

The neurodiverse social media actor

Presentation of IDP, the first step on the way

By Alexander Lindman

- The what and why part:
- 1) The neurodiverse actor
- 2) The social media actor

2) the social media actor

- 3) the neurodiverse social media actor
- The how part: research methods and the way forward
- The expected result: goals and continuations
- Ethics/ problem shooting

The neuro diverse actor

How to and why and if we should deneurotypicalize acting technique

- De-neurotypical-ize
- What is a neurodiverse actor / audience
- The car and dopamine or the on/off switch analogy
- Why research this in the field of acting?
- The DMN PTN and Hyperfocus vs/ magical flow hypothesis

- Working memory and the Shakespearean arena theatre as an example

The neuro diverse actor

How to and why and if we should deneurotypicalize acting technique

- De-neurotypical-ize ?

“Decolonizing” the mind: healing the effects of neuro

typicalized oppression on the mind-spirit and
constructing an identity that allows one to be self-
defining and self- naming.

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Decentering the belief that all minds work the same
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an essential part of being a big societal organism) -
without diverseness - no change or differences...

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typicalized oppression on the mind-spirit and
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way and that that diverseness is normal (and also
an essential part of being a big societal organism) -
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Making oneself or others aware of that something might work
different than for someone else because of a difference in how
our minds work - and that a large portion of the human race
have another kind of operating system - and that that is normal.



#deneurotypicalize

The neuro diverse actor

How to and why and if we should deneurotypicalize acting technique

- De-neurotypical-ize
- What is a neurodiverse actor / audience

**Neuro development disorders:
ADHD, ASD, Tourette's...**

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**Deceases: GAD, Depression, PTSD,
CPTSD, Utmattningsdepression, "Bipolar
disorder"**

Neuro development disorders: ADHD, ASD, Tourette's

**Deceases: GAD, Depression, PTSD,
CPTSD, Utmattningsdepression, "Bipolar
disorder" ...**

**Closely related: OCD, ODD, APD, Dyslexia,
Dyscalia, WPD, Working memory, anorexia,
bulemia, ortorexia... (PDA, HSP, RSD...)...**

ADHD - attention deficit Hyper activity disorder

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**ADHD - attention ~~deficit~~ ~~Hyper~~
~~activity~~ ~~disorder~~**

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More like: Dopamine deficiency and executive function
variability and attention/emotion/energy/time/
regulation variability developmental diversity thingy

The neuro diverse actor

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The TANK is FULL of fuel

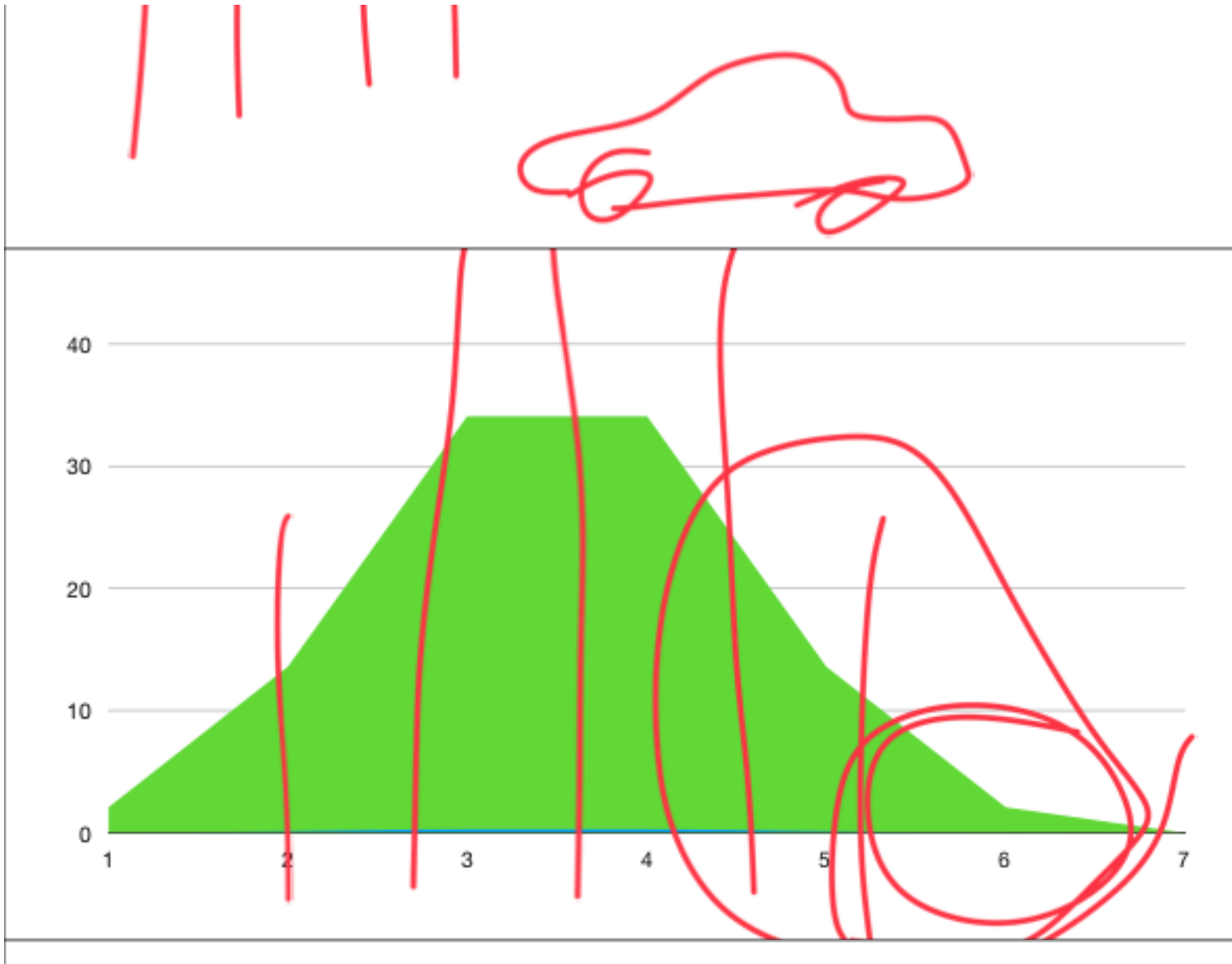
Gas pedal is set on FULL THROTTLE/or not working

