

Sonalee Rashatwar

Education

Widener University, 2013-2016

Master of Social Work, Clinical Track
Master of Education in Human Sexuality, Clinical Track
Cumulative GPA: 3.81

Temple University, 2006-2011

Bachelor of Arts in Environmental Studies
Geography and Urban Studies
Concentration in Women and Gender Studies

Honors & Awards

Social Media Stigma Smasher, 2019
Philly Current Magazine
Outstanding Community Service, 2018
Council of Indian Organizations in Philadelphia
Graduate Student Speaker, 2016
Widener University Commencement
Community Service Leadership, 2016
Center for Human Sexuality Studies, Clinical
Gamma Eta Rho, 2015
Alpha Nu Chapter, Widener University

Certifications

State Board of Social Worker Examiners

New Jersey, Licensed Clinical Social Worker
Pennsylvania, Licensed Clinical Social Worker

Conferences, Guest Lectures, & Presentations

Why Fat Positive Healthcare?

- 2020 University of Illinois, Healthcare Providers Meeting

Creating a Body Positivity Practice

- 2020 University of Illinois

Understanding the White Supremacist Origins of Fatphobia

- 2020 Doctors Without Borders (MSF USA office)

Radical Sexual Wellness

- 2020 University of Plymouth, UK

The Gender Abolition of Fatness

- 2020 Los Angeles LGBT Center, Models of Pride Conference

Scribing the Unwritten: How Asians Can Show up for Black Lives

- 2020 Midwest Asian Pacific Islander Desi American Students Union.

Using Disability Justice to Disrupt Fatphobia in Counseling

- 2020 University of Albany, Counseling Psychology Diversity Conference

Closing the Orgasm Gap

- 2020 Playboy, in collaboration with AllBodies Sex Education

Unlearning Fatphobia & Healing Body Image

- 2020 Colorado State University
- 2020 Michigan Organization On Adolescent Sexual Health

Connecting with Your Body After Sexual Trauma

- 2020 Ampersand Sexual Violence Resource Center, Lexington KY

I Wanna Be My Lover: Creating a Self Love Practice

- 2020 Dame, sex toy company

Healing Sex Shame

- 2020 Dame, sex toy company

Decolonizing Sex Positivity

- 2020 Princeton University
- 2017 Widener University

- 2016 Woodhull Sexual Freedom Alliance
- 2016 American Association of Sexuality Educators, Counselors, and Therapists (AASECT)
- 2016 Planned Parenthood of Central and Western New York
- 2016, 2015 National Sex Education Conference

Fatphobia as a Sexological Issue

- 2020 Widener University, Center for Human Sexuality Studies

Creating Safer Spaces for Fat Clients

- 2020 Michigan Organization On Adolescent Sexual Health
- 2020 Ampersand Sexual Violence Resource Center, Lexington KY
- 2020 Widener University, Center for Human Sexuality Studies

Building Bridges to our Inner Fat Children

- 2020 East Coast Asian American Student Union, Pittsburgh, PA

Use of Self in Clinical Practice as a Queer Clinician of Color

- 2020 Widener University, Transgender Affirming Therapy Training Institute, Dr. Damon Constantinides

Bringing Fat Liberation into your Clinical Practice

- 2020 Widener University, Clinical Psychology Program

Anti-wellness as Wellness

- 2020 The Galleries at Moore College of Art

Sex Education 201

- 2020 Day-long retreat for NYC Independent School Clinicians

Sex Therapy with Adult Survivors: Treatment of Childhood Sexual Abuse

- 2019 Thomas Jefferson University, Couples and Family Therapy Program

South Asian Family Systems

- 2019 DePaul University, Chicago IL

Our Body Politics Cannot Begin and End with Ourselves

- 2019 Knock Out (Plus Size Fashion Show), Portland, OR

Achieving Sexual Happiness

- 2019 Lovehoney, UK sex toy company

Sex Education in the Digital Age

- 2019 Welcome Home Tattoo Studio

Medical Fatphobia

- 2019 Novo Nordisk, Plainsboro NJ

Bringing Fat Politics into Clinical Spaces: Using Motivational Interviewing to Understand Fat Trauma

