict by inviting empathy
- Looking for and receiving the best in others

**Modernizing tradition** 

Fast-forward a decade, and Dr. Mann’s medical team at Medovate—an integratively-informed dermatology practice in the greater Chicago area—now enjoys improv with him. Once a month, Dr. Mann and his team have many laughs at the office as part of our commitment to supporting the well-being of all participants in health-care. One couldn’t ask for a better guide to lead the process with such effortless action, joy, grace, and humility.

Most of Dr. Mann’s staff are Catalyst participants in the “[Medovating The Gap Experience](#)” (MTGE), which is designed for post-college students who are applying to medical or PA school. Improv has been a pivotal experience for them as it was initially (understandably) intimidating. Improv simply allows one to be 100% in presence. As one becomes aware of how to positively set up your teammates and trust yourself, whatever comes to mind is okay to share... *that’s* what improv really is—NOT about “thinking quickly on your feet.” The [video](#) highlights this kind of being for Reese Belden.



According to recent MTGE graduates, the inevitable stress and fears associated with medical school interviews were relatively easy for them to navigate with improv under their belts. The same can be said for how they deal with difficult scenarios at work (e.g. anxious patients, emergencies, and the many other challenges that a clinical practice faces).

<sup>4</sup> [Using Comedy/Improv as Therapy for Anxiety - The Atlantic](#)

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It's not hard to imagine the gratitude I feel for the AAD having introduced me to the art of improv in 2012. As for the current MTGE staff, their self-esteem, self-worth, and overall willingness to have fun has grown dramatically, both personally and collectively. We've recently expanded improv to be online for our patients (please see this [video](#) from a past participant) and the greater community ([sign up here](#)). Those sessions are offered on the **second Thursday evening of the month from 6-7 PM CST**, and we are tracking the clinical impacts and implications.



### Sacred Geometric Expression

From a 30,000-foot level, our community improv offering represents a fractal (e.g. a repeating geometric pattern) of a platform or model designed to help alleviate some of the dysfunction currently injuring doctors, patients, and staff. Many of us have experienced some of this (e.g. from administrative directives that create moral injury to policies decreasing individual autonomy, mastery, and purpose). We all know that the practice of medicine is becoming increasingly compromised by the corporatization of care. This “assembly-line” approach overly focuses on profits and has sadly resulted in a grave loss of physician agency, enthusiasm, and resiliency.

Our improv program is a life-enhancing resource, among a full set of other programs, that offers opportunities and/or change agents to address these conditions. Conceptually, it is one thread in an integrative tapestry of healthy inputs; improv (IHCL) is the medium that nourishes our patients and all of those who deeply care for them.

### Advocacy and Policy Initiates

Let's face it: we all know that our health-care system has never been more painfully stricken with dis-ease as it is today. That's why we have chosen to be part of the solution and help reconstruct it, from the bottom-up, so we can get back to optimal health, care, and life. While some of this enigmatic dilemma is reducible (e.g. zoomed-in), most of it is an emergent phenomenon (e.g. zoomed-out). Therefore, our goal is to grasp the complexity that is healthcare so we

can turn *external* demands into *intrinsic* choices. So the question is: how can we, the American people, have so much at stake and yet have a system that is so broken? And why don't we fix it? From practitioners to nurses, medical students to patients, researchers to hospital staff... many feel [demoralized](#), disillusioned, and disempowered. In our opinion, the U.S. health-care system needs a gut rehab. But in the interim, we need to implement a revision.

Where can we turn to? [Art](#)? [Painting](#)? [Religion](#)? [Spirit](#)? [Temperament](#)? [Science](#)? [Integrative medicine](#)? Or how about from our [Avenger-like skills](#)? Our [Hero's](#) and [Heroine's Journey](#)? Or to what [T'ai Chi](#) offers with [Dr. Yang Yang's](#) philosophy on the [Tao](#) by nurturing our [Qi](#) (e.g. internal energy/life force), replenishing it, and then using it for the greater good? Or with integrated psychotherapist [Ms. Ellen Radha Katz, MS, LFMT's](#) [mentorship](#), [guided meditations](#) & [Vedantic/Yogic](#) philosophy, where this framework recommends cultivating one's [Prana](#) to serve others? In native Hawaiian medicine, it's known as [Mana](#), but in English, we call such energy [The Force](#)—from *Star Wars*, which unfortunately means we have no good word for it in Western medicine. Therefore, to say we're in need of an intervention would be a gross understatement, even at its most subtle level. What is most obvious, however, is we can't keep going on pretending that the current status quo in health-care is somehow acceptable.



