

Cedric Dale Hoard



Cedric possesses a unique ability to help others effectively address and navigate complex aspects of life as a Licensed Professional Counselor and national spoken word artist.

Imagine if we lived in a world that encouraged ongoing reflection & evolution of our identity & invited our youth & young adults to do the same!

We'd be able to move our collective community to places of healing.

We'd appreciate the uniqueness and immense worth within each of us!

Let's uncover the power of empathy through hearing the stories of others.

Discovering The Why Behind The What

How Our Stories Reveal Our
Path To Healing

Cedric Dale Hoard, MS, LPC

What Do I Do?

1. Give client the tools, language and perspective they need in order to make sense of their reality.

- Education
- Empathy
- Empowerment

2. Help clients connect the dots





The Foundation

Discovering "THE WHY" gives context into "THE WHAT."

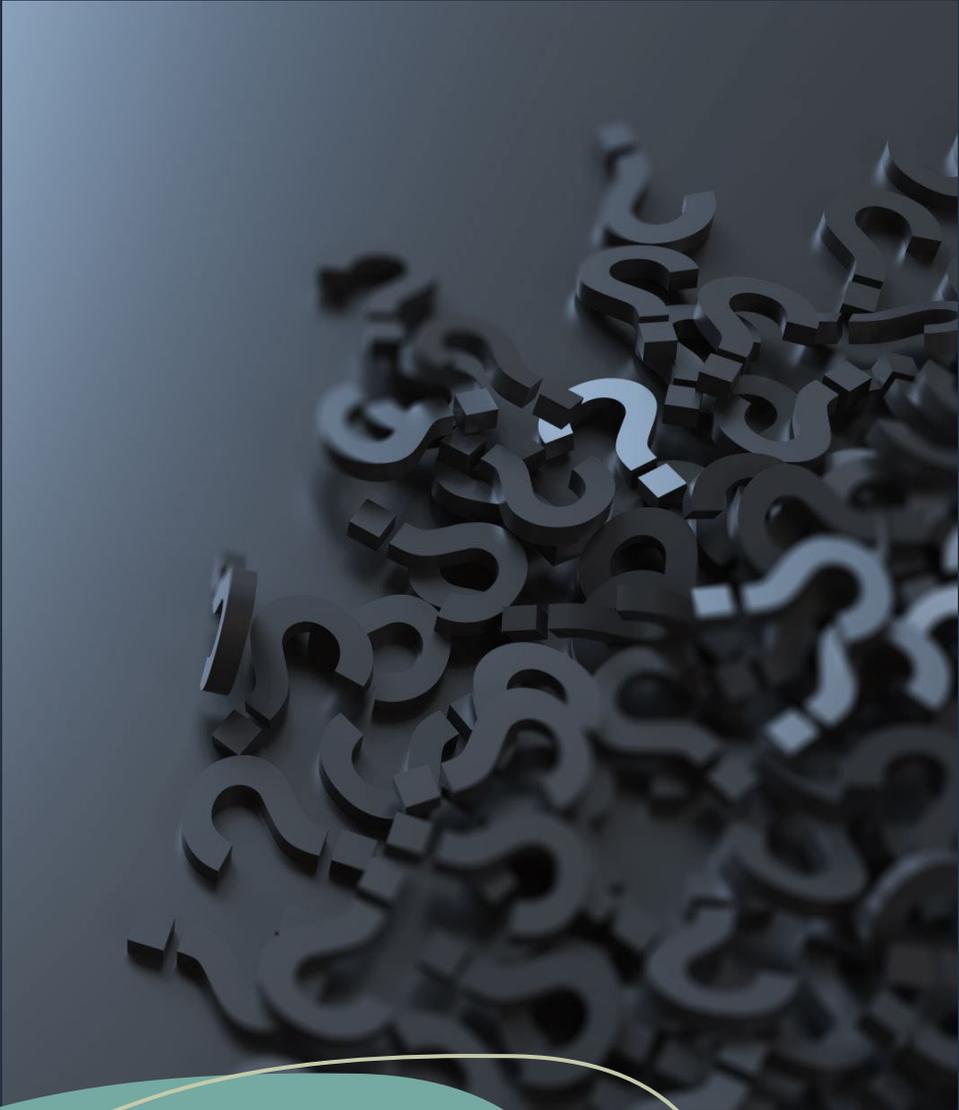
Interview and interrogate the behavior.