- 2019 EDRDPRO (Eating Disorder Registered Dietitians & Professionals)

Sexing the Fat Body (Fatphobia & Sexual Attitude Reassessment)

- 2020 ANTE Up (Certification Program) by Dr. Bianca Laureano
- 2019 AASECT conference
- 2019 Widener University

Imagining our Decolonial Queer Futures

- 2019 Swarthmore College

Race as a Body Image Issue

- 2020 University of Alaska
- 2020 University of Delaware
- 2020 Princeton University
- 2020 Columbia University, School of Social Work
- 2019 Portland State University
- 2019 Asian American Feminist Collective, NYC
- 2019 St. Olaf College, Minnesota
- 2019 Arcadia University
- 2018 Cheyenne Gil Studios

- 2018 Be Nourished Mastermind Group
 - 2018 Simmons University
 - 2018 Rutgers University
 - 2018 Widener University
 - 2018 National Association of Social Workers-NJ via webinar
 - 2018 American Association of Sexuality Educators, Counselors, and Therapists (AASECT)
 - 2018 University of Colorado
 - 2018 University of Vermont
 - 2017 National Renfrew Conference
 - 2017 National Eating Disorder Information Center (NEDIC)
- Understanding Diet Culture & Fatphobia as Sexual Colonization
- 2019 Acadia Healthcare Company
 - 2019 Cake Shop, Minnesota
 - 2019 University of Pennsylvania, Chai House
- Take Back the Night
- 2019 University of Pennsylvania
- Unconscious Weight Bias: The Business of Medical Fatphobia
- 2019 University of Texas Medical Branch at Galveston, Texas
- Unlearning Diet Culture and Re-learning Body Respect
- 2019 Columbia University, School of Social Work
 - 2019 University of Regina, Saskatchewan Canada
 - 2018 International Association of Eating Disorders Professionals
- Dismantling Diet Culture
- 2020 Sadie Nash Leadership Project
 - 2018 Acadia Healthcare Company
 - 2018 International Association of Eating Disorders Professionals
- Considering complex body image issues outside the gender binary
- 2018 Columbia University
 - 2018 Acadia Healthcare Treatment Specialists
- The Pleasure Principle: Finding Pleasure in the Age of #MeToo
- 2018 Temple University, moderator with Tarana Burke and Favianna Rodriguez
- Processing our Body Image Trauma
- 2018 Girls Rock Philly, Adult Rock Camp
- Anti-oppressive sexology
- 2018 Widener University
- Treating Body Image Issues
- 2018 Widener University
 - 2018 Columbia University
 - 2018 Rutgers University
- Gender and Sex Toys 101
- 2018 NUANCE Conference by Dame Products
- National Eating Disorder Awareness Week
- 2018 Temple University
- Taking a Trauma-informed Sex Hxstory
- 2018 National Association of Social Workers-NJ Conference
- Beyond the Gender and Sexual Orientation Binaries
- 2018 Acadia Healthcare Company
 - 2016 Temple University
- Expanding the #MeToo Movement
- 2018 West Chester University

South Asian Families as a Special Clinical Population

- 2018, 2017 Rowan University
- 2016 North American Telugu Association's Women's Day

Gender and Sexuality in India

- 2018 University of Pennsylvania

Trauma and Crisis Response

- 2018, 2017, 2016 Haverford University, Volunteer training
- 2018, 2017, 2016 Center for Family Services, Domestic Violence Response Team Volunteer Training

Healthism & Oppressive Medicine

- 2018, 2017, 2016 East Coast Solidarity Summer

Casteism & Hindu Fundamentalism

- 2018 East Coast Solidarity Summer

Racial Justice for Sex Educators

- 2017 American Association of Sexuality Educators, Counselors, and Therapists (AASECT)

Gender is not Real and Neither is Health

- 2017 SEXx Interactive

The Revolution will be Potluck: 10 Steps to Building a Queer Femme Collective

- 2017 South Asian Americans Leading Together (SAALT) Summit

The Colonization of Health

- 2017 University of Pennsylvania

Body Inclusive Sex Ed: Exploring the Connection Between Body Image and Sex Education