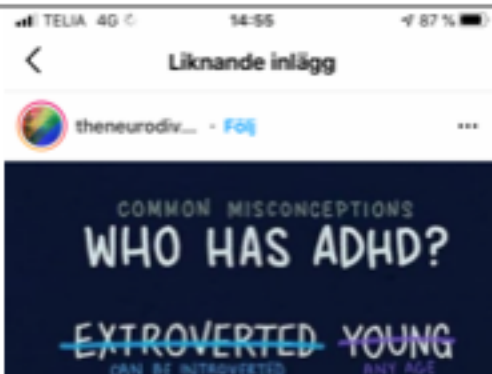
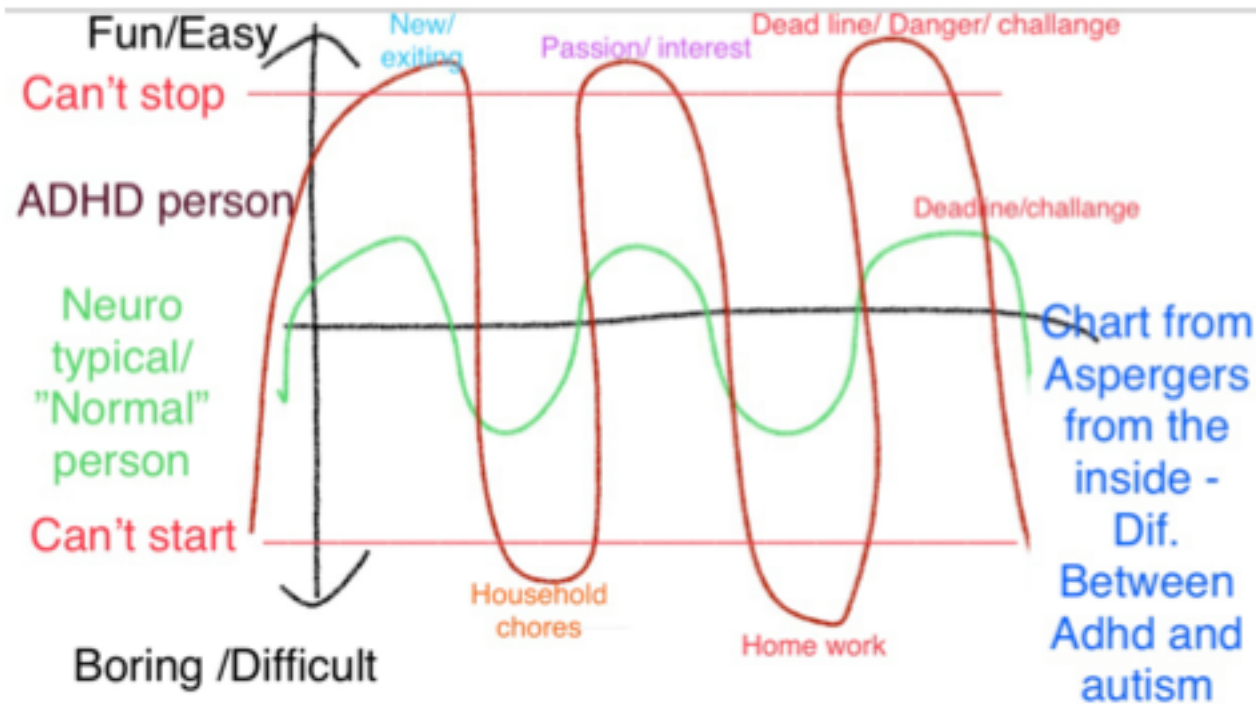
The ignition whilst turning the key gives two results

