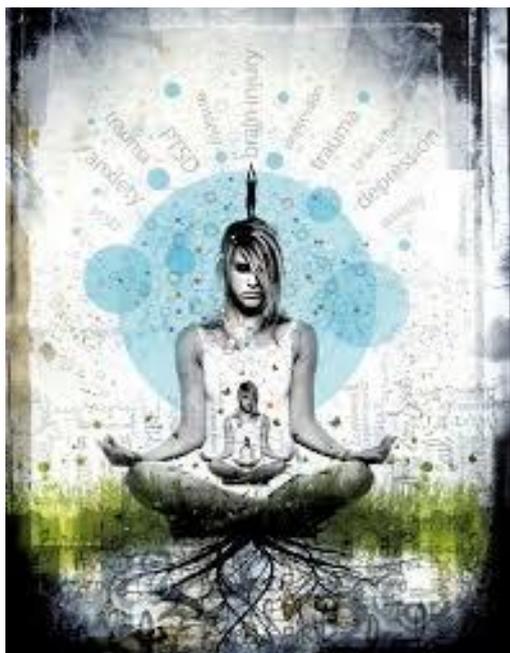


# Hip Hop, Yoga, & Letter Writing: Engaging the Brain and the Body to Support Trauma Work





Unwavering champions for children and families.

# Know Your HipHopStory



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# Know Your HipHopStory

# The Cypher

ci · pher<sup>1</sup>

*noun*

I.

a secret or disguised way of writing; a code.

"he was writing cryptic notes in a cipher"

## Cypher

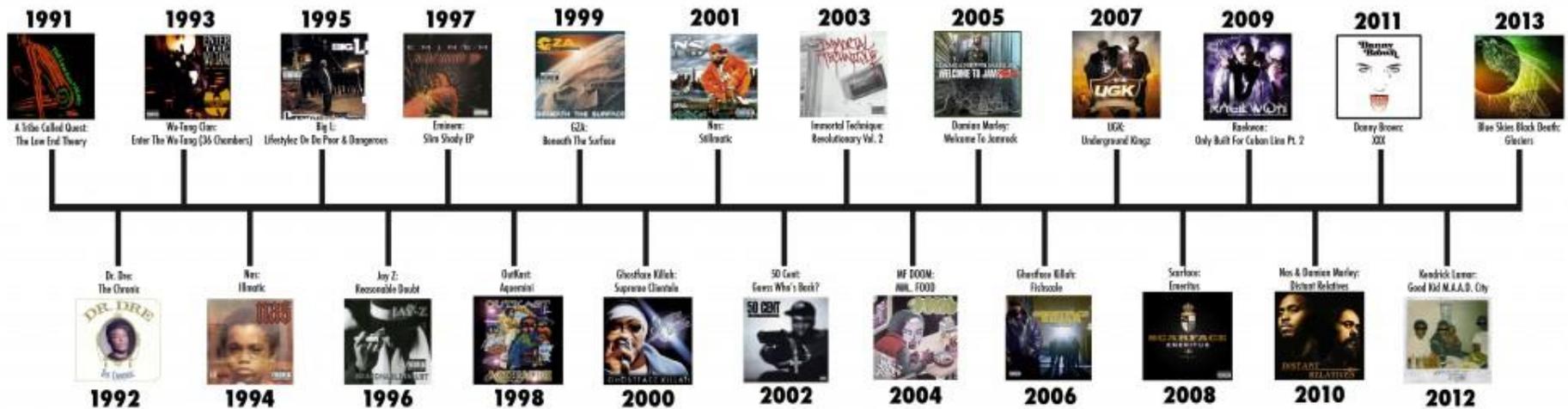
Anything cyclical. If your freestyling, you rap in a cypher (one after the other). Interrupting another man will break that cypher (unless he's next in line and the dude behind him is falling off).

Urban dictionary



# HipHopStory Timeline

## MY LIFE IN HIP-HOP



*Been sold out of my options  
Superman had no parents  
Selling out for adoption...  
Every divorce will be mad at me  
Burn out with no problems  
Filled with no tragedy  
So next comes a bad reputation*



# Gillis Program: Kansas City



*Courtesy of Kansas City Star*

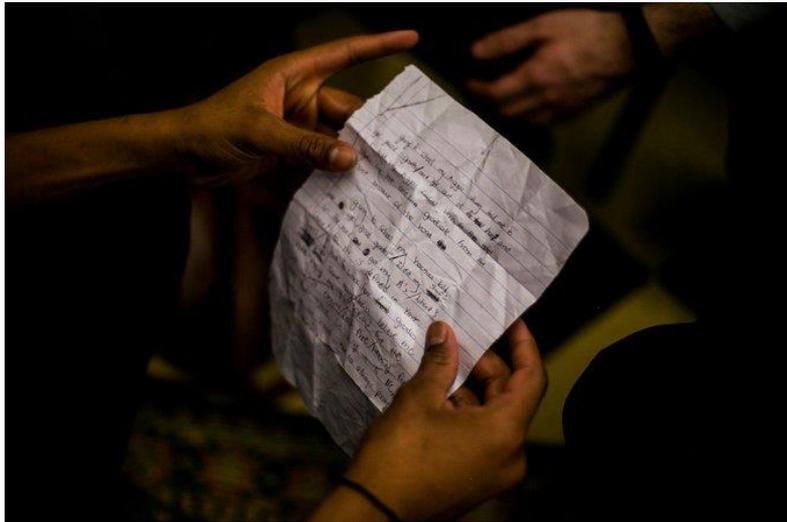
“I’m struggling with PTSD now, everybody, you know because my mom’s done molested me.”

“My life’s messed up, but I’m trying to make it better. But in the meantime, I’m ready for whatever”



# Hip Hop Therapy:

## New Visions Charter School The Bronx



“I want to say R.I.P. to you because I don’t believe it’s true, but I’ll still remember you.”