- 2016 National Sex Education Conference

Thinking Outside of Mainstream Body Image Activism

- 2016 University of Pennsylvania

The Effects of Colonialism on South Asian Sexuality

- 2016 Widener University

Reproductive Justice & Dating Relationships

- 2016 East Coast Solidarity Summer

Feminism, Sexuality, and Bodies

- 2015 East Coast Solidarity Summer

Disability Justice and Fat as an Access Issue

- 2015 East Coast Solidarity Summer

The Implications of the Fat Positivity Movement on Sexuality

- 2015 SEXx Interactive
- 2015 Woodhull Sexual Freedom Alliance

Race and Sexuality

- 2015 Kean University
- 2014 LaSalle University

How to be an LGBTQIA+ ally

- 2014 The Restaurant School at Walnut Hill College

On Intersecting Religion and Sexuality

- 2014 Philadelphia Youth Leadership Council Q-space

Experience

Widener University
Adjunct Faculty

Chester, PA
Aug '17 – Dec '17

- Designed course: Hxstory and Ethics in Human Sexuality, with anti-colonial and anti-patriarchal texts.

Services Empowering the Rights of Victims (SERV)
Sexual Violence Mobile Counselor, Lead County Counselor

Camden, NJ
Jun '16 – Feb '19

- Hired after successful year-long internship as a Masters-level Sexual Assault Counselor.
- Tripled client population by extending office hours into the evening and weekend.

East Coast Solidarity Summer (ECSS)
Lead Organizer, Collective Member, Group Facilitator

New Brunswick, NJ
Feb '15 – Jul '18

- Orchestrated a 5-day retreat for 30 South Asian youth and 16 adult organizers.
- Produced and facilitated 3 workshops on: Group Norms, Feminism and Bodies, and Disability Justice.
- Doubled budget from \$5k to \$10k through intensive grassroots community fundraising strategies.

Media Coverage

- Interviewed by podcasts: Food Psych, Gender Reveal, Real Talk Radio, Brown Taboo Project, Unscrewed, Sexology with Dr. Moali, Strong Feelings.
- ‘TheFatSexTherapist’ leads discussion on body positivity for South Asian students, 3/6/19. Featured for speaking with students at Pomona College California on South Asian family trauma and body image.
- The Fat Person's Guide to Facesitting, 12/6/2018. Featured as a sex therapist for fat clients.
- Penn Association for Gender Equity, 2/2/2017. Featured as the Chair’s favorite activist on my grassroots organizing work in community building through community loving.
- Refinery29, 8/17/2016. Featured in article on 7 Sex Educators Who Are Totally Rocking It for my social-justice-bend on sex education.
- Medium, 8/11/2016. Featured in article on Spearheading a Survey of Caste in South Asian Diasporas for my family’s person caste history.
- Center for Sexual Pleasure and Health, 6/28/2016. Featured in article on W is for White Supremacy for my work on decolonizing sex positivity.
- Wear Your Voice Magazine, 1/18/2016. Featured for my social media presence in the South Asian diaspora, focusing on my clinical aspirations and political organizing work.
- Ravishly, 11/21/2015. Featured in article on Gaps in the Body Acceptance Movement for my workshops on fat positivity and decolonizing sex positivity.

Professional Memberships

- National Women’s Studies Association (NWSA), Member (April 2016)
- Sexuality Studies Association, Member, (March 2016)
- American Association of Sexuality Educators, Counselors and Therapists (AASECT), Member (March 2015)
- National Association of Social Workers (NASW), Member (March 2015)

