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MSW ’18

PRESENTATION
All We Need is One Mic:
Intersections of Social Justice, Diversity and Direct Practice Through Hip-Hop

NYU SILVER
Social Justice and Diversity Grant Conference
All We Need Is One Mic: Intersections of Social Justice, Diversity, & Direct Practice Through Hip-Hop

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Abridged Version-Rodwin, A, 2017
Explore the connection between Hip-Hop culture and its value to direct practice.

Develop an understanding as to why Hip-Hop is a helpful therapeutic tool and learn how it can be applied in direct practice.

Explore current Hip-Hop-based modalities, frameworks, and programs in direct practice.
Hip-Hop’s Roots in Social Justice

Abridged Version-Rodwin, A, 2017
In A Nutshell: Hip-Hop Culture

- Hip-Hop’s Birthplace: South Bronx, NY in the 1970s

- Elements: Emceeing, Deejaying, B-Boying, Graffiti & “Knowledge of Self”

- A response to harsh community conditions, social injustices, and gang violence.
  - Peace building, community engagement, alternative to violence, striving for better social conditions.

Abridged Version-Rodwin, A, 2017
“Through rap, disenfranchised youth were able to cope with stress, build support groups, speak out about the conditions in the neighborhood, and gain a sense of identity” (Alvarez, 2011)

“Empowerment, transformation, the quest to get better, and self and community improvement encompass values that have evolved from Hip Hop’s birth” (Travis, 2016).
Hip-Hop Culture: Direct Practice, Mental Health, & Well-Being
Benefits of Music & Everyday Listening

Music improves health and well-being through the engagement of neurochemical systems for (1) reward, motivation, and pleasure; (2) Stress reduction and arousal (Chanda, Levitin, 2013).

- How has music helped you? Has it helped you persevere through adversity?

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Hip-Hop as a Therapeutic Tool

- The integration of elements of Hip-Hop culture in a therapeutic setting to achieve catharsis and facilitate psychosocial development (Alvarez, 2012).

- Lyrics are a platform for self-reflection, problem solving, validation, skill-building, and emotional exploration.
Founder: Thomas Alvarez III, LCSW
Beats, Rhymes, and Life

- Founded in 2004 by Thomas Alvarez III, LCSW

- Performance-based Rap Therapy program that utilizes the process of creating rap music to facilitate a therapeutic process and foster resiliency in a social work group setting (Alvarez, 2012)
Beats, Rhymes, and Life

- https://www.youtube.com/watch?v=pNavHWM3fBY
FlowStory
ALL MUSIC IS CONSCIOUS
MUZUZE Model

- Individual and Community Empowerment (ICE)
  - Esteem, Resilience, Growth, Community, Change.
  - (Travis, R., Deepak, A., 2011)

- Empowerment-Based Positive Youth Development (EMPYD)
  - Confidence, Character, Connection, Caring, Competence, Sense of Community, and Engaged Citizenship (Travis, T., Leech., 2014)

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MUZUZE: The Five Dimensions

- Esteem
  - Feel Better
- Resilience
  - Do Better
- Growth
  - Be Better
- Community
  - Better Belonging
- Change
  - Better Conditions

(Travis, R., Deepak, A., 2014)
The ability to live well, feel good about oneself, achieve one’s goals, and to celebrate these improvements, successes and strengths are major components of Hip-Hop culture” (Travis, 2016).
Hip-Hop Culture & Education

PROGRESSIVE

#HipHopEd

EDUCATIONAL CONTENT

(Emdin, C., Cook, A., Jones, T., 2010)
Abridged Version-Rodwin, A, 2017
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Takeaways

- Hip-Hop is rooted in the fight for social justice & values of *self* & *community improvement*.

- Popular & widely appreciated by a diversity of races, ages, cultures, & ethnicities.

- Powerful & culturally responsive therapeutic vehicle to engage, empower, & foster well-being.

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