*Courtesy of NYTimes*



# Blueprint for Life's Healing through Hip Hop Program



*Courtesy of Psychology Today*

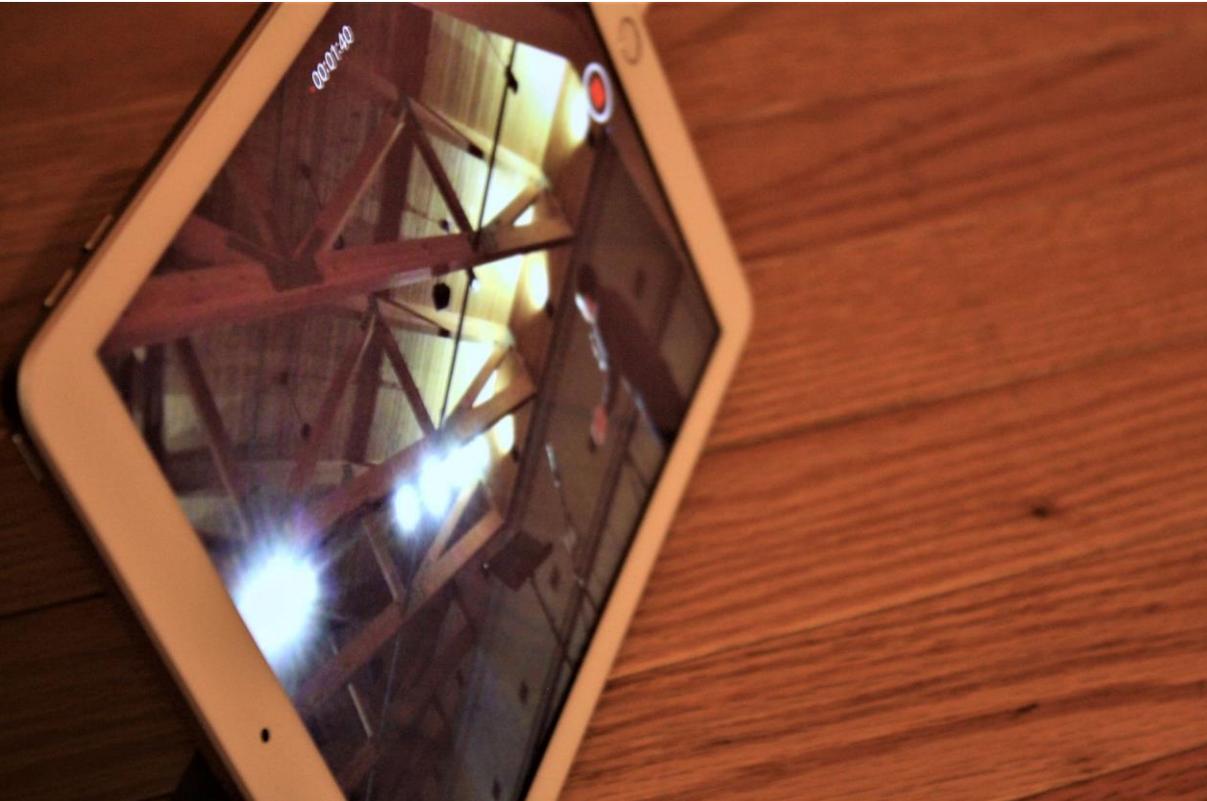


*Mask is off live your life right  
I'm just saying keep your head up  
For I am praying let's listen up  
For this life is moving*

*“Have faith in yourself / Have  
hope in yourself / Love yourself (be  
yourself),”*



# Know Your HipHopStory Showcase



# What we see...

“When I leave my feelings inside, the only way you’re going to hear it is if I throw a punch. Now I make songs about them. I write verses that cool me down.”

“I’m not one of those people who would get sentimental about my feelings and talk about my feelings, I’d rather write it out in music.”



# What we see...

- Increased attendance in programs
- Openness to talk about emotions
- Openness to talk about trauma
- Increased Regulation skills
- “Preparing the soil” for further work



# Preparing the Soil

“Poking the Trauma Bear”