To invoke a fable, it's like we are all watching the emperor without their clothes (e.g. the medical system allowing many nonprofits to drive after profit at all costs, the consequences of private equity rollups to go unchallenged, etc.) while the majority of us unconsciously elect to turn our heads in benign neglect. As we all know in our hearts, acting like there's nothing we can do is simply not true. We are not the imposters that this lack of action portends. That is, *if* we roll up our sleeves, [jump in](#), join forces, and do something about it to reclaim integrity. Bottom line: as our Gen Z's like to say, [“LET'S GO.”](#)

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**From “Yes/and” to “Both/and”** 🧡

Our integratively-informed dermatology team at Medovate has been working to address this deterioration of morale, ethics, and stability in health-care for over a decade. Specifically, Dr. Mann has engineered positive, innovative changes in his practice that emerge from the-inside-out. It is Medovate’s mission to expand this approach to deconstruct and reconstruct health-care together with the community at large. In essence, by using the principles of mindfulness, radical honesty, compassion, creativity, connection, and laughter as building blocks—all key components of improv—almost every aspect of health-care can be impacted, restored and expanded.

While this may seem grandiose, we promise you’ll begin to understand how everything is connected as life starts to imitate improv, from clinical practice to office dynamics, research, education, advocacy, policy, and technology. All of this can be seen as right-brain nutrients, nourishing the brain’s creativity, self-reflection, emotional regulation, respect, collaboration, [servant leadership](#), and love. It just comes down to healthy, interdependent relationships.

**Next Scene: Good Medicine!** ❤️

*“All right, thank you! Can we be so bold and request 2 more suggestions for our next scene?”*

1. “Show us a [roadmap, gear, a compass, energy sources, and outcomes](#) on how we can collectively light a candle instead of cursing the darkness?”
2. “Can you **provide an experience** where we can see solutions you’d recommend in action?”

**Health Artistry Portfolios** 🧑🏻‍🎨 **Starring:**

[Grace Gayhart, BA](#) →  
As ensemble Director



← [Ashley Yun, BS](#)  
As lead Catalyst



[Jess Freeman, BS](#) →  
As lead transcendental arts



← [Bridget Mongoven, BS](#) As lead kind executor

[Faisal Zaidi, BS](#) →  
As lead [pre-medical](#) officer



← [Emma Hinterhauser, BS](#) As lead complexity

[Reese Belden, BS](#) →  
As lead willingness/CQI




**Just Being With The Experience** 🧑🏻‍🎨

[Reese Belden, video BS](#) 🧑🏻‍🎨 **advocacy video:** Improv has changed my life for the better. It has taught me how to be a better advocate, partner, caregiver, and colleague in every aspect of my life. It has shown me how to [truly feel my feelings](#) when “showing up” in any scene of life; to always be willing to say yes to whatever may be thrown my way. By taking three hour classes weekly at Second City, I’ve truly built a community of friends who were once just complete strangers. I’ve watched us all build mutual support, admiration and love for one another in a way where we’re willing to lend a hand or an idea to help. Not just in class, but before and after each scene in our lives. Lastly, I’m just loving the “slip-ups” and see them as “gifts” to “eat up” with joy, not shame.


[Emma Hinterhauser, BS](#) 🧑🏻‍🎨 **advocacy video:** Before my first improv class, I was hesitant as I really had no idea what to expect. Throughout my first session with Jonny, however, I found myself feeling emotionally safe and just felt cared for. Then at some point I became aware that my self-consciousness and expectations just disappeared. Ever since, I have learned what a powerful tool improv is to enhance my [emotional awareness](#), not to mention the fun bonding opportunity it is with my peers—just to let go and

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have fun. Throughout the past few months, I have enjoyed learning the importance of communication, especially so I can be more flexible and adaptable in any scenario. In health-care, given how many circumstances unfold all at once, some with doubt and others with uncertainty, improv has given me the confidence to take these situations head-on and just do my best. I have noticed lately that I'm more present in life because I am not constantly thinking of the future and what mistakes could arise, but instead focusing on what's in front of me.

