

#healmetoo Podcast + Festival

The Relationship tools of #HealMeToo Podcast are a Valentine to survivors

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#HealMeToo Podcast Season 2: Relationships will premiere on Valentine's Day. The 10-episode season will present moving performances, empowering interviews, and practical suggestions to help survivors and our allies experience Healthier Relationships – whether at work, in our communities, within our own bodies and ourselves, or in our intimate sexual lives.

The first episode of Season 2 was taped live on February 5 at the sold-out performance of **A LOVE THING**, which was also the first **#HealMeToo Festival** Popup Event of 2020 to follow last Spring's inaugural Festival. *A LOVE THING* was co-sponsored by **The Mayor's Office to End Domestic and Gender-Based Violence (ENDGBV)**, **The Angel Band Project**, and **The Tank**.

A LOVE THING explores the ways young adults – and we all – can create healthier relationships and handle harmful ones. Program highlights include the exclusive preview of an original **Song of Survival** by **Vanessa Marie**, and a healing choral improvisation led by **Music Therapist Katie Down**, both of The Angel Band Project, plus five student performers from **NYC's Jacqueline Kennedy Onassis High School**, and spoken word artist **Jovan Martinez**.

At the heart of this unique event recognizing **Teen Dating Violence Prevention Month**: a panel discussion with teen advocate, **Daniella Love Misyouk**, and Training and Curriculum Specialist, **Maisie Breit**, both working to educate teens through ENDGBV's **Youth Leadership Council**, plus community educator **Cassity Yeye** of the **Early Relationship Abuse Prevention Program** from **STEPS to End Family Violence**.

Building on the **12 full-length episodes in #HealMeToo Podcast Season 1**, Season 2 delivers art, insights and activism to change our culture. Throughout March and April, which span **Women's History Month, International Women's Day, and Sexual Assault Awareness Month**, Season 2 will provide: suggestions from sex & relationship educators, anti-harassment workplace strategies, trauma-informed dance and movement techniques, music therapy exercises, community-based practices of Restorative Justice, and more.

The #HealMeToo Podcast & Festival were founded by the survivor, theater artist, and activist **Hope Singen** to create an intersectional space for conversation that prompts healing and

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cultural change. Singesen finds inspiration in **Tarana Burke's "metoo." Movement**, which since 2006 has been empowering survivors of sexual violence through empathy.

"In the journey to 'heal' the epidemic of harassment, sexual violence, intimate partner violence, and childhood sexual abuse that sparked survivors everywhere to start posting #MeToo, so much depends on the safety and health of our relationships," says Singesen. "By definition, sexual violence happens in relationships. It creates what therapists call 'relational trauma,' and can change a survivor's experiences of dating, sex, and love, but also may impact our ability to feel safe and to exercise our power in the world at large. What's more, power discrepancies in relationships, such as between a supervisor and employee, or between more and less privileged groups, often sets the stage for abuse in the first place."

The #HealMeToo Podcast & Festival have also built on the conversation started by NOW-NYC and RAINN's #HealMeToo campaign, which provided survivors of sexual violence with resources to get help and speak out about their experiences.

"By presenting live events that invite bravely honest, intersectional conversations," Singesen says, "and by offering listeners practical tools that may enrich and inform their own conversations about trauma and healing, as well as structural inequity, privilege, accountability, and social justice, I hope the #HealMeToo Podcast & Festival can support the broader movement to heal in our lives and our culture – one relationship at a time."

#HealMeToo Podcast Season One premiered in the summer of 2019 to share recorded events from the first-ever **#HealMeToo Festival**, a multi-disciplinary exploration of gendered and sexual violence and how it can be healed. As covered in [Ms. Magazine Online](#), [Playbill](#), and [numerous other outlets](#), for three weeks in spring of 2019, the first-ever #HealMeToo Festival gathered more than 190 intersectional artists and experts at NYC's West Village **IRT Theater** to present 30 performances, panels and participatory workshops, with sponsorship from the **New York Women's Foundation** and **The Art Therapy Project**.

The Mayor's Office to End Domestic and Gender-Based Violence (ENDGBV) develops policies and programs, provides training and prevention education, conducts research and evaluations, performs community outreach, and operates the New York City Family Justice Centers. We collaborate with City agencies and community stakeholders to ensure access to inclusive services for survivors of domestic and gender-based violence (GBV). The NYC Family Justice Centers are co-located multidisciplinary service centers providing vital social services,

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civil legal, and criminal justice assistance for survivors of domestic and gender-based violence and their children—all under one roof.

The Angel Band Project is a national nonprofit dedicated to supporting survivors of sexual violence on their path to healing through innovative music therapy programming. Music therapy is the specialized use of music by a credentialed professional with a therapeutic goal in mind. It can help address social, communicative, emotional, physical, cognitive, sensory and spiritual needs. We use the power of music to provide healing, raise awareness and create positive social change for survivors of sexual violence.

People experiencing relationship abuse can find information and resources at nyc.gov/nychope.

FREE Tickets to *A LOVE THING* on February 5 at The Tank:

<https://red.vendini.com/ticket-software.html?t=tix&e=342cf6fb8ef788a7af01a09fd0e41ae6>

Podcast Website: healmetoopodcast.com

Festival Website: healmetoofest.com

ENDGBV Website: nyc.gov/site/ocdv/get-help/get-help.page

Angel Band Project Website: angelbandproject.org

[Twitter](#), [Instagram](#) and [Facebook](#) handles: @healmetoofest

For press inquiries or to arrange an interview with #HealMeToo Podcast Host, Hope Singen, please contact healmetoopodcast@gmail.com.