Creative distance



# ACES

## ABUSE



Physical



Emotional



Sexual

## NEGLECT



Physical



Emotional

## HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



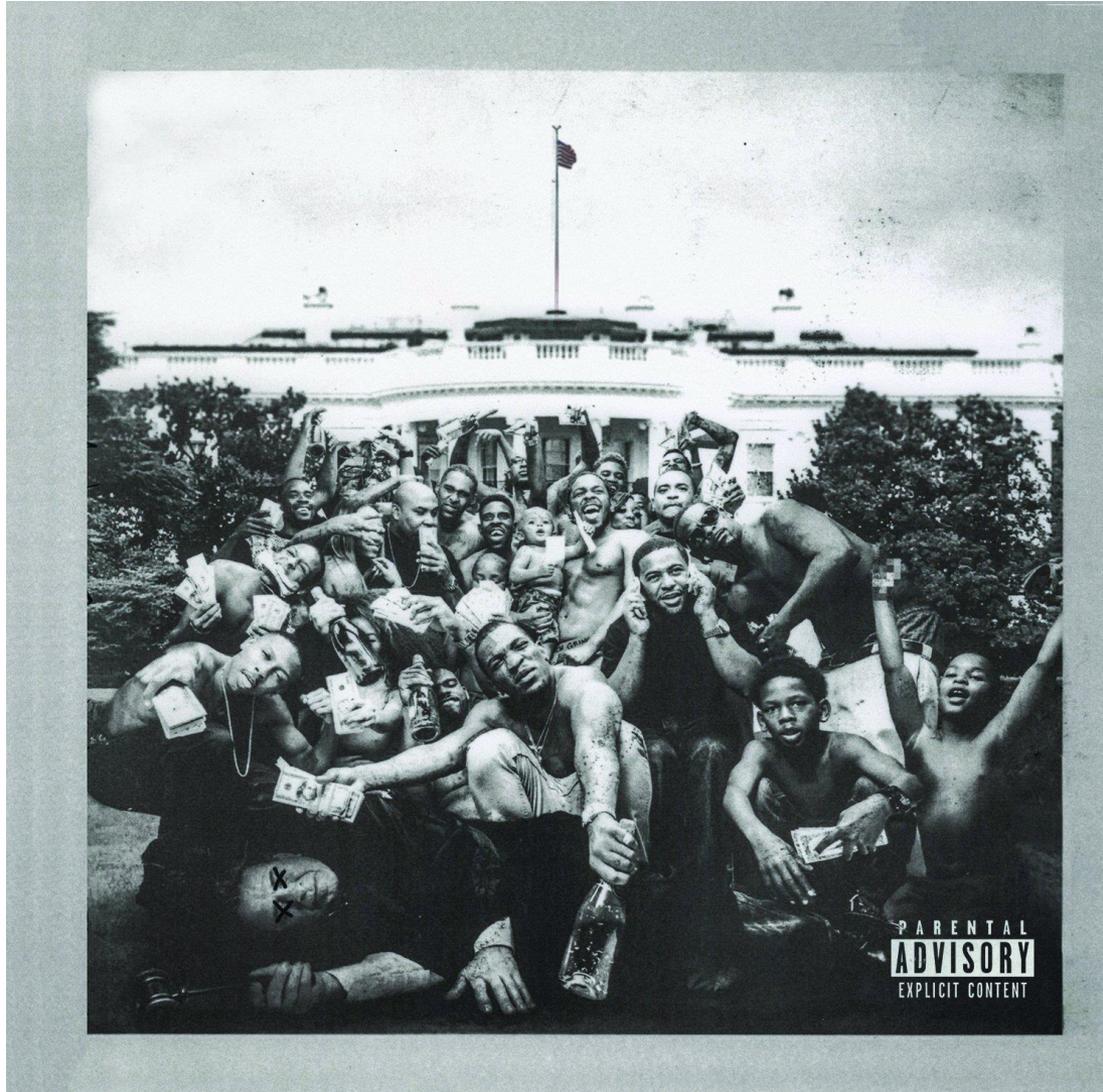
Divorce



# Intergenerational Trauma



# Intergenerational Trauma



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# Growing a Brain

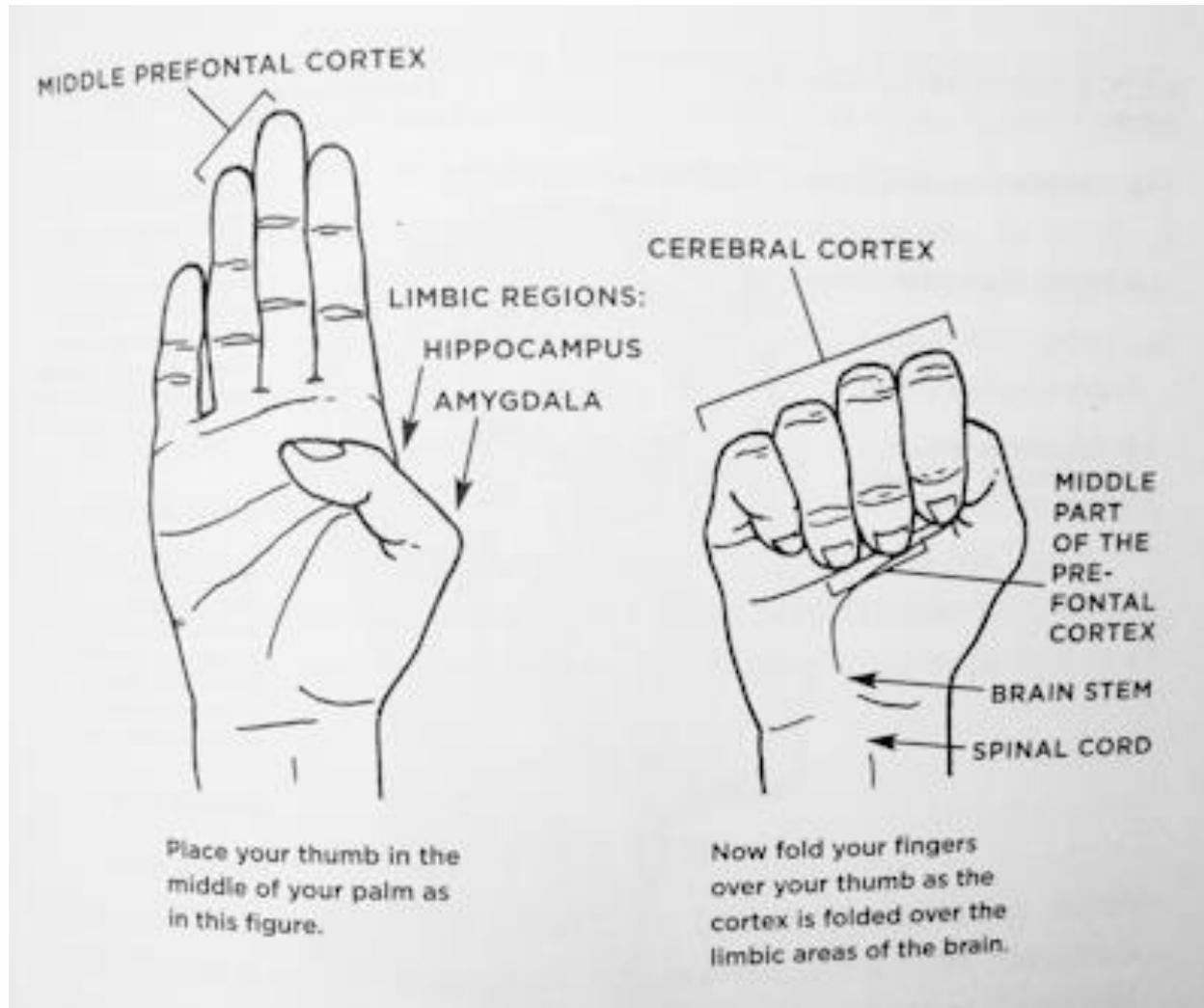


**BRAIN  
BUILDERS**

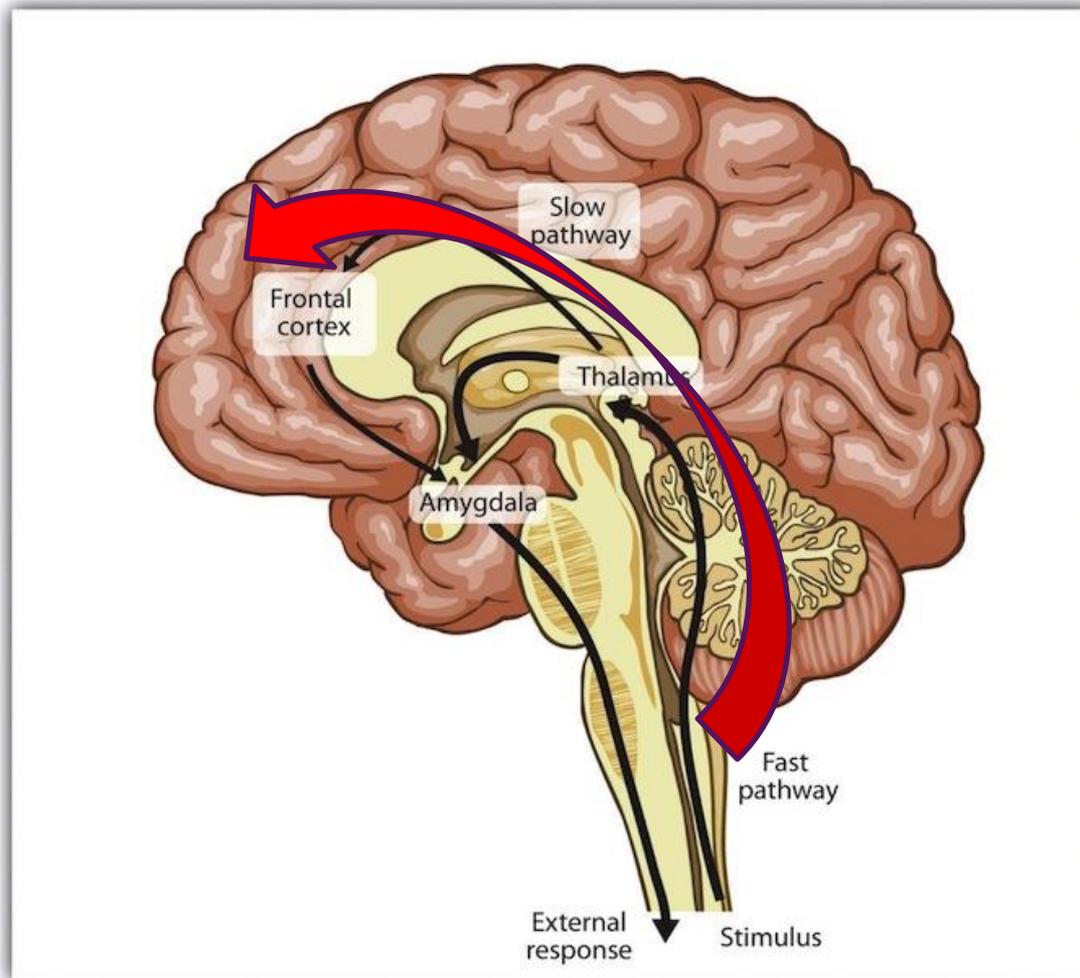


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# The Hand Model of the Brain



