HaRT

Healing and Resilience after Trauma

Why HaRT, Why Now?

One in three women worldwide experience gender-based violence and the consequences are often profound. Yet with compassionate support, healing is possible. HaRT is a feminist organization that supports women and girls affected by violence. By combining an innovative mind-body approach with community-based delivery, we expand access to healing where it is needed most.

HaRT at a Glance

- Founded in 2016
- Four strategic areas of work: Programming, Learning & Research, Collective Care, Advocacy & Exchange
- Move with HaRT first implemented in Uganda, with successful adaptations in the Philippines and the U.S.
- Proof of concept completed in 2020; randomized controlled trial completed in 2025

Our Approach

Move with HaRT is grounded in neuroscience and healing justice. The 12-week program creates a safe space where women and girls can move together and deepen their somatic and emotional awareness. This collective healing process supports survivors to reclaim their full selves and engage as leaders within their families, communities and social justice movements.

"Today I felt my body for the first time in my life... It made me calm."

— Program participant

Our Impact

HaRT has reached more than 750 survivors and activists. Multiple evaluations demonstrate consistent improvements in:

- Mental health and emotion regulation
- Physical wellbeing and sleep quality
- Self-compassion and body awareness
- Social connection and community engagement

LEARN MORE AT *www.movewithhart.org*