

CURRICULUM VITAE

PERSONAL INFORMATION

NAME Dr. Kathungu Beatrice Mwathi- PhD

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MEMBERSHIP: Member of the International Society for Substance Use Prevention and Treatment (ISSUP) & Kenya Psychological Association (KPsyA)

Key Interest

Empowering youth and communities to fight alcoholism and drug abuse through research, training, rehabilitation and psycho social empowerment

PROFESSIONAL TRAINING

2010 PhD in Psychology at Kenyatta University (Area of Specialization-Behavior Rehabilitation /Counseling and Organizational Psychology) –Kenyatta University

2003 Master of Arts (Counseling Psychology) of U.S.I.U.

1998 Master of Education (Educational Psychology) of Kenyatta University
Thesis topic: **The self concept and educational aspirations of persons with disability**

1991 Bachelor of Education (Arts) – Upper Second Class Honors- Kenyatta University

ADDITIONAL PROFESSIONAL TRAINING:

In the Field of Drug Addiction Treatment

2014- Present (Ongoing) Universal Treatment Curriculum (UTC) for Substance Use Disorders (SUDs) for Master Trainers (Global TOTs) by Colombo Plan and US Department of State (INL)

2015-Present (Ongoing) Child Substance Use Disorder Treatment Curriculum by Colombo Plan for Master Trainers (Global TOTs)

2015: Successfully completed **ICCE Level II Examination** (*International Professional examination for Substance Use disorders Treatment Professionals offered by the (International Center for Credentialing and Education of Addiction Professionals , Colombo, Sri Lanka)*)

2014 - 2015 Member of **Panel of Experts for reviewing curriculum** for UTC (by Colombo Plan) for **intermediate level** training for TOTs for the areas- Working with families with substance use disorders, Clinical supervision and use of CBT in treatment of SUDs.

EDUCATION

1986- 1987 Alliance Girls High School
Awarded -Kenya Advanced Certificate of Education (K.A.C.E.), 3 principles, 1 subsidiary

1982-1985 Alliance Girls High School
Awarded -Kenya Certificate of Education (K.C.E.) Division 1.

1980-1981 Tetu Girls' Primary School
Awarded Certificate of Primary Education

WORK EXPERIENCE

Aug 2012-present -Chairperson, Department of Psychology, Kenyatta University

2014 - Member of Kenyatta University Wellness Board- which promotes staff wellness including fighting **drug abuse** in the university

Duties and Responsibilities:

- Steering the department in development of the **department strategic plan** in line with university strategic plan
- Overseeing implementation of the **department strategic plan performance targets**

- Monitoring and evaluating the achievement of Key performance indicators(**KPIs**) of the strategic plans, annual work plans and service delivery charter
- Coordinating teaching, learning, examinations, research and community outreach in line with university mission and vision
- Steering linkages, collaborations and partnerships with relevant internal and external stakeholders
- Overseeing quality monitoring in line with ISO 9001:2008 standard
- Overseeing curriculum development and implementation in line with university and Commission for University Education(CUE) standards
- Coordinating and promoting undergraduate and postgraduate studies (Masters and PhD) in counseling Psychology
- Promoting student academic and social welfare through mentorship and academic advising
- Supervising teaching and nonteaching staff members in department of Psychology
- Coordinating academic programs at Bachelors, Masters and PhD level across different campuses of the university

Jan 2011-present

Lecturer, Department of Psychology, Kenyatta University

- **Lecturing** in Psychology and Counseling Psychology courses including **substance abuse counseling and addiction studies** for undergraduate and postgraduate students
- **Clinical supervision** of counseling **field practicum to** Undergraduate, Masters and PhD students attached to different sites including **drug addiction treatment centers**
- **Supervision of Research projects and Theses for Post graduate (MA & PhD) students-** several of which touch on **alcohol and drug abuse**
 - Research and development of grant **proposals including on alcohol and drug abuse**
 - Development of research **papers** in the area of psychology and counseling and **drug abuse**

June 2004-Jan 2011

Tutorial Fellow, Department of Psychology, Kenyatta University

Duties and Responsibilities:

- **Lecturing** in Psychology and Counseling Psychology courses
- **Supervision of** Research projects for Undergraduate
- Formerly member of **editorial board of** Journal of School of Humanities and Social Sciences
- University **ISO 9001:2008 Internal Auditor**
- **In charge of** :- School of Humanities & Social Sciences ISO quality team
 - Department ISO Quality teams
 - Departmental academic advising
 - Department undergraduate practicum
 - Departmental welfare

2001-2003

Graduate Research Assistant at U.S.I.U.