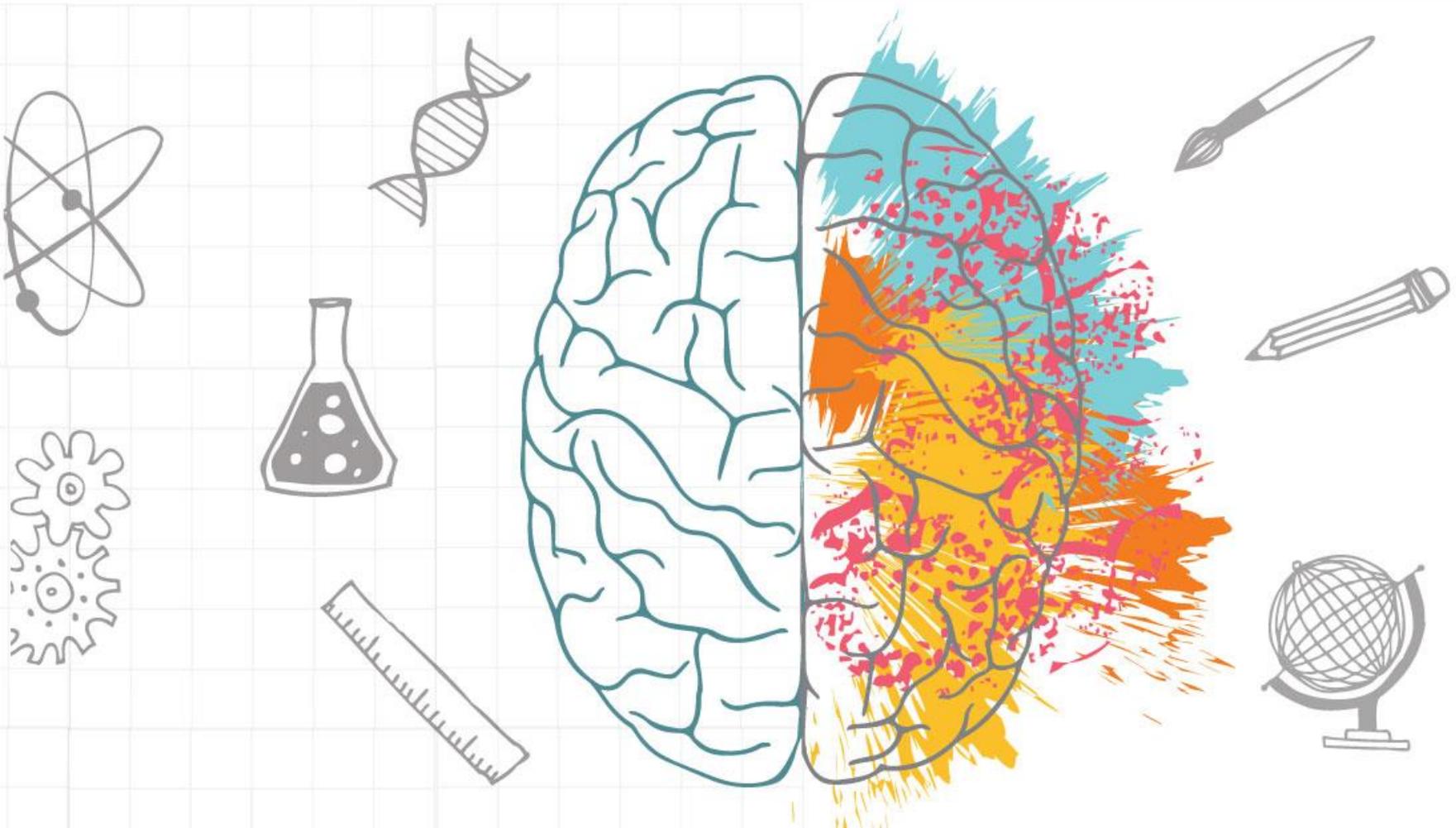
# Upstairs & Downstairs Brain



# Upstairs & Downstairs Brain

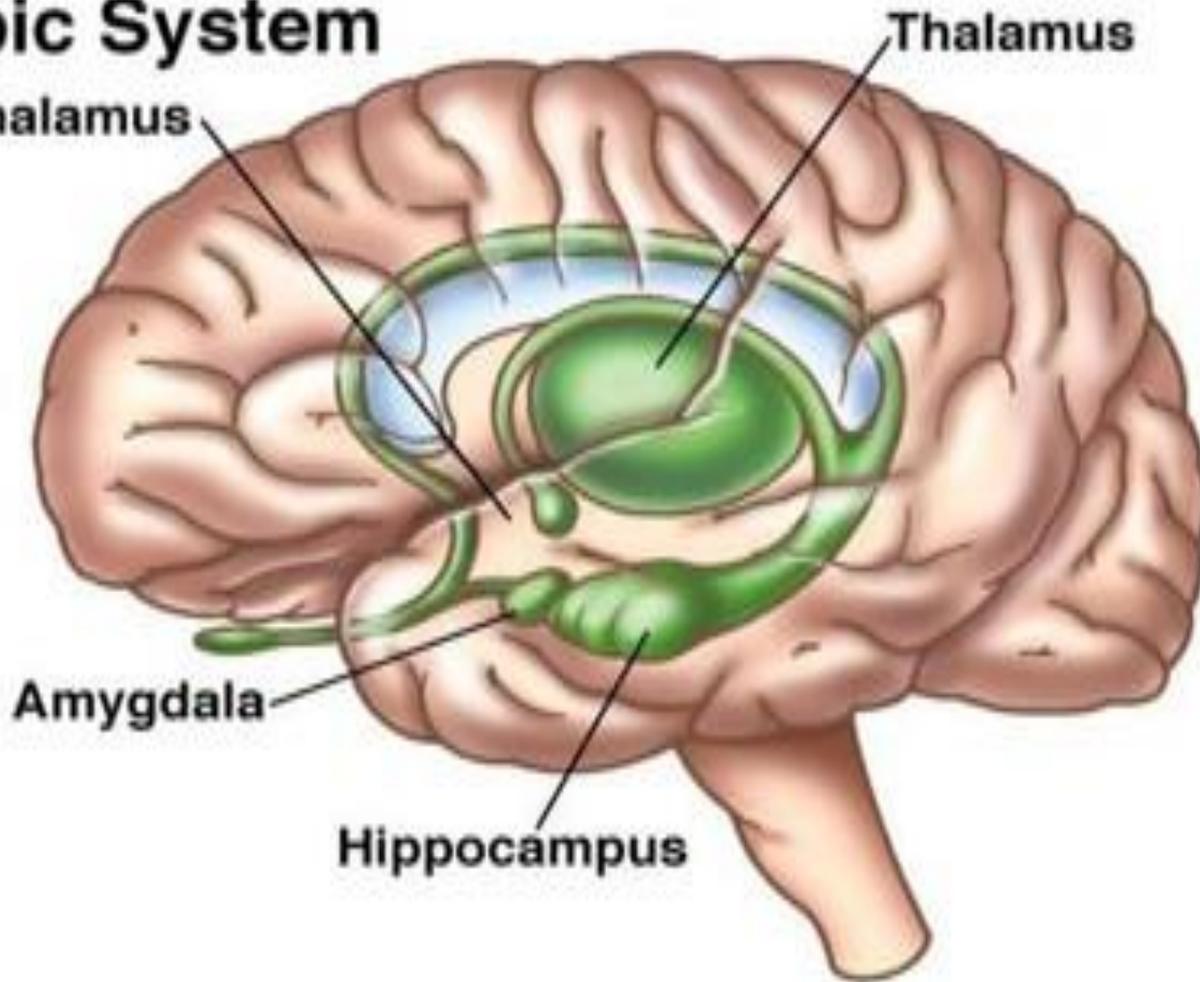


# Left & Right Brain



# Where the Brain Stores Trauma

## Limbic System

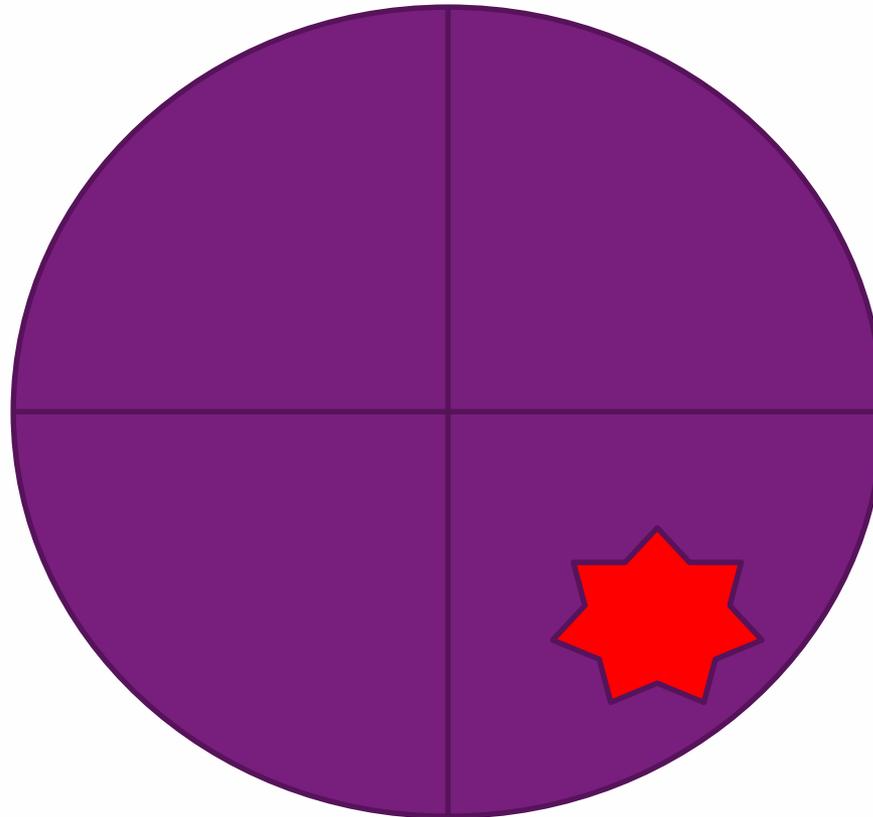


# Where the Brain Stores Trauma

Upstairs Brain (Thinking)