Full throttle ahead or the small jumping part

On a highway it works better than any car,
if no gas the battery drains after a few blocks and
You are exhausted.

And Bicycle breaks - crashes if the curve is too steep
and you have to repair yourself before continuing





Kryptonites

The neuro diverse actor

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- Why research this in the field of acting?

- I hypothesise that a lot of actors, like me before my diagnosis, aren't aware of their diagnosis and that the schools and teachers aren't aware of this either.

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- An example:

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DMN - the default mode network
TPN - Task positive network

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Neuro typical mind = in TPN = DMN
is off or so low it can't interfere

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IS ON OR SO LOW IT CAN'T INTERFERE

Neurodiverse mind = in TPN =
DMN is still on

Hyperfocus for a neurodiverse person
= DMN is off and the mind can do stuff
uninterrupted - an intense focus

**Hyperfocus for a neurodiverse person
= DMN is off and the mind can do stuff
uninterrupted - an intense focus**

**Hyperfocus \neq "magical" flow of
acting (when one loses oneself and
everything but the now is present).**

**So an ADHD Actor when trying to focus in to the TPN
and just doing the task will still
have thoughts about how they look and how they**

perform unless they hyperfocus...

So an ADHD Actor when trying to focus in to the TPN
and just doing the task will still
have thoughts about how they look and how they
perform unless they hyperfocus...

This creates a dissonance between their peers -
because the same amount of work will exhaust the
ADHD actor - and rehearsals can be extremely
draining

Also activating the TPN during “small” acting assignments can be really difficult - producing less rewarding results or resulting in a very tired student/actor when pressing themselves through
(DMN can produce very self aware negative self talk)

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**I believe just knowing about this differences
can change how we rehearse and give out
assignments to students/actors**

**Example: learning text by oneself in a room for 30
minutes**

**Instead of working in pairs telling the lines and playing
with actions on the floor for 40 minutes**

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Instead of working in pairs telling the lines and playing with actions on the floor for 40 minutes

The first can result in the ADHD student lying on the floor for 25 minutes unable to move until the urgency hits them and they do the task... sometimes poorly sometimes with excellency- but with less floor time and a lot of anxiety

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Working memory is usually

dysfunctional having ADHD

**Working memory is usually
dysfunctional having ADHD**

That with the DMN always being on creates a
constant arena theatre in your head pulling at your
attention and forgetting your last thought/action

attention and forgetting your last thought/action

Working memory is usually impaired having ADHD

That with the DMN always being on creates a constant arena theatre in your head pulling at your attention and forgetting your last thought/action

Shakespears plays are written for a arena theatre where the audience is shouting, fighting, drinking and talking - so all lines, even if poetic, they are repeated so that you can get the play even if you get into a fist fight for a while

So I've always had a love hate relationship with Shakespeare because on the one hand I can think of other stuff and still get the play.

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But on the other hand if played
Stressing every syllable as if it is important with out
speed, as if the play was written for a black box theatre -
I can't hear a thing and I fall into my brain or to sleep...

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This I think is equally important to know as an actor/

director/audience that some percentage of the audience will perceive the performance differently because their brain works differently.

And we need to address this when we make the play and when we choose for whom it will be performed

The social media actor

Acting for an age of actors

- What is the actors role in a multimedia age
- Acting technique for social media
- What is and what could a social media actor be
- Platforms, state funding, patronage, commercial money, professionalism

The social media actor

Acting for an age of actors

- What is the actors role in a multimedia age

**When everyone is an actor - what
is the actors role?**

Stanislavskij said something like that the actors function is to hold up a mirror towards the audience and tell them a fictional story that is more true than that of what is being mirrored - truthfully, as if and not in anyway 'in general'.