Duties and responsibilities:

- Research Assistant to Associate Dean, School of Arts and Sciences, U.S.I.U.
- Teaching Psychology & Counseling courses

Key contributions

- Assisted in research work on follow up study on psychosocial effects of Kyanguli fire tragedy on survivors

2003-2004

Curriculum Developer, Kenya Institute of Education (K.I.E.)- Special Education Department-Psychosocially Challenged Section

Duties and Responsibilities

- Research and Development of curriculum and curriculum support materials for psycho-socially challenged learners
- Proposal development
- Sensitization and awareness creation on the needs of Psychosocially challenged learners

Key contributions

- Successfully Organized stakeholders sensitization workshop on the psychosocially challenged
- Participated in adaptation of secondary school educational curriculum to suit learners with special needs

2002-2003

Part-time volunteer counselor at the; Nairobi Psychotherapy Services and training Institute (renamed African Mental Health Foundation)

1993-2001

Teacher at Kirimari high school

1991-1993

Teacher at Kyeni Girls high school

Duties and responsibilities

- Deputy head teacher
- Head of department of Guidance and Counseling -- **-dealing with among others students with drug use problems**

COMMUNITY INVOLVEMENT

- ❖ **Founder and Director-Youth Empowerment Kenya (YEK)** - an organization involved in empowering youth with **drug related problems** through rehabilitation and psychosocial empowerment
- ❖ **Currently founding a community based membership movement -Support Beyond Borders(SBB)** with the mission of empowering communities to fight Alcohol and drug abuse and to support persons with **drug abuse and addiction** through a holistic (Bio-Psycho-Social-Spiritual-Legal) community based volunteer approach
- ❖ **Life Member: Kenya Red Cross Society, Embu Branch**
- ❖ **Member BOM: Kyeni Girls High School, Embu**
- ❖ **Member BOM: St Paul High School, Kevote**
- ❖ **Chief guest- Annual prize giving day: Nguviu boys High School-Embu – 24th May 2014**
- ❖ **Chief guest –District Awards day: Embu East District-13th July 2012**

- ❖ Chief guest –Annual prize giving day: Kyeni girls high school, Embu -23rd June, 2012
- ❖ Chief guest –District Awards day: Embu North District-15th June 2012
- ❖ Chief guest -prize giving: Nthagaiya girls school, Embu -26th May 2012
- ❖ Chief guest –Divisional Awards day: Central Division Embu West District-16th May 2012
- ❖ Chief guest –Annual prize giving day: St Paul’s High School Kevote, Embu- June 2011
- ❖ Chief guest -prize giving day: Kangaru Girls School, Embu-29th July 2011
- ❖ Chief guest -prize giving day: St Teresa’s Girls School-Embu-13th May 2011

2004 to date

Volunteer Consultant for Autism Society of Kenya

Key contributions

- Co-organized a National stake holders **workshop** to sensitize stakeholders on needs of autistic children in Kenya
- Developed a **position paper** on autism in Kenya
- Mobilization of resources in support of Autism Society of Kenya

2003 to 2010

Chairperson- Kenya Red Cross Society, Embu Branch of management committee,

Key contributions

- Strengthened Branch financial base through increased resource mobilization
- Successfully established financial management systems and significantly enhanced accountability and transparency
- Mobilized community support resulting in over 100% increase in Branch membership
- Successfully redeemed a key project, Jomo Kenyatta Home for Children with Physical Disability, from eminent closure due to accumulated debts
- Contributed to successful development and implementation of HIV/AIDS workplace policy
- Successfully oversaw the planning, implementation, and evaluation of branch activities and programs in line

with the Kenya Red Cross mission of alleviating human suffering.