Trainings Attended

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- ORG*GASM Business Retreat for Sexuality Professionals, Miami FL (Nov 2019)
- ADHD in Love and Bed: Treating Couples When One Partner Has ADHD (Sept 2019)
- **HAES Clinical Supervision Group**, Three Birds Counseling & Clinical Supervision (Maria Paredes & Anna Lutz, Instructors), Greensboro, NC (Aug-Dec 2019).
- **Transformative Justice**, Woodhull Sexual Freedom Summit (Mia Mingus, Instructor), Washington, DC (8/15/2019).
- **Restriction and Repression: Women with Anorexia as a Special Population in Sexuality**, National Sex Ed Conference (Melissa Fabello, Instructor), Atlantic City, NJ (12/9/2016).
- **Sex and the Young Ummah: Engaging Muslims to Create Culturally Sensitive Sex Education Programs**, National Sex Ed Conference (Sameera Qureshi, Instructor), Atlantic City, NJ (12/8/2016).
- **South Asian Organized Breakout**, Facing Race Conference (self-organized), Atlanta, GA (11/12/2016).
- **Facing Race in Asian America**, Facing Race Conference (Soya Jung, Greg Cendana, Aparna Bhattacharya, Zon Moua, Instructor), Atlanta, GA (11/12/2016).

- **Queer Muslim at the Intersections of Islamophobia and Homophobia**, Facing Race Conference (Mirna Haider and Amanda Chahine, Instructor), Atlanta, GA (11/12/2016).
- **The War on Terror 15 Years Later**, Facing Race Conference (Deepa Iyer, Kalia Abiade, Arjun Sethi, Asma Elhuni, Instructor), Atlanta, GA (11/11/2016).
- **Decolonizing Gender: Bringing Empire into the Conversation**, Facing Race Conference (Malcolm Shanks and Mickyel Bradford, Instructor), Atlanta, GA (11/11/2016).
- **Skin Deep: Intersections of Colorism, Colonialism, and Sexuality**, 48th Annual American Association of Sexuality Educators, Counselors, and Therapists (AASECT) Conference (Trina Scott and Bianca Laureano, Instructor), San Juan, Puerto Rico (6/11/2016).
- **Sex in the System: Special Considerations in Teaching Sexuality Education to Youth in Foster Care**, National Sex Ed Conference (Jessica Floresta and Kayla Daniels, Instructor), New Brunswick, NJ (12/10/2015).
- **To Teach or Not to Teach? Talking with Teens about Masturbation**, National Sex Ed Conference (Jennie Blakney, Instructor), New Brunswick, NJ (12/10/2015).
- **Afrocentric Decolonizing Queer Theory for Sexuality Education**, National Sex Ed Conference (Zelaika Hepworth Clarke, Instructor), New Brunswick, NJ (12/10/2015).
- **Sexuality Education for Latinos: Understanding Latino Culture and Sexuality**, National Sex Ed Conference (Lorena Olvera-Moreno, Instructor), New Brunswick, NJ (12/10/2015).
- **Black Experiences in the Field of Human Sexuality**, Careers in Sexuality Conference (Jeanae M. Hopgood, Wesley Thomas, Amanda Nicholson, Lorin Clay & Ericka Hart, Instructors), Chester, PA (10/23/2015).
- **Change-making in Communities of Faith**, Careers in Sexuality Conference (Mark Levand, Instructor), Chester, PA (10/23/2015).
- **Decolonizing International Research**, Careers in Sexuality Conference (Zelaika Hepworth Clarke, Instructor), Chester, PA (10/23/2015).
- **Pleasure versus Procreation: Impact of Reproductive Traumas on Sexuality**, Careers in Sexuality Conference (Erin Donnelly, Instructor), Chester, PA (10/23/2015).
- **Weighted Sexuality**, Careers in Sexuality Conference (April Garner, Instructor), Chester, PA (10/23/2015).
- **Black Sexuality Politics and Radical Social Work**, Careers in Sexuality Conference (Feminista Jones, Instructor), Chester, PA (10/23/2015).
- **Sexual Liberation is Rooted in Histories of Oppression**, SEXx Interactive (Ignacio Rivera, Instructor), Philadelphia, PA (5/9/2015).
- **Telling the Sexy Truth: Authentic Communication from the Body Outward**, SEXx Interactive (Leela Sinha, Instructor), Philadelphia, PA (5/9/2015).
- **Sex as a Spiritual Practice**, SEXx Interactive (Jessica Rosenberg, Instructor), Philadelphia, PA (5/9/2015).
- **Black Resistance in Reclaiming Sexual Pleasure**, SEXx Interactive (Feminista Jones, Instructor), Philadelphia, PA (5/9/2015).
- **Sexual Experiences of Queer Latino Youth**, SEXx Interactive (Carlos Decena, Instructor), Philadelphia, PA (5/8/2015).
- **Certified Sexual Violence Advocate 40-hour Training**, Center for Family Services (Ashley Walsh, Instructor), Blackwood, NJ (3-4/2015).
- **The History of Black Sexual Oppression: The Case of a Baltimore High School**, Careers in Sexuality Conference (LaShay Harvey Jones, Instructor), Chester, PA (10/24/2014).
- **Multicultural Competency in Sexual Communities of Color: Exploring Diverse Trans, Poly, and BDSM Communities of Color**, Careers in Sexuality Conference (Elisha Oliver, Derrell Cox II & Ariel M. Cooksey, Instructor), Chester, PA (10/24/2014).
- **Sex Education for Students of Color from Urban, Low-income Backgrounds: Special Considerations and Opportunities**, Careers in Sexuality Conference (Tracie Q. Gilbert, Instructor), Chester, PA (10/24/2014).
- **De-centering White Feminism in Decolonizing Sex Positivity: How to Reach Communities of Color**, Careers in Sexuality Conference (Sadia Q. Arshad, Instructor), Chester, PA (10/24/2014).
- **Sexologists of Color: A Panel of Observations and Experiences**, Careers in Sexuality Conference (Tracie Q. Gilbert, Blanca Torres, Shahana Hanif, Jaymie Campbell, Sadia Q. Arshad, & Adrienne Williams, Instructors), Chester, PA (10/24/2014).
- **Harm Reduction in working with Sex Workers and Substance Users**, Project SAFE (Kahn Miller, Instructor), Philadelphia, PA (8/30/2014).

