D.O.P.E. COUNSELING

Remixing Our Practice Through Hip-Hop Education



DR. ADAM FREAS



Only built 4 Counseling linx

- SCC EOPS Counselor
- Low End Theory Collaborative (LETC) non-profit
- Rock The School Bells Coordinator
- Hip-Hop Ed practitioner / scholars
- HEAD / Emcee
- Co-owner of Twelves Wax



FABC

F A BOOK CLUB

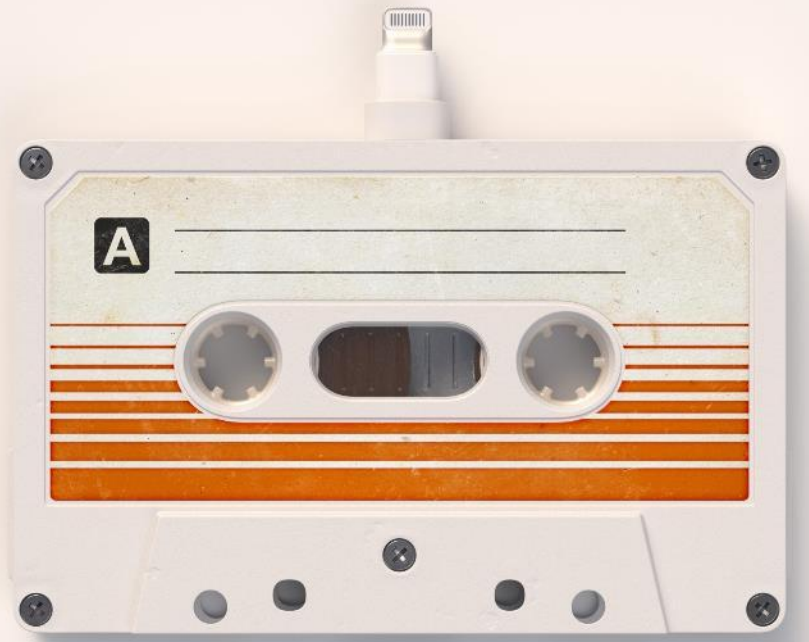




DIGGIN IN THE CRATES (Crew Up)

Travels & Paths of Rhythm (aka agenda)

- What is Hip-Hop Ed
- D.O.P.E. Counseling Framework
- Hip-Hop Ed in Action
- What is your Hip-Hop?
- Lyrics to go…..
- Wrap it up B!



TURN IT UP

LET THE RHYTHM HIT'EM

HIP-HOP ED - What is it?

- PRACTITIONERS
- SCHOLARSHIP

AUTHENTICITY AS A COUNSELING PRACTITIONER

HIP-HOP SENSIBILITIES

- FOSTERS K.O.S. AND SELF-DETERMINATION
- REMIXING



MUSIC, THE MIND & THE BODY



D.O.P.E COUNSELING

DEVELOP / DEFINE

ORGANIZE / OBSERVE

PLAN / PROMOTE

EXPLORE / ELEVATE

ON & ON THEORY.....



D.O.P.E COUNSELING

DEVELOP/DEFINE

Develop/Cultivate knowledge of self

Critical self-awareness, and

Cultural strengths as tools to define the student's needs, goals, assets, to counter challenges.



D.O.P.E COUNSELING

DEVELOP / DEFINE

ORGANIZE / OBSERVE

Organize information, resources, priorities, that counter barriers.

Observe patterns



D.O.P.E COUNSELING

DEVELOP / DEFINE

ORGANIZE / OBSERVE

PLAN/PROMOTE

Plan actionable plans rooted in cultural identity

Promote resilience, agency, wellness, and progress.



D.O.P.E COUNSELING

DEVELOP / DEFINE

ORGANIZE / OBSERVE

PLAN / PROMOTE

EXPLORE/ELEVATE

Explore possibilities and elevate the student's confidence

Affirm their individual & communal importance, co-create opportunities, and long-term potential.

Synonyms of DOPE!
F.A.B.C.

