



# THE TECHNICAL UNIVERSITY OF KENYA

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## EDUCATION

LEVEL	QUALIFICATION NAME	INSTITUTION	YEAR
Doctor of Philosophy (PhD)	Clinical Psychology	University of Nairobi(Kenya)	2012
Masters of Science (M.Sc.)	Clinical Psychology	University of Nairobi(Kenya)	2008
Bachelor of Philosophy (B.Phil)	Psychoology(counselling)	University of Nairobi(Kenya)	2005
Diploma	Education	Siriba Teachers Collage(Kenya)	1985

## WORK EXPERIENCE

PERIOD	INSTITUTION	POSITION
2012 - 2013	Kenya Methodist University	Lecturer
2002 - 2012	Teachers servise commission	administrator
2008 - 2010	Egerton,MoimBaraton,Nazarene Universities	Part-Time Lecturer
1985 - 2001	Chewoyet,Nasaka,Tartar,Eldamaravine Secondary Schools	Secondry school Teacher
02.08.2013 - *	Technical University of Kenya	Lecturer

## GENERAL STATEMENT ON RESEARCH AREAS

Opinions about Mental illness; Attitudes towards Professional Psychological Treatment for Mental illness and Expectations about Psychotherapy for a Mental Health Problem; Prevalence, Patterns, Risk factors and treatment for Psychoactive Drug use

## CURRENT RESEARCH PROJECTS

Prevalence, and Patterns of Psychoactive Substance Use among Somali Youth in Eastleigh.	Nairobi Area
Opinions, attitudes and expectations about counseling for a mental health Problem among univeristy students	Clinical psychology
prevalence and correlates of depression among university students in Kenya	Clinical Psychology

#### SELECTED PUBLICATIONS

TITLE	LINK TO PULICATION
National Alcohol and drug Abuse research workshop,Held at KIA,Kenya	Baseline survey of Alcohol and Drug Abuse among Teachers in kenya(March 2012 NACADA Report)
x. Correlations Between Opinions About Mental Illness and Attitudes Towards Psychological Help Seeking for a Mental Illness Among College Students in Kenya. Psychology and Behavioral Sciences, 2017; 6(4): 54-58.	<a href="http://www.doi:10.11648/j.pbs.20170604.12">http://www.doi:10.11648/j.pbs.20170604.12</a> .
ix. Efficacy of psycho-education on improving Attitudes towards Professional Psychological Help Seeking for a Mental Illness Among Teacher Trainees in Kenya. European Journal of Preventive Medicine, 2016; 4(5): 120-124. □	<a href="http://www.doi:10.11648/j.ejpm.20160405.13">http://www.doi:10.11648/j.ejpm.20160405.13</a>
xii. Factors that Contribute to Attitudes Towards Professional Psychological Help Seeking for Mental Health Issues Among Teacher Trainees in Kenya. American Journal of Applied Psychology, 2017; 6(6): 142-146.	<a href="http://www.doi:10.11648/j.ajap.20170606.11">http://www.doi:10.11648/j.ajap.20170606.11</a>
viii. Effectiveness of Psycho education ion Improving Opinions about Mental illness among Primary School Teacher Trainees in Kenya, Science Journal of Public Health, 2016,4(6): 422-429.	<a href="http://www.doi:10.11648/j.sjph.20160406.11">http://www.doi:10.11648/j.sjph.20160406.11</a>
vii. Expectations about Counseling for a Mental Illness Among Primary School Teacher Trainees in Kenya. Science Journal of Public Health, 2016; 4(4): 305-311. doi: 10.11648/j.sjph.20160404.16□.	<a href="http://www.doi:10.11648/j.sjph.20160404.16">http://www.doi:10.11648/j.sjph.20160404.16</a> □.
vi. Attitudes Towards Professional Psychological Help Seeking Among Young Adults: A Case Study of Public Teacher Training Colleges. Psychology and Behavioral Sciences, 2016; 5(3): 69-76. □.	<a href="http://www.doi:10.11648/j.pbs.20160503.12">http://www.doi:10.11648/j.pbs.20160503.12</a>
v. Opinions about Mental Illness Among Primary School Teacher Trainees in Kenya. Journal of Psychology and Behavioral Sciences, 2016: 5(3): 62-68.	<a href="http://www.doi:10.11648/j.pbs.20160503.11">http://www.doi:10.11648/j.pbs.20160503.11</a> □
xi. Psychoeducation Effectiveness on Expectations About Counseling for a Mental Illness Among the Youth: A Case Study of Teacher-Trainees in Kenya. American Journal of Applied Psychology, 2017; 6(4): 57-63.	<a href="http://www.doi:10.11648/j.ajap.20170604">http://www.doi:10.11648/j.ajap.20170604</a> .
Shisha Use and Its Associated Factors Among Somali Youth Living in Eastleigh, Nairobi, Kenya International Journal of Psychological and Brain Sciences Volume 3, Issue 3, June 2018, Pages: 22-27	<a href="http://www.doi:10.11648/j.ijpbs.20180303.12">http://www.doi:10.11648/j.ijpbs.20180303.12</a>
Miraa Use Among Somali Youth Living in Eastleigh, Nairobi Kenya	<a href="http://www.doi:10.11648/j.ejpm.20180604.12">http://www.doi:10.11648/j.ejpm.20180604.12</a>

