

Profile

As a Psychosocial Consultant, I am motivated to transform people’s lives by empowering them to achieve maximum psychological wellbeing and self-awareness through Psychological Counselling, Coaching, Mentoring and Mediation.

I am a PhD in Counselling Psychology holder from Kenyatta University and MA Counselling Psychology from USIU – A. I have a wide experience in counselling and Research. Having worked as a lecturer at Daystar University and Kenyatta University (My current station), I have had opportunities to facilitate in seminars and conferences. I have facilitated in several community work activities, Child protection activities and family counselling. I also work alongside church based activities (currently involved in teenage pregnancy and the clergy)

Education

K U PhD – Counselling Psychology (2013 - 2018)

M.A. Counseling Psychology - United States International University (2002 - 2004)

Trainer of Peer Counselors - United States International University (2003-2004)

Work Experience

Lecturer- Psychology - Kenyatta University - 2011- to date

Students Warden Ruiru Campus - K U June 2019-June2023

Trainer - Peak Performance Int. - 2005 – 2012

Daystar University, Adjunct Lecturer – Lecturer - 2008 – 2012

Key Professional Competences

Psychological Counselling

Mediation

Life Coach and training

Child Protection advocacy

Counsellor awareness and wellbeing trainings

Community Development

Conference and seminar Presentations

Mental Health awareness activities – Kenyatta University - May 2023

Ministry of Health Task Force – Kenyatta Conference Center – 26th Jan 2020

The Kenya Mental Health Task force – Memorandum KICC **27th Jan 2020**

Training on administration of Mental Health Screening Tools K U - **14th – 15th August 2019**

Self-care for practitioners in child care and protection - (Trainer) (Eldoret University)

9th -11th April 2019

International Consortium of Universities for Drug Demand Reduction (ICUDDR) NRB - **10th 14th Dec 2018**

Mediation refresher course MTTI - **27th July 2018**

Drug Demand Reduction and Supply Suppression K U - **21st - 23rd Feb 2018**

1st National Multi – disciplinary, multi- sectoral Conference - Kenyatta University –

16th – 18th May 2018

Colombo Plan – Universal Treatment plan for substance use and disorders walk through - K U - **June 2017**

Universal treatment Curriculum for Substance Use Disorders

(UTC) K U - **30th June 2015**

Guidance and Counseling Conference at Egerton University -**12th -14th Nov 2010**

First National Counselor Conference at Kenya Institute of Education, Theme: Enhancing counselor practice, supervision and research in 21st century and beyond - **July 2006**

Workshops and community Outreaches

Ruiru Subcounty School Champlaincy Training – **28th Aug 2023**

Thamaini Mental Health Camp Nyeri **May 2023**

Staff Training on Emotional Wellness Judiciary Nyeri (Trainer) - **17th May 2019**

Trainers workshop for staff mentors and growing leaders’ facilitators **22 Feb 2019**

Porticus Conference self-awareness - 3 days conference- **Dec 2018**

National Drug Reduction Conference - Kenyatta Conference Centre (KICC) - **10th -14th Dec 2018**

Directorate Of Community Outreach & Extension Programmes - Counselling – Medical Camp
At Michael Rehabilitation Centre, Maragua, Murang'a County - **17th Oct. 2015**

“A case study on Mathari Escapes” - KPA (Kenya Psychological Association) **8th June 2013**

Counselling Supervision - KU **25th – 27th April - 2012**

Others

Board Member Kamiti Sec. School - **2018- 2022**

Board Member - Kenya Institute of Business and Counselling - **KIBCO 2018 – To date**

Affiliation of Professional Bodies

Certified Professional Mediator (MTTI) **MAC 125**

Member – KPCA Kenya Psychologists and Counsellors Association - **1032/09 - 2019 to date**

Member - Kenya redcross **2020 to date**

Referees:

Prof. Catherine W. Gachutha,
Chair Person KCPA
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