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What then is the actor's role in a

What then is the actors role in a social media age?

To mirror the mirroror?

To remirror the mirrored?

To look for nuance or problems of the already mirrored?

To compete for the narrative of stories?

To compete for the best telling of a already told story

Re-act and re-tell?
Re-create or still try to
find new stories and
perspectives?

What..?

What is live/liveness?

What is live/liveness?

- Extended understanding of what is live through phenomenology

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- Extended understanding of live/ liveness through breakthroughs in science

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- The augmented actor and human being in an ever evolving digital society

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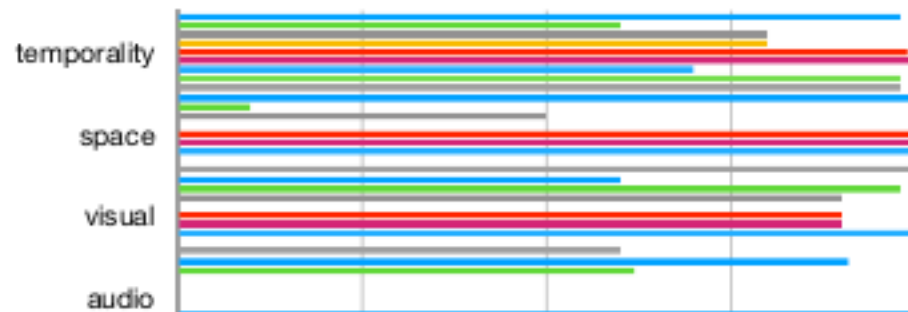
- The missing information/languages of performance - what senses don't we take into account talking about liveness/live.

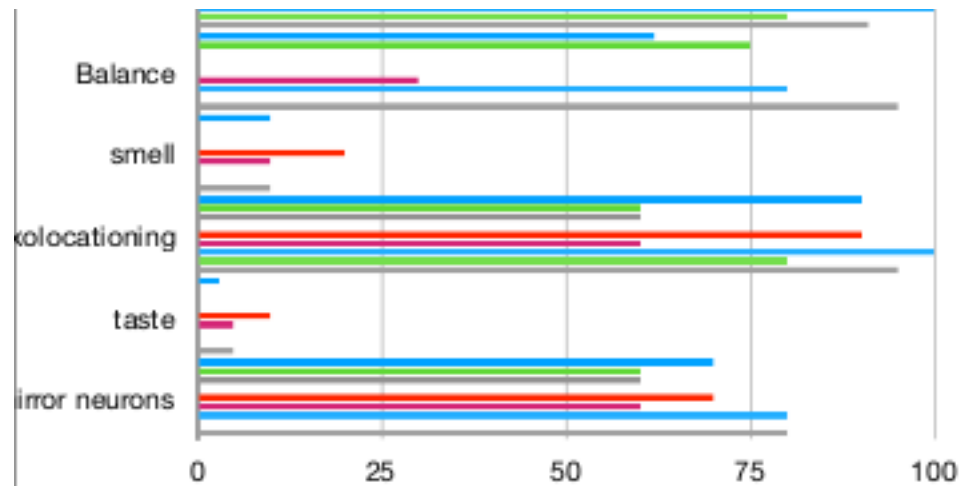
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- Temporality space, vision and audio is what we usually talk about and measure liveness through

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- The missing information/languages of performance - what senses don't

we take into account talking about liveness/live.

- Temporality space, vision and audio is what we usually talk about and measure liveness through
- Is it possible to make a liveness chart (scientifically and subjectively through the perceived liveness from a phenomenological point of view)? To get a more specific language for what is live?





The social media actor

Acting for an age of actors

- What is the actors role in a multimedia age
- Acting technique for social media

**Is there specific techniques
required for social media acting?**

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required for social media acting?

**If so: do we need to address this
in our education system - if a
large portion of the students
will work there at one point or
a lot in their careers?**

The social media actor

Acting for an age of actors

- What is the actor's role in a multimedia age
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- What is and what could a social media actor be

**Now and since Corona a lot of actors
have been more active on social media
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Some are using Instagram as a CV

**Now and since Corona a lot of actors
have been more active on social media
than ever**

Some are using Instagram as a CV

Some use tiktok/Instagram as a way to directly communicate with there fans

And some are actively creating stuff as actors on their own platforms

**And some are actively creating stuff
as actors on their own platforms**

**This is what I'm interested in
analysing and what that
means for our field**

Social media platforms created by actors

**Social media platforms created by actors
as actors - using it as a tool to act.**

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as actors - using it as a tool to act.**

This I believe creates, or can

**create, a space where the
hierarchical order of theatre and
film is upended**

**A space where the actor works and the
other functions comes in to help - when
there is money.**

A space where the actor works and the other functions comes in to help - when there is money.