Trauma explains you, but it does not define you!

- "Emotions are **data** telling us what is important in our lives, not **directives** telling us what to do. Just because you feel guilty, doesn't mean you are guilty. An emotion is a **SIGNPOST** to explore how you feel and why, not a **STOP SIGN** to shut you down or keep you trapped."

-Dr. Susan David





Change the Question, Change the Narrative



INSTEAD OF "WHAT IS
WRONG WITH YOU?" ASK
AND WONDER, "WHAT
HAPPENED TO YOU?"



QUESTIONS ALLOW FOR
REFLECTION AND
REVELATION.



THE RIGHT QUESTIONS
EXPAND OUR LENS AND
HELP US WRITE THE
STORY.



"SHE" Poem



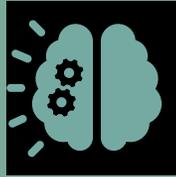
Expanding the Lens

- Addiction looks like solution
- Self-sabotage feels like control
- Behaviors are only symptoms

Understanding Trauma



We know trauma more by its **response**, than by its event



Acute Trauma,
Chronic Trauma,
Complex Trauma



Trauma is a **psychological, emotional, neurological**, and **physiological** response to a deeply disturbing and distressing experience.

4 F's (Fight, Flight, Freeze, Fawn)

FIGHT may look like:
hyperactivity, verbal aggression, oppositional behavior, limit testing, physical aggression, reactive.

FLIGHT may look like:
Withdrawal, escaping, running, isolation, avoidance, abruptly ending relationships.

FREEZE may look like:
Watchfulness, forgetfulness, dissociation, looking dazed, shutting down emotionally.

FAWN may look like:
Over-agreement, being overly helpful and accommodating, people pleasing.



The Traumatized Brain (The Smoke Alarm and The Watchtower)

Smoke Alarm (The Amygdala)

- Brains fear and emotion center that identifies if incoming input is necessary for survival.
- We need the amygdala to survive. It helps us respond and react to dangerous situations.
- Information is processed faster.

Watchtower (The Medial Prefrontal Cortex)

- Helps make sound judgement, helps us reason and make wise decisions.
- Information is processed a bit slower.



Balance Scale

The Traumatized Brain (cont.)



THE AMYGDALA DANGER RESPONSE TRIGGERS THE RELEASE OF STRESS HORMONES (**CORTISOL AND ADRENALINE**), WHICH INCREASE HEART RATE, BLOOD PRESSURE, RAPID BREATHING, PREPARING US TO EITHER FIGHT BACK OR RUN AWAY (FLEE).



THIS IS GREAT IN AN ACTUAL DANGER, BUT WHAT HAPPENS WHEN OUR BRAINS CONSTANTLY RELEASE CORTISOL AND ADRENALINE? WHAT HAPPENS WHEN OUR "SMOKE DETECTOR" IS CONSTANTLY SILENCING OUR "WATCHTOWER?"



The Traumatized Brain (cont.)

- Prolonged activation of the stress-response system and release of constant cortisol and adrenaline can disrupt the development of the brain, and actually increase risk for stress-related disease (PTSD, anxiety disorders) and cognitive impairment.
- Dixie Cup Analogy



A young green plant with several leaves is growing out of a charred, cracked tree stump. The background is a dark, circular shape with a cracked texture, similar to the tree stump. The plant is positioned in the center-right of the frame, casting a shadow on the wood. The overall image conveys a message of resilience and growth from adversity.

"We are a hopeful species.
Working with trauma is as
much about remembering
how we **survived** as it is
about what is **broken**."

-Bessel van der Kolk.

A stack of several books is shown in a dark, moody setting. The top book is open, and a handwritten note is placed on its pages. The note features a blue heart and some illegible handwriting. The text "Dear Approval" Poem is overlaid in white on the image.

"Dear Approval" Poem





What Can We Do?

