



BIO

The Hip-Hop Detoxx: Social and Emotional Therapeutic Learning Program is a creative synthesis of writing, performance, cultural expression, music therapy, hip hop music, popular culture and the science of self-improvement i.e. “life skills, conflict resolution, character education and anger management”.

The Hip-Hop Detoxx is non-judgmental in its approach to the social and emotional issues that are at the core of the various behavioral problems.

The Hip-Hop Detoxx uses hip-hop music to stimulate penetrating discussion and in-depth analysis of problems, conflicts and issues, that impact youth mentally, emotionally and physically.

The Hip-Hop Detoxx assist youth in their struggle to find validation, approval and recognition as they critically analyze the influence of hip-hop music and culture and how it relates to their own life issues and struggles.

The Hip-Hop Detoxx empowers youth by creating an atmosphere for growth and change, while the process of resolving painful issues are engaged in through "deliberate dialogue".

Thus the DETOXX therapeutic process has begun.

The strategic usage of Hip-Hop causes active and critical thinking, while it also allows for parallels and contrasts to be implemented for the purpose of improving the students overall quality of life.

The activity of critically analyzing Hip-Hop music, lyrics and culture in a non-judgmental way facilitates penetrating discussion, self-discovery, self-correction and improved decision making skills and life choices.

Using Hip-Hop music and Spoken Word performances, the Science of Self Improvement and Deliberate Dialogue are initiated and the students begin lessons that range from, “How thought precede action in the Law of Cause and Effect to learning the process of Forgiveness and how to Acknowledge Mistakes and Correct Errors without being incarcerated by Shame and Guilt”. Students are led to examine and identify their contributions to the conflicts, problems and issues that are presently in their lives, and how it affects them as human beings within the rigorous educational process.

As a result of engaging in this process, the student develops and or increases: Their capacity to prevent, manage and resolve interpersonal conflicts in constructive ways, achieve personal and academic goals and contribute to the well being of ones school and community. This process of empowerment enables the student to make decisions, so that they may deal responsibly with daily academic and social situations.

The Origin

The idea and concept of the Hip-Hop Detoxx is a work in progress that began 16 years ago with Brother Enoch “N.O.C.” Muhammad. A combination of Hip-Hop and Spoken Word experiences as a dancer, rapper, hype-man, booking agent, manager, supporter of the Chicago Rhythm and Art Divine Unity Movement, Verbal Balance and other Poetic Improve Edutainment movements, along with Grassroot, Community and Organizational work, the Science of Atonement and Self-Improvement. All of these elements were involved in the making of this process which uses Hip-Hop to Detoxx Social and Emotional Problems, in a therapeutic way.

The Hip-Hop Detoxx is an ever evolving reality with many facets, dimensions and people who help with their participation, to evolve this process. Become a part of the Hip-Hop Detoxx by using it for SELF 1st; Then Reach Out to Others so they can help themselves in the process of self improvement and community development.

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