Like the autonomous actors in theatre - but already with a space, direct following, patreonship, tools in the apps to create etc...

And visionasing: re-instating longer statefundings for artists

**And visionasing: re-instating
longer statefundings for artists**

**Maybe having 20% funding for
creating and 80% on social media
patreons or commercial money -**

like theatres getting paid for rehearsals but not the actual period of playing the piece

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Funding forms: crowd, pay per view, pay per thingy,
patreon, Mecenat, state funding, commercial money/
pay per click/minute/second/etc, product placement ,
product endorsement, etc

Funding forms: crowd, pay per view, pay per thingy,
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product endorsement, etc

Our homepage/platform research

Own homepage/platform, research catalogues, commercial platforms, non profit platforms, couch surfing platform/pop up??

What is professional artistry:

State (pleased) funded?

Crowed (pleased) funded?

Private (pleased) funded?

Own pocket funded?

Professional = paid for specific work
Artist = creates and maybe gets paid
Working artist = funded to create "freely"
Commercial Artist = sells to be able to create

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Maybe??

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Artist = creates and maybe gets paid
Working artist = funded to create "freely"
Commercial Artist = sells to be able to create

Maybe??

If so: how do we/I create working

How can we create working environments on social media that moves between these or a specific form that I feel is right

The neuro diverse social media actor

Finding a home or walking in to a trap

- Why research these together
- The omnipotent diagnosis vs the dysfunction of ADHD
- Hyper fixations, hyperfocus and the steep and deep valley of boredom
- Change as a method
- The dopamine trap and future blindness (now-/not nowness)
- Artistic freedom vs censored commercial platforms (and no commercial money for creations for children).

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The neurodiverse social media actor

The how part: research methods and the way forward

- Artistic research
- Interviews and conversations
- Seminars
- Researching on the floor together with different expert teachers
- Neuro science and psychology
- Activism part: open seminars in school, teater Biennalen and where ever it is needed. And talking and acting on social media.

The neurodiverse social media actor

The how part: research methods and the way forward

- Artistic research

• Using my own body and

• Testing different knowledge from

- Using my own body and experience as a tool to research neurodiverseness in the arts
- Creating film/clips for social media and analysing myself and other's clips looking for technique and understanding the medium
- Creating together with others to get their thoughts and input
- Testing different knowledge from psychology and neuroscience about neurodiverseness and applying that to acting technique or problematise it
- Trying to stay in what's uncomfortable to know and research but also what feels liberating
- Examples:

HAMLET:
To be or not to be focused

SELFETAPE:
Acting like you're not acting
someone else's neutral

The neurodiverse social media actor

The how part: research methods and the way forward

- Artistic research
 - Interviews and conversations
-
- Interviews with known adhd actors, neuroscientists, psychologists
 - Interviews with teachers working
 - Interviewing actors with large followings that don't capitalise on their followers and performers that really do like : Amanda Palmer..

with adhd actors

- Interview with adhd influencers
- Interviews with actors on social media working as actors like Caitlin raily, or adhd influencers like Connor de wolf that makes short acting clips.

trying to understand the difference in thinking and artistry:

- followers as: fans, supporters, buyers, patrons, co-creators, audience, funders, friends, enemies, acolytes, partners, bosses, employees etc...

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**Seminars/talks with
knowledgeable persons in school**

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**Seminars/talks with knowledgeable
persons on Teater Biennalen 2022**

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Anywhere else where a panel can be a good tool to spread awareness and create rooms to talk about neuro diversity in acting and the performing arts

The neurodiverse social media actor

The how part: research methods and the way forward

- Artistic research
- Interviews and conversations
- Seminars
- Researching on the floor together with different expert teachers

Workshop week/days with
knowledgeable acting teachers
Experiments on the floor learning
technique and talking social media
and adhd acting/actors with
teachers from all around the world

Like olive teachers of acting

Like alive teachers of an acting branch: Chubbuc, Mamet, etc

The neurodiverse social media actor

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**Talking with scientists working in
the foreground of ADHD**

**But also other scientists about
screens, dopamine, nearness,
liveness, our psychological relations
towards the closeness of the
persons on the screens**

The neurodiverse social media actor

The how part: research methods and the way forward

The now part: research methods and the way forward

- Artistic research
- Interviews and conversations
- Seminars
- Researching on the floor together with different expert teachers
- Neuro science and psychology
- Activism part: open seminars in school, teater Biennalen and where ever it is needed. And talking and acting on social media.