Left Brain  
(Logic/Analytical)

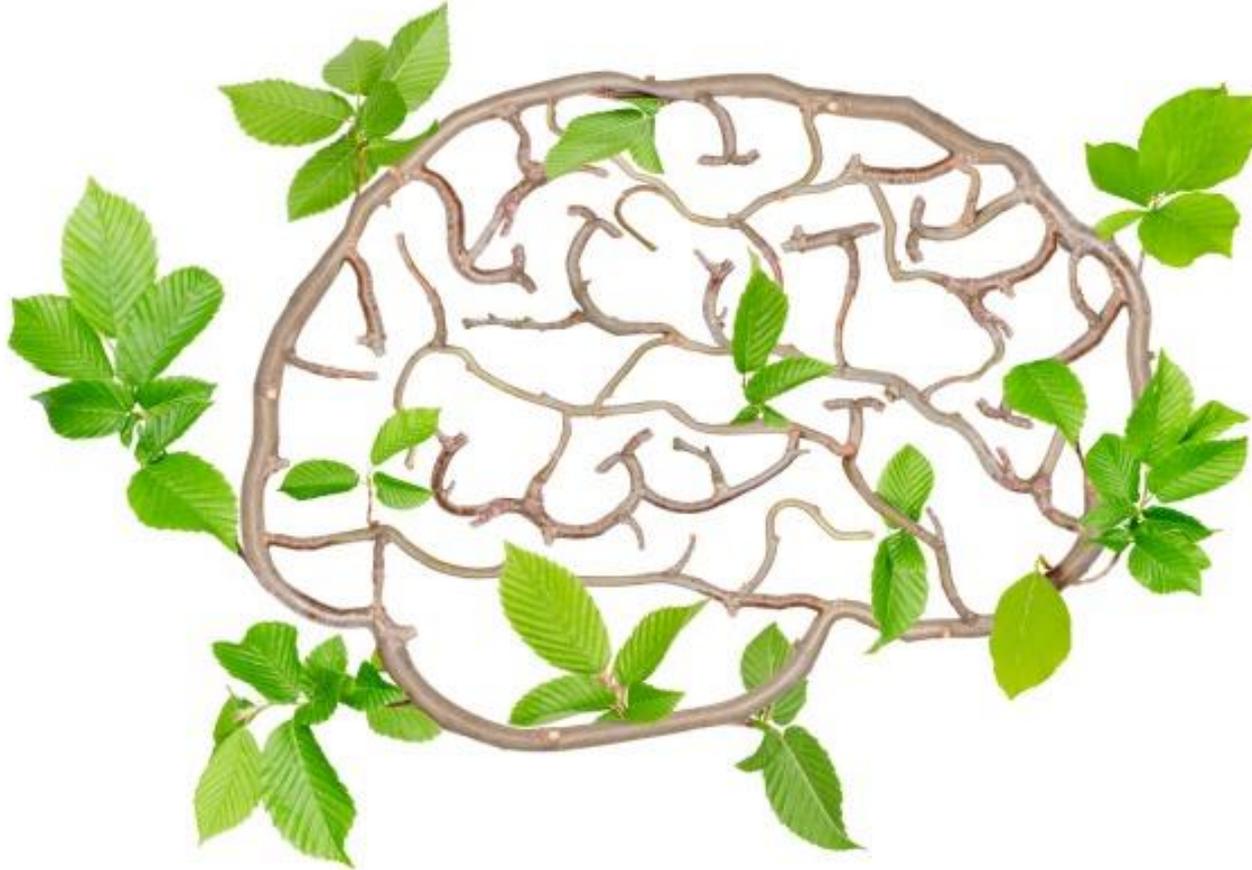
Right Brain  
(Emotions/Creative)



Downstairs Brain (Survival)



# Neuroplasticity



# The 6 R's of Healing Trauma

- 1) **R**elational = safe
- 2) **R**elevant = developmentally matched
- 3) **R**epetitive = patterned
- 4) **R**ewarding = pleasurable
- 5) **R**hythmic = resonant with biology
- 6) **R**espectful = child, family, and cultural



# Music Therapy - Drum Circles



# My Life Soundtrack Activity

Primary Questions: Who am I? What happened to me? How do the two interact?

My theme song is:

I chose this song because:

A song that makes me happy is:

A song that makes me sad is:

A song that helps me release my anger is:

A song that I can relate to is:

My favorite song is: \_\_\_\_\_ and this is why:

This song creates a lot of feelings when I listen to it:

This song reminds me of a particular event in my past: \_\_\_\_\_ That event was:

My favorite style of music is: \_\_\_\_\_ and this is why:

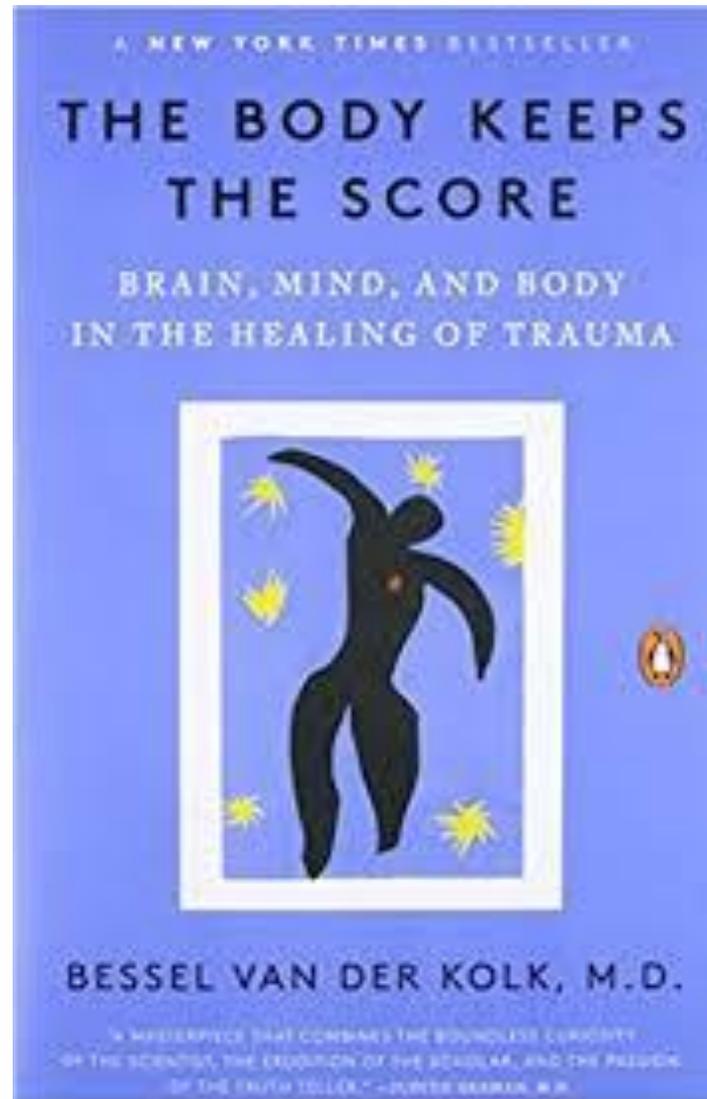
*Courtesy of the 3-5-7 Model by Darla Henry*