Making Meaning From Trauma

Bottom-Up Brain

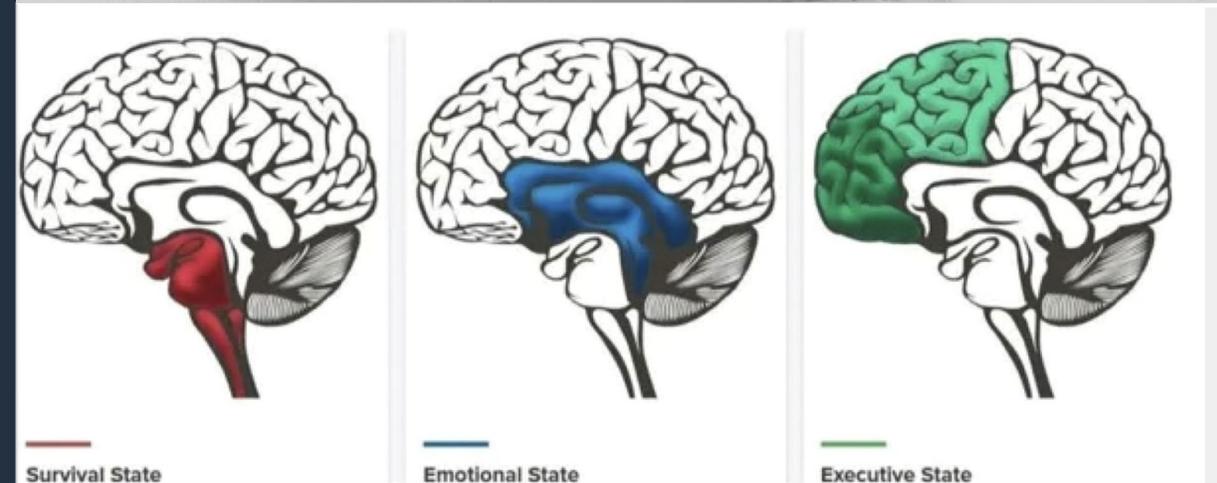
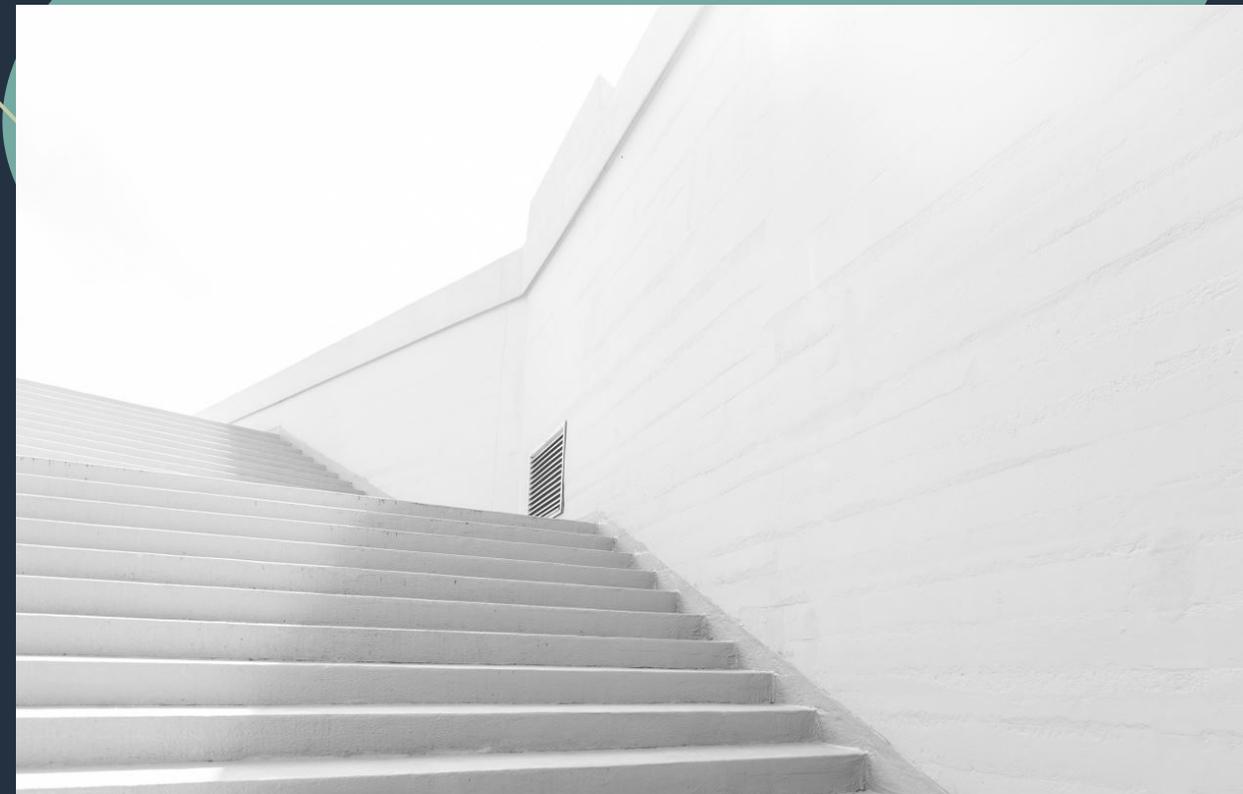
- Think of your brain as a staircase.