[Faisal Zaidi, impact vid BS](#)  [advocacy vid](#): Improv has been an amazing experience for me because this is not something I ever imagined doing. Yet here I am, currently in my second improv cohort at Second City, already excited to sign up for the third term! What I love most about improv is how it couples learning with fun. There are not many things in life that are educational, beneficial, and extremely fun. Though I was initially fearful of attending improv (and still am before every class to be candid), I've gotten way better at [managing my fear in such anxiety-provoking situations](#). For example, every term we have a *musical* improv class where we have to sing. While I was very nervous about signing in front of an audience, I noted my body was *not* physically stressed. I thought that discrepancy was interesting because despite my perceived anxiety, my body did not hesitate to go up and perform. Improv has taught me to try less and love my imperfections; commit 100% to whatever I do and allow the results to follow as they will. This ability to co-create with the universe is life-changing.




[Bridget Mongoven, BS improv vid](#)  [IHCL advocacy video](#): Improv has given me a new perspective on the situations I face, both in the clinic and in life. Improv has helped me get past many of the imposter feelings that sometimes unconsciously try to convince me that “I don't know how to respond to a situation” or that “others may see me as a fraud.” I am so grateful that improv has helped me learn to relax and be in the moment. Meaning to follow Dr. Rick Hanson's advice of: let be, let go of the need to try and “control”, and let in [presence](#), especially when relating to others in a crucial conversation. By reframing the emotions communicated to me, I can more deftly name

and share how I'm feeling in a complex situation, thus allowing me to [respond more compassionately](#) and take things less personally. These authentically tender moments allow me to be at my best when connecting with others. I recently noticed this shift in my confidence a few weeks ago when I extended myself to collaborate with an elementary school teacher. I was able to fine-tune my advocacy project: *More Fun, Less Sun*; a sun-safety advocacy program for kids, with love—not fear.


[Jess Freeman, BS impact vid & advocacy vid](#): Improv has given me a new-found confidence in myself. Prior to improv, I was extremely doubtful of my abilities and often insecure about my perceptions. Improv has shown me how to laugh at my mistakes and be more present in any given moment. I have felt the impact in both my personal and professional life and am delighted when people perceive a positive shift in my ability to ask for what I need and set healthy boundaries. As an [educator](#), it's given me relief by loving my imperfections while truly feeling it has improved my listening and discernment skills. I only hope I can share this gift of engagement with my future patients, colleagues, and family. I am so grateful to Jonny & Second City and Dr. Mann for providing this opportunity to all of us as a team. Here's to us all developing more [stillness](#)!



[Ashley Yun, BS impact video](#)  [IHCL advocacy video](#): Improv has significantly impacted my life in a positive way, especially as I prepare for my next journey as a physician assistant. It's taught me how to trust myself in tense moments, embrace uncertainty, and “play” in a professional way—skills I've found to be invaluable when interacting with patients at Medovate. In health-care, I've witnessed how often one has to quickly adapt to dynamic, [emotionally-charged](#) situations. Improv has given me the confidence to handle those moments with grace, calmness, creativity, and clarity. It's empowered me to utilize a collaborative mindset more often, allowing me to engage more fully with my peers and family. By removing “maladaptive distancing,” I've experienced how this fosters a high-trust, high-challenge environment. It's yielded more open-mindedness, empathy, and I hope all of this will help me become a more aware PA; one who helps make the


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world a better place, regardless of one's heritage, ethnicity, religion, or cultural background.

**[Grace Gayhart, BA improv's impact video](#)**  **[IHCL advocacy video](#)**: I am beyond grateful for the profound influence improv had, and continues to have, on my personal and professional development. Before it was implemented in our office, I was extremely uncomfortable with myself at times, especially in the way I approached life. I often felt unskilled at adapting to sudden changes in my environment, and it was easy for me to get lost when what was happening around me did not match the story in my head. My unhealthy, yet understandable, need to try and control my surroundings did not allow for me to give my colleagues and patients the attention they needed. Improv has significantly improved my presence, self-connection, patient interaction, and ability to co-lead projects at work.

Since becoming a manager, I've learned to be [more comfortable with the unknown and follow life's current \(The Tao\)](#) and to be more trusting that things will play out the way they *need* to. While it may not necessarily be the way I want them to be, improv has taught me to be patient with change; to embrace challenges and mistakes with humor and grace. My improved mood, communication, flexibility, being comfortable with my own humanity, and letting it all go has ultimately helped mold me into the person I am today. I am indebted to now truly enjoying the quest to "play" with the endless possibilities that life has to offer, one day at a time.