# Creative Movement



# Trauma and Movement





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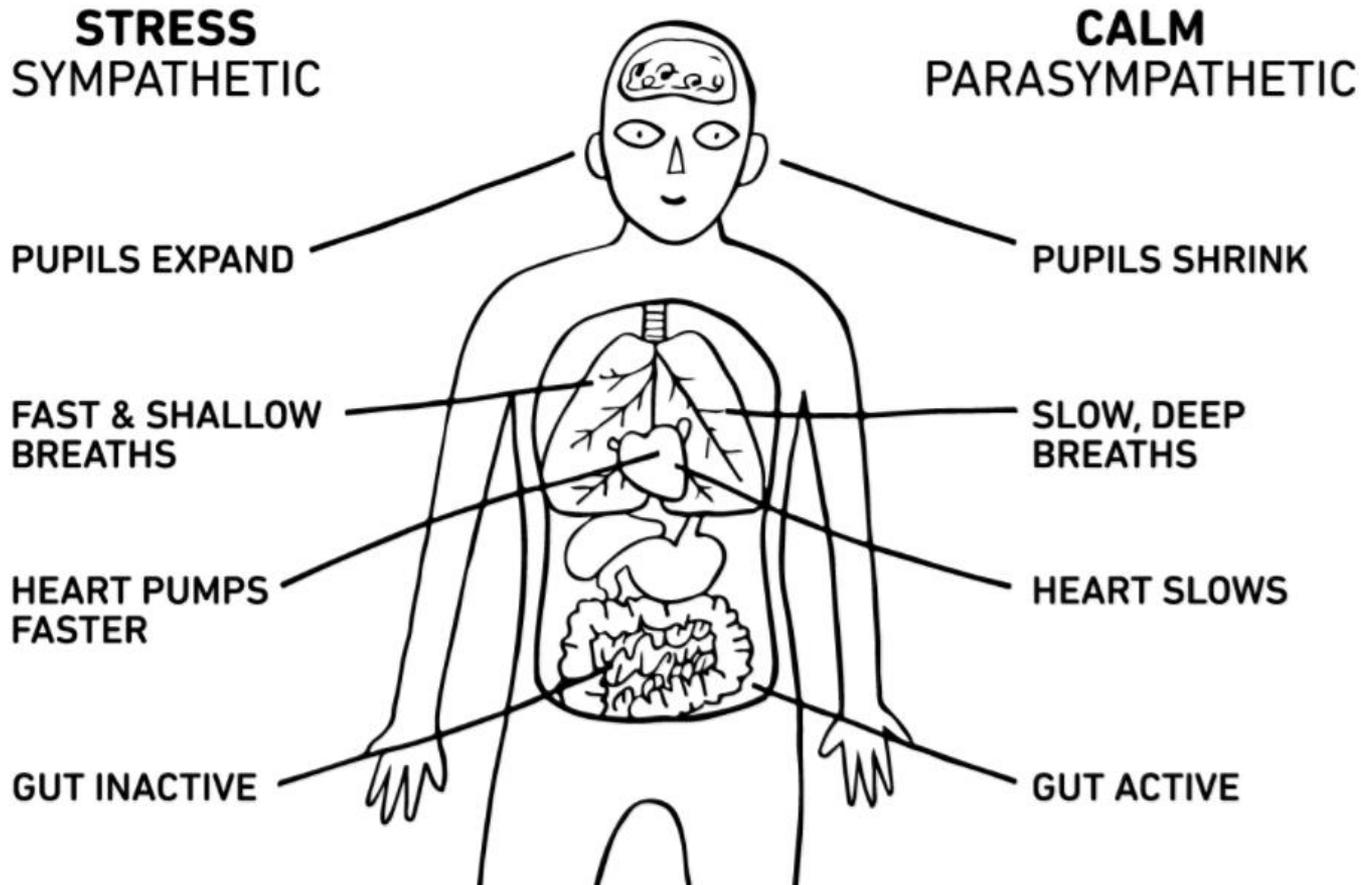
# Active Body Scan