#### POSTGRADUATE STUDENTS SUPERVISION

NAME	PROJECT TITLE	PERIOD
WAWA SARAH K	PREVALENCE AND SOCIO-DEMOGRAPHIC CORRELATES OF DEPRESSION AMONG STUDENTS AT THE KENYA METHODIST UNIVERSITY.	2016-2018
ADAN ADEN KORIO	Prevalence and Patterns of Psychoactive Substance Use and its Associated Demographic Characteristics among Somali Youth Living in Eastleigh, in Nairobi, Kenya	2016-2018

#### COURSES TAUGHT

NAME	DESCRIPTION	PERIOD
Project B	This course aims at helping students be able to collect data and write discussion for the results	January 2018 - April 2018
Drug and Substance Rehabilitation	This course is aimed at learners to develop skills, attitudes and techniques of managing substance dependence in a Rehabilitation	September 2018- - TO-DATE
Drug and Substance Abuse	This course aims at helping learners understand the psychology and counseling skills of individuals with alcohol and substance abuse	September 2018 - December 2018
Fundamentals of Counseling	This course aims to introduce learners to fundamentals of counseling	September 2018 - TO-DATE
Project A	This course aims at helping learners to develop research skills in project proposal	September 2018 - TO-DATE
Industrial Psychology	This course aims to introduce the psychology of work and the workplace	January 2018 - April 2018
Forensic Psychology	This course aims to introduce to learners the psychology and counseling skills in criminal justice system	January 2018 - April 2018
Homes for Seniors	this course aims to impact to the learners the skills and techniques used in a Home for the Seniors	January 2018 - April 2018
Psychometrics B	This course aims at helping learners be able to do comprehensive assessments of individuals with Psychological problems using standardized tests, observations etc in a variety of settings	January 2018 - April 2018
Research Methods	This course aims to help students develop their research projects to completion for their Diploma Certificate	January 2018 - April 2018
Introduction to Sociology	This course aims to introduce Sociological principals to learners	January 2018 - April 2018
Cognitive Psychology	This course aims to introduce the major principals of Cognition	September 2018 - December 2018
Counseling People with Special Needs	This course aims at counseling individuals with special needs appropriately	September 2018 - TO-DATE

#### PROFESSIONAL AFFILIATIONS AND SOCIETIES

<b>TITLE</b>	<b>INSTITUTION</b>
Certificate in health Systems	AMREF,
VCT counselor	NASCOP
Certificate for Addiction Prof	NACAADA
Certificate in Distance Learni	African Nazarene University
Certificate in Health Research	African Mental Health foundations, Kenya
Certificate in Suicide Counsel	Samaritans, Kenya
Management and Rehabilitation	SAPTA, KENYA
Basic Counseling Skills	Amani Centre Kenya
Certificate in Research Method	Catholic University of Kenya
HIV/AIDs Management in the wor	L. Bogoria Hotel
Certificate IV in Management M	University of Melbourne

**EXTRA INFORMATION**

## DESCRIPTION

### International Conferences 2011-2017

- |    |  |   |   |
|----|--|---|---|
| a. | National Alcohol and Drug abuse Research Workshop, held at KIA, Nairobi, Kenya   | <i>"Baseline Survey of Alcohol and Drug Abuse Among Teachers in Kenya"</i>  | March 2012 NACADA Report of 2012  |
| b. | 37 <sup>th</sup> Annual Alcohol Epidemiology Symposium of the Kettil Bruum Society held in Melbourne, Australia  | <i>"Prevalence of Alcohol and Drug Abuse among teachers in Kenya"</i>   | April 2011 Report of the 37 <sup>th</sup> KBS   |
| c. | 4 <sup>TH</sup> African International Psycho-trauma Conference and the Training Towards Mental health Policy and Practice on Psychotrauma-African Solutions to African Problems. | <i>"Prevalence of PTSD among primary school teachers soon after the post-electro-violence in a rural District in Kenya"</i>   | July 2011 report of the 4 <sup>th</sup> African International Psycho-trauma Conference  |
| d. | Annual Alcohol Epidemiology Conference of the Kettil Braum Society held in Kampala, Uganda   | <i>"The alcohol and Drug Abuse Policy at the work place for Teachers Service Commission employees, Kenya"</i>   | July 2011 Report of the Report of the KBS Conference  |
| e. | 3 <sup>rd</sup> Regional Training Conference/on Psycho-Trauma, healing and reconciliation held at the Catholic university of East Africa, Nairobi Kenya                          | <i>"Discussant on factors to consider in reconciliation in Somalia"</i>   |   |
| f. | The 2 <sup>nd</sup> East and Central African Regional Conference of Psychology conference (8 <sup>th</sup> to 13 <sup>th</sup> November 2015) in Hilton Hotel, Nairobi Kenya     | <i>i. "Attitudes towards professional help seeking among college students in Kenya"</i><br><i>ii. "Opinions about mental illness among primary school teacher trainees in Kenya"</i><br><i>iii. "Expectations about Counseling in teacher training colleges in Kenya"</i> | Report of the 2 <sup>nd</sup> East and Central African Regional Conference of Psychology, Nov 2015  |
| g. | The International Congress of Behavioral Medicine (ICBM), 7 <sup>th</sup> to 10 <sup>th</sup> December 2016 Pullman Melbourne Albert Park, Melbourne, Australia                  | <i>"Expectations about Counseling for a Mental Illness among Primary School Teacher Trainees in Kenya"</i>  | International Journal of Behavioral Medicine, Official Journal of the International Society of Behavioral Medicine, Springer. Of November 2016 Volume 23, Supplement 1, pp. 7 |