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**[David J. Mann, MD, FAAD](#)**  **[advocacy video](#)**: Improv is what helped unlock many of the stuck memories and emotions that I just didn't have the courage or ability to look at, consciously or unconsciously. I still remember the day when I showed up to improv class and my improv teacher looked at me and said, "David, is the goal here to be good or to have fun?" "To have fun," I'd say. "Then *why* do you try so hard?" (with a smile on his face). For me, learning to "not try" (e.g. effortless action) was simple but not easy. It's a body concept earned through action, and then my mind follows suit without fear (e.g. resistance). It's apropos then that words cannot describe my gratitude for

the world that improv has opened up in me; a window into my true, authentic self. From all of my being, thank you.


**[Enneagram 8](#)** 

As one who actively pursues justice, Dr. Mann is unwilling to let the traditional framework of medicine become a detriment to patient care, especially where outdated rigidity harms the well-being of others. Being a protective challenger, he leads his team to find paths through the frontier, breaking through the proverbial glass ceiling by utilizing the whole brain as a truly [integrated approach](#). All of this organically emerges when we invest in our awareness training through activities like improv. This is a key element in the discernment process, be it in terms of diagnosing melanoma or developing a meaningful life, and enables us to trust and hone our intuition.



**[A fuller circle](#)** 

So just where shall we go next? Given that a system can be entered from multiple portals, let's open one that contains laughter, trust and creativity. Improv is just that vehicle for transformation; an change agent where doctors, patients, and staff can all evolve and grow together; setting healthy boundaries, asking for what we need, and performing with what I learned from my mentor [Mr. Darryl Tolbert](#), a [Goldman Sachs entrepreneurship program](#) advisor, to perform in a way that is **EECC** (Effective, Efficient, Compelling, Caring). Aside from Improv, our Thursday evening offerings include: Mind-Body Medicine, T'ai Chi, [narrative](#), health and integrating complex-care.

So, from all of our stakeholders—from the administrative team (e.g. adjunct & direct business personnel), to the clinical staff (e.g. practitioners and their assistants) and of course our beloved patients (e.g. end-users/CEOs)—we thank you for being part of our community. As a collective, we have opted-in on being accountable for our own happiness, moral joy and heartfelt meaning. We appreciate your time, and if nothing else, please remember to keep your flame on to help others shine in your light .

—[David J. Mann, MD, FAAD](#) | m: 847.530.1215  
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Assistant Clinical Professor at [University of Illinois Chicago](#)

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Please [click here](#) (and then the link that emerges below it) to sign up for our Thursday evening Medovate community offerings. It's a great way to have fun, expand your circle and learn HOW to share your story!

## INTERGENERATIONAL MENTORSHIP CIRCLES

Medovate experiential activities occur on Thursday evenings, 6 - 7 PM CST. Please sign up [here](#) (some are in person, some Zoom, some hybrid)

<p><b>Narrative Health Medicine</b></p> <p><b>First</b> Thursday of the month</p> <ul style="list-style-type: none"> <li>Following GMBM's model, we connect the mind-body complex.</li> <li>Led by David J. Mann, MD, Grace Gayhart, BA</li> </ul> 	<p><b>IMPROVizing Imposter Experience</b></p> <p><b>Second</b> Thursday of the month in BO</p> <ul style="list-style-type: none"> <li>Life-imitating improv with role-playing supportive relationships</li> <li>Led by Jonny Nelson, David J. Mann, MD, FAAD (in person)</li> </ul> 	<p><b>Evidence-based T'ai Chi/Qigong</b></p> <p><b>Third</b> Thursday of the month in BO</p> <ul style="list-style-type: none"> <li>15-minute, low-impact, standing practice</li> <li>Led by Dr. Margaret Johnson</li> </ul> 	<p><b>Narrative Health Awareness</b></p> <p><b>Fourth</b> Thursday of the month</p> <ul style="list-style-type: none"> <li>Hybrid in Zoom</li> <li>Presenting the science of narrative medicine and storytelling</li> <li>Led by Prof. Scott Page, PhD, David J. Mann, MD, Faisal Tariq, BS</li> </ul> 	<p><b>Complex Imaginative Care</b></p> <p><b>Fifth</b> Thursday of the month</p> <ul style="list-style-type: none"> <li>Inspired by Prof. Scott Page, PhD</li> <li>Led by David J. Mann, MD, Faisal Tariq, BS</li> </ul> 
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Together, we can heal each other