- **Counseling Alternative Lifestyle Clients with a Trauma-informed practice**, Careers in Sexuality Conference (Lenore Jefford, Instructor), Chester, PA (10/11/2013).
- **Mindfulness Based Interventions in Clinical Practice: Techniques for Reducing Stress and Developing Body Awareness**, Careers in Sexuality Conference (Jenny Sandler & Cori Grachek, Instructor), Chester, PA (10/11/2013).
- **Bucking Mainstream Sexual Trends**, Careers in Sexuality Conference (Betty Dodson, Instructor), Chester, PA (10/11/2013).
- **Sex Positive Therapy with Kinky Clients**, Careers in Sexuality Conference (Michael Aaron, Instructor), Chester, PA (10/11/2013).
- **Post Modern Sexuality**, Careers in Sexuality Conference (Carol Queen, Instructor), Chester, PA (10/12/2012).
- **Understanding Bestiality and Zoophilia**, Careers in Sexuality Conference (Hani Miletski, Instructor), Chester, PA (10/12/2012).
- **An Example of Validation of Women's Sexual Responses and Developing a Research Program**, Careers in Sexuality Conference (Beverly Whipple, Instructor), Chester, PA (10/12/2012).
- **Entrepreneurial IQ: 10 Keys to Designing an Unconventional Career in Sexuality**, Careers in Sexuality Conference (Francisco Ramirez, Instructor), Chester, PA (10/12/2012).
- **National Organization of Women - Abortion Clinic Escort Training**, South Jersey Women's Center (Joy Booth, Instructor) Cherry Hill, NJ (6/16/12)
- **Domestic Violence Response Team 40-hour Training**, Camden County Women's Center (Beth Hastings, Instructor), Voorhees, NJ (9-11/2011).

References

Don Dyson, PhD

Associate Dean, School of Human Service Professions

Director, Center for Human Sexuality Studies

Widener University, Chester, PA

Sabitha Pillai-Friedman, PhD, LCSW, CST

Mentor, Assistant Professor, Center for Human Sexuality Studies

Widener University, Chester, PA

Erika Evans-Weaver, PhD, LMFT

Assistant Clinical Professor, Center for Human Sexuality Studies

Widener University, Chester, PA