- Initiated an international school exchange with a school in Sweden and a school in Embu, Kenya

SCHOLARSHIPS AWARDED

- **Kenyatta University:** scholarship for Master s degree in educational psychology
- **U.S.I.U. :** Graduate Research Assistant Scholarship for M.A. Counseling Psychology

RESEARCH AND PUBLICATIONS

Research Interests:

Impact of alcoholism and drugs, empowerment for youth and persons with disability, Behavior rehabilitation, Culture and behavior, Family dynamics, work- family dynamics, career guidance, Emotional intelligence

Research work:

2015

Kathungu, Mwaura &Wambugu (2015).Extent and patterns of drug use among persons with disabilities. *International Journal of Prevention and Treatment of Substance Use Disorders*. Vol.1Issue 3&4,

2013

African Brotherhood Church NACADA/ABC Lower Eastern Alcohol and Drug abuse Programme Consultancy for preparation of tools and instruments for monitoring, evaluation, data collection and capacity building, 2013

2013

Empowering youth with disability in Kenya: A community based self efficacy model for reducing drug abuse and enhancing participation in utilization of Government poverty reduction funds (*proposal stage –Principal investigator*)

2012-2013

Alcohol and drug abuse among persons with disability -funded by NACADAA grant (*Principal Investigator*) -successfully concluded

2012 (on going)

Drug use among university students in Kenya-

(Principal investigator)

- 2011 -2012** **Impact of continuing education on family stability**
(Principal investigator)
- 2011** **Situational analysis on juvenile justice system in Kenya –For Dept of Children’s services and JICA**
(Co- investigator)
- 2010** **Impact of alcoholism on rural communities in Kenya: implications for intervention**
(Principal investigator)
- 2010** **Emotional intelligence and job performance among service providers in rehabilitation school**

Papers Presented

- 2013** **Alcohol and drug use among persons with disability.**
Presented at the 2nd NACADAA conference held at Kasarani Gymnasium, Nairobi 10th-13th June 2013
- 2012** **Value Education in Alcohol and Drug Abuse among the Youth: Insights from a Counseling Psychologist**
Presented at the NACADA workshop held on 16th to 18th May 2012 at the Kenya School of Law, Karen
- 2012** **Balancing between Work and Family**
Presented at the Embu Diocese Catholic Secondary Schools Head Teachers Annual Workshop Held at JJ McCarthy Center from 5th-9th March 2012
- 2011** **The Juggling Game: Balancing Diverse Demands of Work, Family and Social Life.** Presented at the Kenya Institute of Management (KIM) Embu Branch Managers Forum held at Izaak Walton Inn on 12/10/2011
- **Alcohol use and performance of gender roles and gender role socialization among selected rural communities in Kenya.**
Presented at first NACADA national research workshop at KIA Nairobi 29th&30th Feb 2011
- 2010**
- **Impact of alcoholism on gender roles and gender roles socialization in rural communities in Kenya. Implications for the future of the boy child in Kenya.** Presented at the annual KBS conference on alcohol epidemiology and research - Kampala 15th -19th Nov. 2010

2006

Career guidance and counseling in educational institutions, during the workshop on development of Ministry of Education career book for schools held from 14th to 24th May 2006

- **The role of Universities in capacity building in guidance and counseling: The case of Kenyatta University,** during the Ministry of Education national stakeholders' consultative meeting for organizations involved in Guidance and Counseling held on 6th May 2005 at K.I.E.

The role of Guidance and Counseling in education, during the Guidance and Counseling stakeholders' workshop held on 14th October 2005, at K.I.E.

Position paper on Autism in Kenya, during the Autism society of Kenya's stakeholders' workshop held from 26- 29th June 2005, at Rosa Mystica, Ngong Road

The role of counseling Psychology in Government Ministries presented during the first

U.S.I.U. counseling Psychology Alumni workshop held on **7th** October 2004 at U.S.I.U

Developed **training module on fundamentals of communication in Guidance and Counseling** for Kenyatta University –Open and Distance Education Learning Program (2004)

Books

- Co-developed **Books on Life Skills** for Primary and Secondary schools in Kenya (currently with the publisher) 2010
- Played lead role in development of Ministry of Education **career book for high schools** (2009)