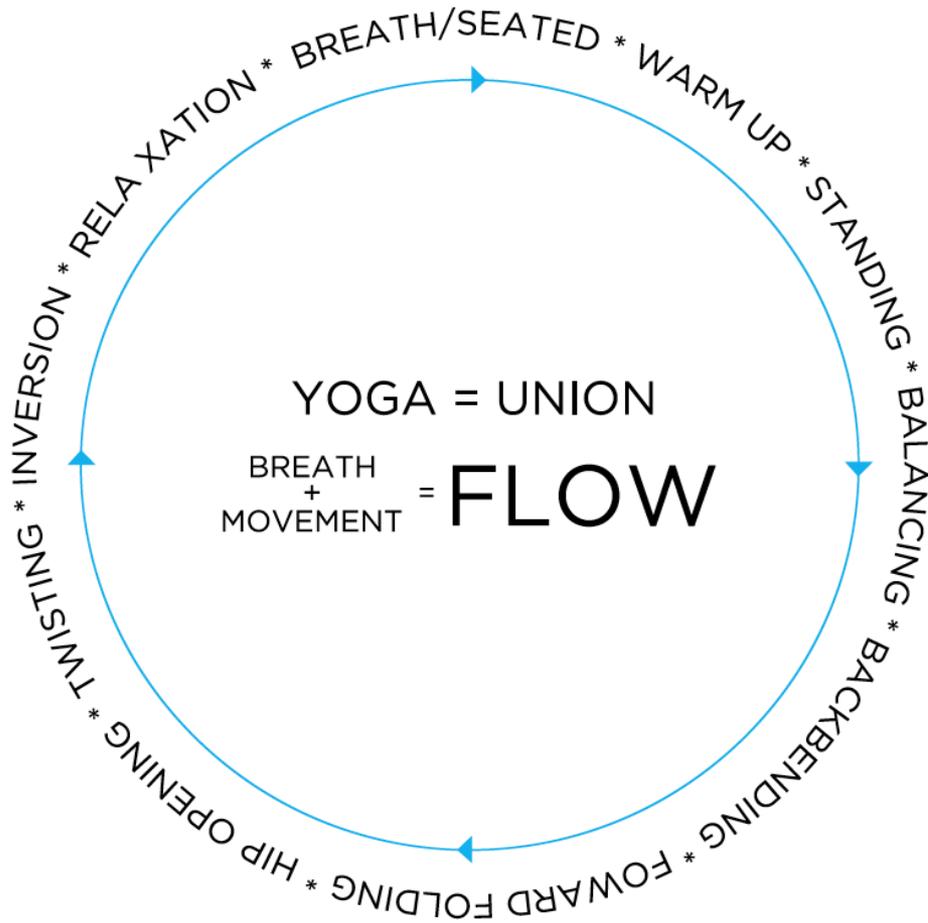
*From the Breathe App*



# Calming the Nervous System



# Yoga



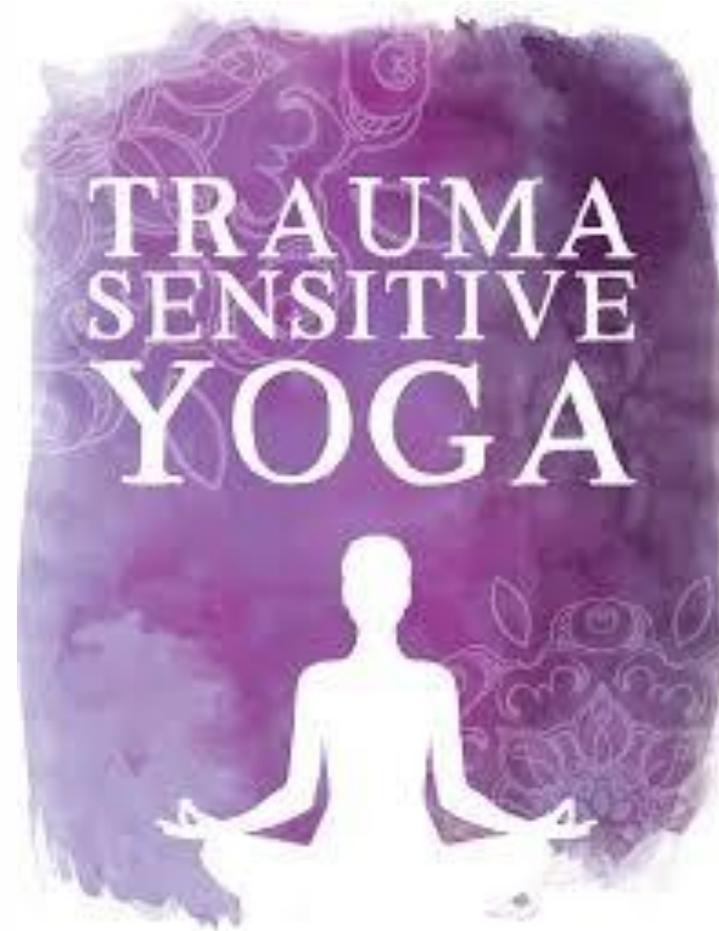
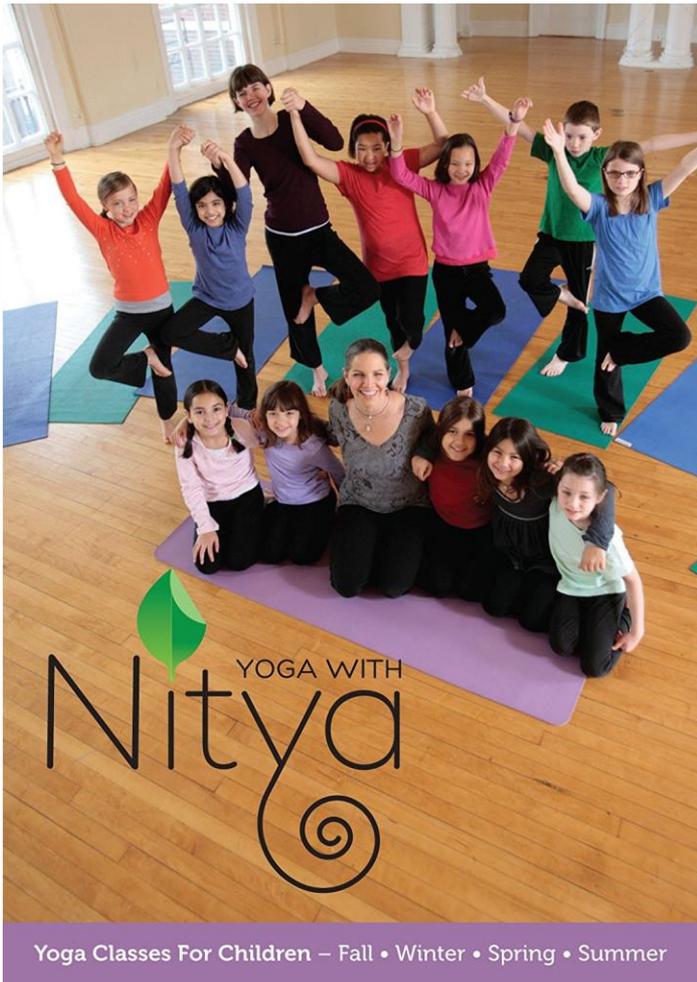
Lion's Breath

2:1 Breathing

Crossing the midline



# Yoga



# Belly Breathing



# The 6 R's of Healing Trauma

- 1) **R**elational = safe
- 2) **R**elevant = developmentally matched
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# Trauma & Yoga

*“Yoga promotes a calm state of mind that allows you to be with your pain rather than escape it.”*

- Gabor Mate



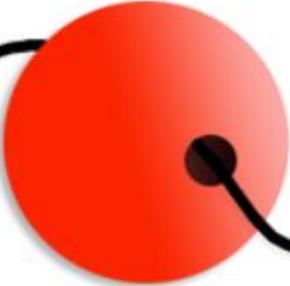
# Trauma & Yoga

*“The memory of the trauma is imprinted on the human organism. I don’t think you can overcome it unless you learn to have a friendly relationship with your body ... How can you help people confront their internal sensations? Yoga is one way you can do that.”*

- Dr. Bessel van der Kolk



Dear Miss Kendra

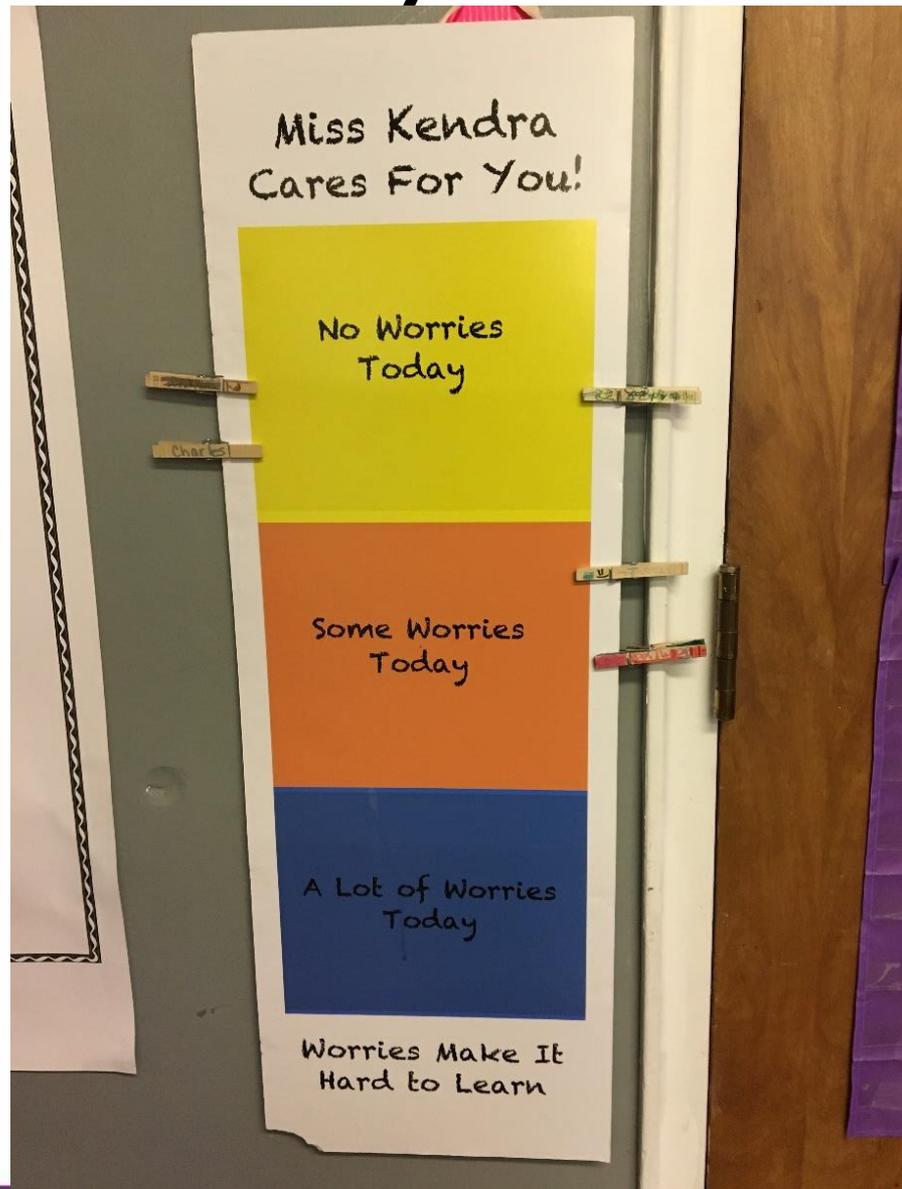
 *alive!*

[www.traumainformedschools.org](http://www.traumainformedschools.org)



# Dear Miss Kendra

# Worry Board



# The Legend of Miss Kendra



# Miss Kendra's List

## *Miss Kendra's List*

No child should be punched or kicked.

