



## TEARS- Annual Elder Abuse Conference



### Zahra Somani

Zahra is a former Secondary Religious Education Teacher with a Masters of Teaching and a Masters of Arts in Muslim Societies and Civilizations from the University of London. During her 13-year career, Zahra has taught over 1200 secondary students in England, Dubai, Kenya, Bangladesh, Malaysia, Singapore, and the US. She has created nationally-implemented summer camps, served as a Master Trainer for primary teachers and school administrators in Mozambique, Kenya, Tanzania, Malaysia, and Singapore, and is currently creating and implementing a 2-year upper secondary curriculum on American Muslim history.

Today, Zahra's experiences have led her to a career in Marriage and Family Therapy. Her current research projects include: exploring gender role expectations in South Asian women and their impact on well-being and relationships; and exploring the role of sexual communication in sexual minorities including LGBTQ and poly relationships.

Zahra's goals are to drive discussions at the intersection of religion, culture, sex, and sexuality, create spaces for therapeutic conversations in South Asian and Muslim communities, provide tools and resources so individuals can live authentically and feel fulfilled in their relationships, and add to the body of culturally conscious material for mental health professionals to use in their practice.