The neurodiverse social media actor

Expected results: goals and continuations

- Greater Awareness of neurodiverseness in the performing arts
- A greater understanding of the neurodiverse (ADHD) actor on stage/in front of a camera and in the rehearsal room
- A small actor's handbook about adhd acting technique and understanding the neurodiverse audience (online/video format or as a small paperback) - 16.11.2024

neurodiverse audience (online/video format or as a small compendium) - if I find something of worth...

- A greater understanding of the actors role on social media and the techniques that are used and can be used there - also some form of handbook.
- A bunch plain and meta/para social media platform acting clips or/and a platform

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Ethics and problem shooting

Ethics and problem shooting

What could go wrong?

- Ethics about neurodiverseness
- Ethics about social media
- Ethics about school
- Ethics about artistic research
- Should something go wrong?

Ethics and problem shooting

What could go wrong?

- Ethics about neurodiverseness

**Ableism and differences of functionality -
the sound board of different executive
dysfunctions**

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ADHD <-> ASD, Tourette's...

**Ableism and differences of functionality -
the sound board of different executive
dysfunctions**

dysfunctions

ADHD <-> ASD, Tourette's...

Gender, Ethnical, Age, intellectual, Work,
Neuro scientific, Class (social, economic,
cultural...) and other differences

Sticking to the science and not “coolify”
the dysfunction to look better as an artist/
person

**Sticking to the science and not “coolify”
the dysfunction to look better as an artist/
person**

**Losing interest/the hyperfixation about it
and getting bored and unable to move
forward without hurting myself...**

Ethics and problem shooting

What could go wrong?

- Ethics about neurodiverseness
- Ethics about social media

**Fast knowledge, tempting to
post fast...**

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post fast...**

**Reactivity, tempting to post in an
agitated state: angry, excited, curious etc..**

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post fast...**

**Reactivity, tempting to post in an
agitated state: angry, exited, curious etc..**

**Temptation to post for likes and views
instead of posting what Needs to be
posted**

**Capitalism: helping large companies gaining more
power and getting a bigger monopoly or inderectly**

supporting deforestation, children mining for metals,
servers heating up the planet...

Capitalism: helping large companies gaining more
power and getting a bigger monopoly or indirectly
supporting deforestation, children mining for metals,
servers heating up the planet...

Supporting Giving information to
Logarithms to control my behaviours
over more through fast decreasing bits

even more through fast dopamine hits

Capitalism: helping large companies gaining more power and getting a bigger monopoly or indirectly supporting deforestation, children mining for metals, servers heating up the planet...

Supporting Giving information to
Logarithms to control my behaviours
even more through fast dopamine hits

Supporting platforms that helps spread disinformations, hate, lies and capitalise on it - whilst the world start burning in populist political garbage...

Ethics and problem shooting

What could go wrong?

- Ethics about neurodiverseness
- Ethics about social media
- Ethics about school

Freedom of speech vs moral and ethical obligations as an institution

Freedom of speech vs moral and ethical obligations as an institution

The scientific method vs artistic research (instead of an 'and')

Freedom of speech vs moral and ethical obligations as an institution

The scientific method vs artistic research (instead of an 'and')

Getting confused about what artistic research is and rebelling against the system instead of sticking to the subject... ehem...

Ethics and problem shooting

What could go wrong?

- Ethics about neurodiverseness
- Ethics about social media
- Ethics about school
- Ethics about artistic research

**Not following my inner morals by
what I do ethically as an artist...**

**Not following my inner morals by
what I do ethically as an artist...**

**Not really understanding artistic research
and doing something that cast a bad
shadow over the whole field...**

Ethics and problem shooting

What could go wrong?

- Ethics about neurodiverseness
- Ethics about social media
- Ethics about school
- Ethics about artistic research
- Should something go wrong?

I'm in school - I really hope something goes wrong... that's how we learn and can evolve our method..

Ending note:

Hypotheses

20%

Is that how many persons we don't play for in the Audience??

Is that how many persons we don't fully include in the acting technique ??

Just talking about neurodiverseness

DAVE(d)

