

CURRICULUM VITAE

LUCY KAMAU

Profile: Student Counselor at the College of Biological and Physical Sciences (CPBS)

Chiromo Campus of University of Nairobi

Duties: Student and staff mental wellness and Cooperate Social Responsibility.

Personal Details:

- Marital Status: Married
- Religion: Christian
- P.O Box 103 272-00101, Nairobi
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Personal Objectives:

- To maximize service delivery and positively affect many lives in a special way through counseling, guidance, psychotherapy and training.

Education & Professional Qualifications:

- Master of Arts degree in counselling psychology, United States International University (USIU) Africa, 2012-2014
- Bachelor of Arts degree in Psychology, 2nd Upper, University of Nairobi, 2009-2011
- Diploma in Pharmacy Kenya Medical Training College, Nairobi, 1987-1990
- Kenya Advanced Certificate of Education, Kambui Girls High School, 1982-1983
- Kenya Certificate of Secondary Education, Chinga Girls High School, 1978-1981
- Trainer of Trainers in Alcohol and Drug Abuse, University of Nairobi-2014
- Grant Proposal Writing
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Key Skills & Competencies:

- Over five years experience working with the youth in the University of Nairobi as a counselor for both students and staff.
- More than five years experience offering university students and staff voluntary counseling services
- Well trained and skilled in counseling of individuals, the youth, group, marital, vocational and community
- More than ten years experience as Pharmacy Technologist
- Superb communication skills necessary for counseling and guidance
- Excellent interpersonal skills necessary to consistently interact with students, staffs and their families in a courteous manner; team working and maintaining positive working relationships
- Ability to pay attention to detail and report accurately
- Integrity, commitment to service and respect for diversity

- Ability to quickly learn new systems, processes/procedures and adapt local practices to global standards
- Ability to think creatively and an innovative approach to problem-solving
- Able to exceed customer expectations with product knowledge & expertise

Significant Work Experience:

- Counseling the university community in collaboration with the Dean of Students-2015 to date
- Counseling and psychotherapy of students and staff at the university Health Services through pharmacy practice
- Pro bono (voluntary) student and staff counseling and psychotherapy-School of business, the University of Nairobi, Lower Kabete Campus-2012 to 2014
- Voluntary youth and community counseling services at the Kenya Assemblies of God Church, Kahawa Sukari
- Intern Counseling Psychologist, Mathari Referral and Teaching Hospital, Nairobi, Kenya (Jan 2014 – July 2014) :
 - Individual therapy with patients at the drug rehabilitation centre with Substance Use Disorders (SUDs) - psychotherapeutic options used were CBT and Motivational Enhancement therapy.
 - Group therapy among married and non-married groups at the drug rehabilitation centre
 - Psycho education and relapse prevention planning among patients with various SUDs.
 - ARV Adherence counseling, readiness for medication, prevention of mother to child transmission, disclosure needs and other components for people living with HIV/AIDS (PLWHA).
 - Conducting psychotherapy among patients with severe mental illnesses.
- Mental illnesses assessment and diagnosis using Mental Status Exams (MSE) among patients in the Maximum Security Unit who have been referred for Forensic assessments from the State prisons.
- HIV counseling and testing- UHS -The University of Nairobi
- Pharmaceutical locum –Kenyatta University 1997-2000
- Luika pharmaceuticals -1996 to2003
- Strategies Health Services-2004 to 2005
- Untrained teacher Benson Njau primary school

Professional Experience

Students Counselor:

College of Biological and Physical Sciences (UON) -2015 to Date

- Counseling, guidance ,psychotherapy and training of the university community in collaboration with the Dean of Students- 2015 to date

Pharmaceutical Technologist;

University of Nairobi Health Services 2015

Duties And Responsibilities:

- Patient education and counseling in appropriate use and handling of ARTS and other medications
- Coordinating sensitization of the University community on HIV, alcohol and drug abuse- School of Business Lower Kabete Campus
- Operating automated inventory management information system.
- Generating quantification statistics, inventory control
- Mixing pharmaceutical preparations according to written prescription

Pharmaceutical Technologist;

College of Health Sciences University of Nairobi, ACTS Programme, 2007-2010;

Duties and Responsibilities:

- Supervised, counseled and guided pharmacy student interns from the Kenya Medical Training College and the University of Nairobi during their internships with anti retroviral drugs in the inpatient ART pharmacy
- Counseled and guided HIV positive patients on the appropriate use of ART medicines and proper and positive living
- Received written prescription or refill requests and verified that the information is complete and accurate
- Maintained proper storage and security conditions for drugs
- Answered telephones, responding to questions by doctors and other professionals.
- Ordered medicines from the central stores on line

Pharmaceutical Technologist;

Social Service League MP Shah Hospital, 1991-1995

Duties and Responsibilities:

- Received and stored incoming supplies, verify quantities against invoices, and informed supervisors of stock needs and shortages
- Transferred medication from vials to the appropriate number of sterile, disposable syringes, using aseptic techniques
- Supplied and monitored robotic machines that dispense medicine into containers, and label the containers

Membership:

- Member Kenya counseling and psychologists association (KCPA)
- Member Kenya pharmaceutical association (KPA)

Trainings/Seminars/Workshop Attended:

- Adult ARVS, Infection Control, Commodity Management, Good Injection Practices, Pediatric ARVS -College of Health Sciences, University of Nairobi.
- Computer packages-Kenya Institute of Finance and Management
- HIV testing and counseling-KAPC
- Mentorship; JCC Church

Interests/Hobbies:

- Voluntary community service, travelling, reading, listening to music and interacting cross culturally

REFEREES

Please feel free to contact the under mentioned in regard to my competence, work ethics and performance.

Prof. Priscilla Kariuki
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