1st Stair: The brainstem is the oldest part of your brain. It's responsible for most of your automatic functions, such as your heart rate, body temperature, and blood pressure. In addition, your brainstem coordinates movement, controls arousal, and processes sensory information.

- **2nd Stair:** The limbic system (the "emotional brain") is known for its link to emotional experiences and regulation. The limbic system is the part of the brain involved in our behavioral and emotional responses, especially when it comes to behaviors we need for survival, feeding, reproduction and caring for our young, and fight or flight responses.

- **3rd Stair:** The cortex is the youngest part of your brain and often perceived as the "smartest." It's responsible for attention, perception, awareness, thought, memory, language, judgment, and consciousness.

- **Body - Emotions- Thoughts**





Client Case Study

- RJ has a habit of stealing and hoarding food. This most recent incident, involved RJ stealing money from his school principal's desk, leading to a suspension from school. At a young age RJ and his younger sister have been in and out of multiple foster homes. RJ tells his therapist that he steals money and hoards food so that he can "protect" him and his sister, making sure they have enough if they are placed into another home. RJ also experiences anxiety, rooted in perfectionists beliefs that he can't make mistakes so a family doesn't "get rid of them."
- Although RJ and his sister currently have been adopted into a loving home, and he knows, in his 3rd stair level, that he has been loved, nurtured, and cared for, he continues to steal and hoard food in order to calm his anxiety and survival instincts, which is rooted at the level of the 1st stair. He also continues to have anxious emotional responses fueled by perfectionism and fears of abandonment in his 2nd stair level.

Bottom Up and Top Down Approaches

Bottom Up

- **Bottom Up** means we target the nervous system and recalibrate the Smoke Detector.
- - Breathing
 - Grounding
 - Movement (Exercise, Dance, Yoga)
 - Touch

Integration of the Two

- **Top Down** regulation means we intentionally target and strengthen the Watchtower.
- - Theatre
 - Visual Arts
 - Poetry and Storytelling
 - Prayer/Worship/Meditation

"The Big Six"

1. **Sleep**- during sleep- cortisol levels, adrenaline drop and our immune system is most active!

2. **Mental Health- Counseling, Treatment Programs**

3. **Healthy and supportive relationships**

4. **Exercise**- helps the body better decide which fights to pick up or walk away from.

5. **Nutrition**- helps boost the immune system and improve brain functioning.

6. **Mindfulness**- meditation activates the parasympathetic nervous system- lowers heart rate and blood pressure, counters our stress response (remember 3 F's)

*All can help regulate a dysregulated stress-response system!





"Press Pause"
Poem

Thank you, Cedric!

Visit Cedric Dale Hoard's website at [cdhspeaks.com](https://www.cdhspeaks.com)

Instagram at [@cedricdalehoard](https://www.instagram.com/cedricdalehoard)