No child should be left alone for a long time.

No child should be hungry for a long time.

No child should be bullied or told they are no good.

No child should be touched in their private parts.

No child should be scared by gun violence at home or in school.

No child should have to see other people hurt each other.

### ***BECAUSE***

It makes a child not care about school.

It makes a child feel sad or scared or lonely.

It makes a child feel angry and want to fight too much.

It makes a child feel like not trying hard or giving up.

It makes a child worry a lot about their family.

*This Is What Miss Kendra Says....  
What Do You Say?*



“This is for your strength”

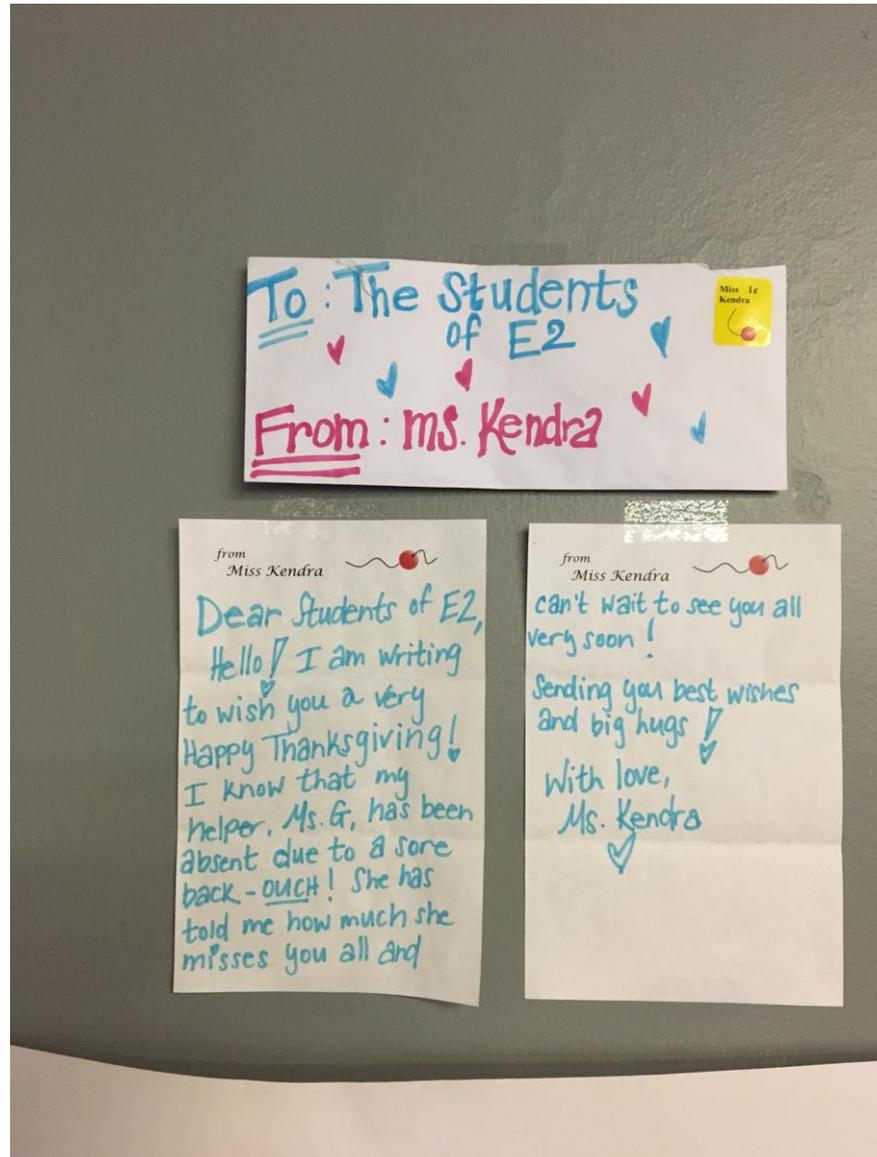


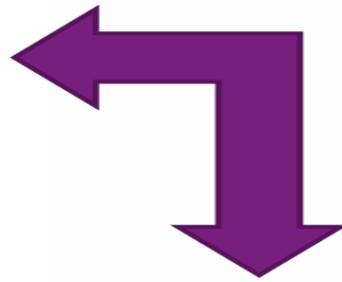
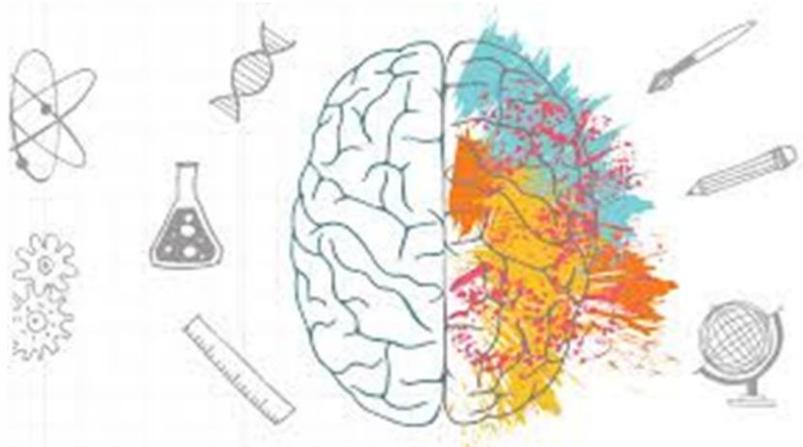
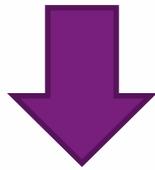
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# Letter Writing



# Letters from Miss Kendra





**STRESS**  
SYMPATHETIC

**CALM**  
PARASYMPATHETIC

PUPILS EXPAND

PUPILS SHRINK

FAST & SHALLOW BREATHS

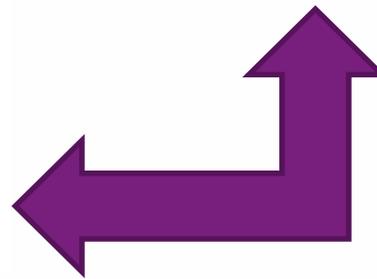
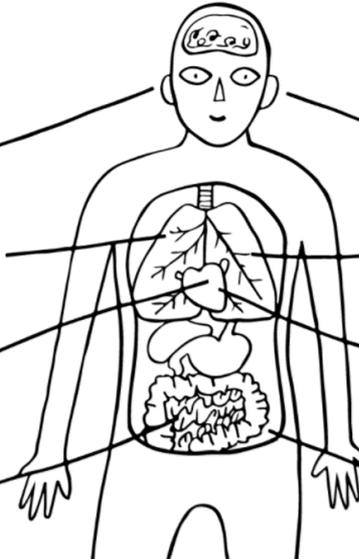
SLOW, DEEP BREATHS

HEART PUMPS FASTER

HEART SLOWS

GUT INACTIVE

GUT ACTIVE



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