FLIP / FIND / F#$K

- REMIXING THE BS. FINDING THE VIBE

AUTHENTICITY / ACCOUNTABILITY

- WHAT'S BETTER THAN YOU.. NOTHING
- CALLING IT WHAT IT IS/CRITICAL SELF-REFLECTION

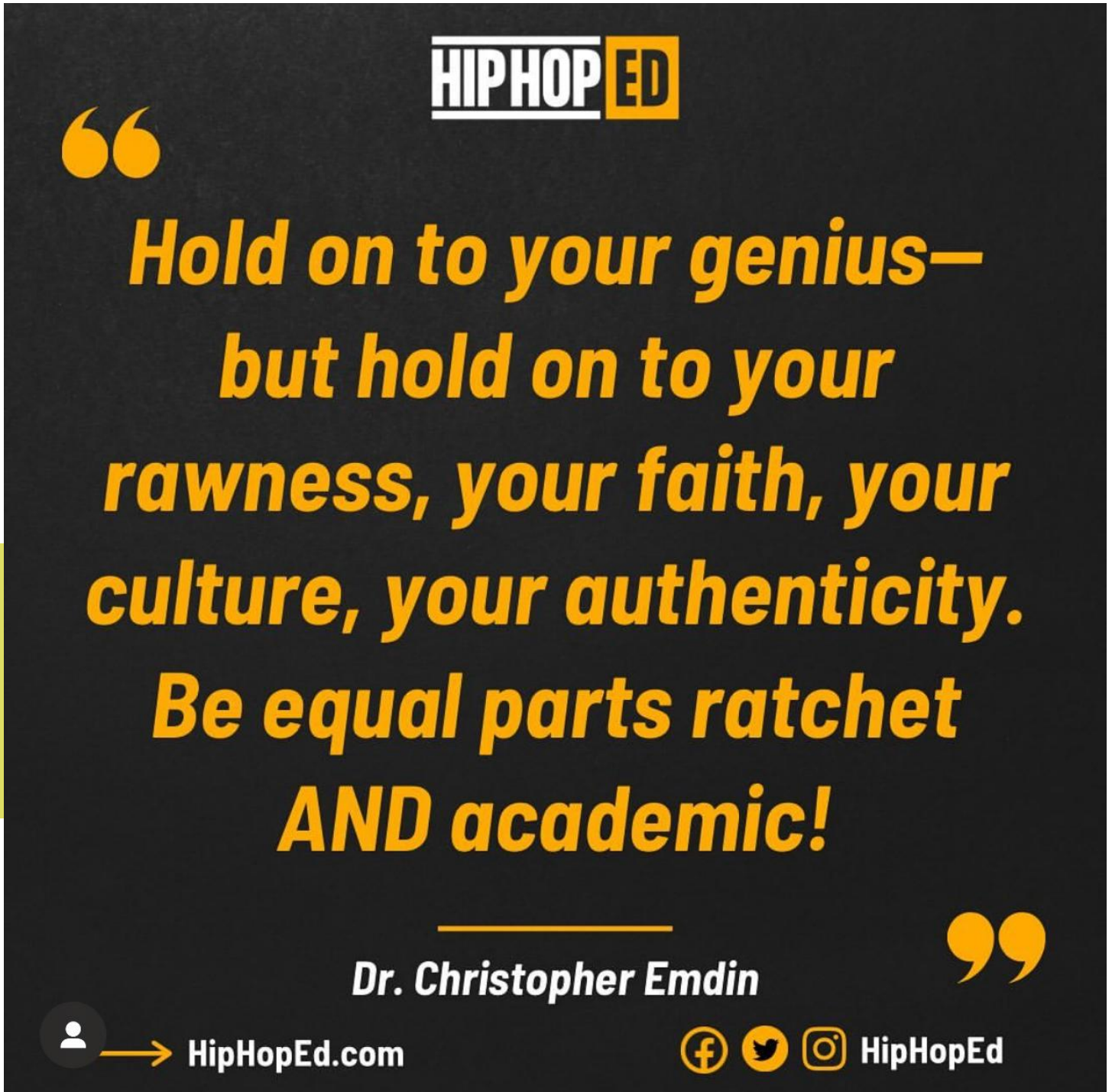
BEATS/ ~~BOOKS~~ / BREAKS

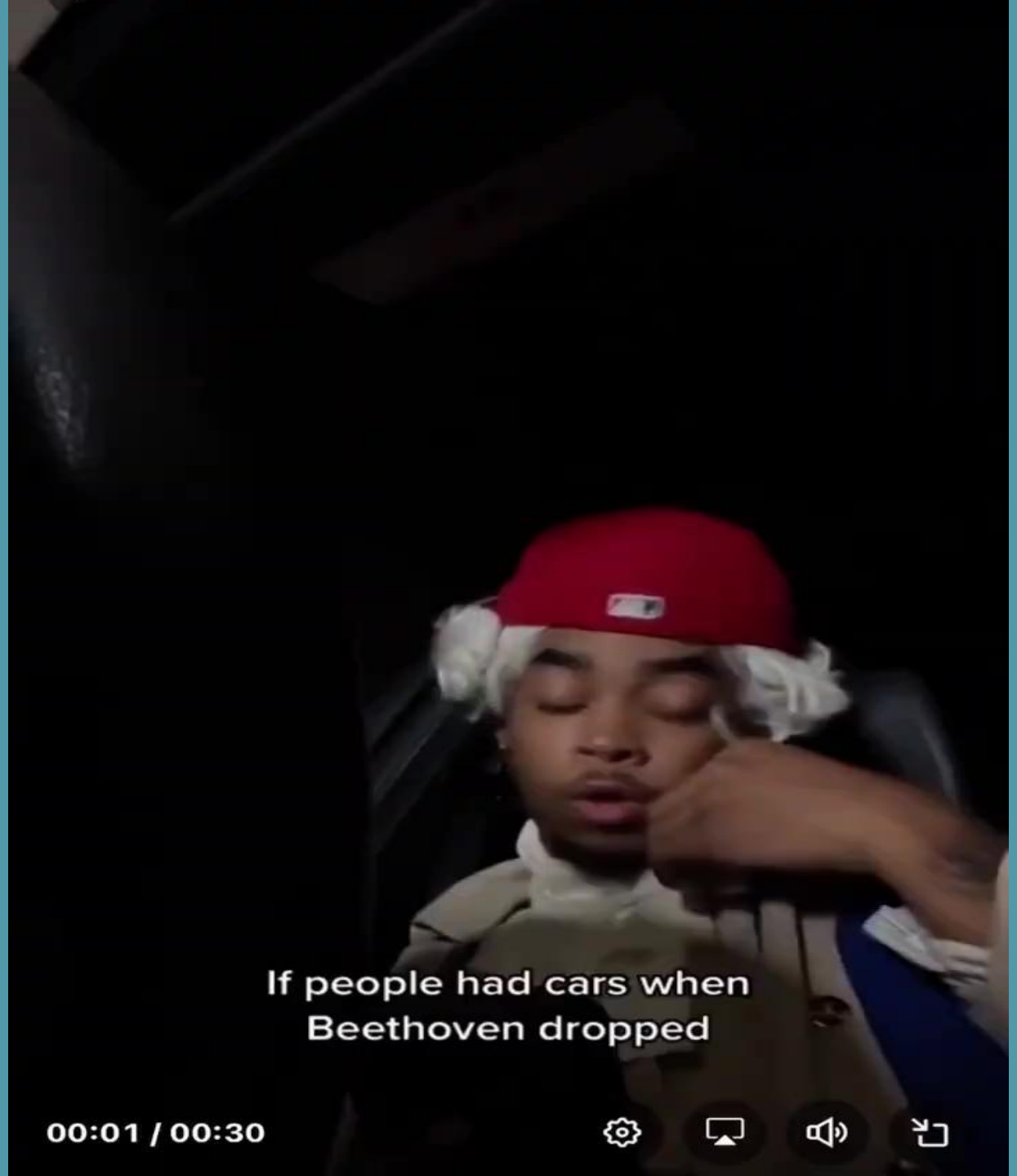
- BEING IN THE RHYTHM / YOUR RHYTHM / COLLECTIVE RHYTHM
- USING THE PARTS THAT WORKS BEST FOR YOU

CLUB / COMMUNITY / CYPHER / COUNSELING

- CRITICAL CYPHER FOR BOTH CREATIVITY AND CONSTRUCTIVE GROWTH




HIPHOPED
Hold on to your genius—
but hold on to your
rawness, your faith, your
culture, your authenticity.
Be equal parts ratchet
AND academic!
Dr. Christopher Emdin
HipHopEd.com
HipHopEd



WHAT'S YOUR HIP-HOP?



KEEP IT FUNKY

CREW UP

- Discuss what emotions & themes your students are commonly experiencing
- Poll / Engage responses
  - Jon Reyes example
- Individually walk around and post songs by each emotion area

Music meets the campus

BEATS

How we read the world / How does that show up in advocating for our vulnerable or marginalized student populations

BEATS

Hip-Hop/Soul/funk as literacy

BEATS

Cultural exchange / Teaching artists / Community building: (Flip a Beat Club)



Lyrics to go....

- How can music be a tool for my own well being moving forward?
- What ways can I stay committed to a process of critical reflection as a counselor?
- As a counselor/ educator, how can my space/ practice/ classroom center students values and stories?




you are WHAT you
LISTEN
TO

DE LA SOUL: COUNSELING THROUGH MUSIC, COMMUNITY & SHARED STORIES

Thank You

Dr. Adam Freas
freasa@scc.losrios.edu