

Profile

Assistant Dean of Students, University of Nairobi, College of Architecture and Engineering. The office is concerned with students' welfare, from entry to graduation. The office deals mainly with the welfare of students this includes counselling, social, career guidance, academic advice, and spiritual issues. Student mentorship on leadership, soft skills and social cooperate responsibility activities. I headed the counselling center and was in the task force that drafted the disability policy for the University of Nairobi. Currently I serve as the secretary of the Disability mainstreaming committee in the college.

Teaching experience

University of Nairobi	2004 & 2012
United States International University (USIU)	2004 - 2007
Kenyatta University	2002 - 2004
Institute of Human Resource Management	2010
Kenya Institute of Counselling	2001 -2004

Conference papers-

African Studies Association of Africa (ASAA) Nairobi, Kenya	2019
Topic - Nourishing mind and spirit using art as therapy.	
Jenga: The East Africa Psycho-Social Network, Nairobi, Kenya	
Topic - Art therapy and journaling and art as therapy workshop	2017
https://images.app.goo.gl/nFgNS1VBURpW63jd7	
International Conference- Kenya Association of Professional Counsellors, Nairobi, Kenya	
Topic: The use of art as therapy the person centered way.	2001
Trauma the silent killer, experience from the Commission of Inquiry into the Post-Election Violence.	2009
Expressive arts and play therapy, art communicates.	2010

Consultancy and training experience

“Probation a New beginning” –Judge in children art competition -Kenya	
http://probation.go.ke/pacs-art-exhibition.html	2020

Expressive art Ji-Tambue- <https://images.app.goo.gl/ASZ3wr9rgurbkyzQ7> 2019

Alzheimers & Dementia Organization Kenya alzkenya.org Newsletter 2019

<https://images.app.goo.gl/B8cfJhTLRcxr7HsH8> 2018

Art therapy training - United States International University, counselling center 2017

Conducted art therapy workshops 2016

Trainer Kenya Private Sector Alliance (KEPSA) - Communication skills 2011-2014

Kenya Association of Professional Counsellors, trainer for certificate course on expressive arts and play therapy 2011

Psychologist for - The Commission of Inquiry into Post-Election Violence (CIPEV) 2008

Kenya Institute and Kenya Institute of Management (KIM), Company of the year awards - Best practice in human resource and environmental management, (COYA) Organization performance index (OPI), psychological effects of retirement.

Institute of Human Resource Management (IHRM) Counselling at the work place employment separation, post-employment opportunities for retrenched persons, drug and alcohol abuse at the work place and how to manage it.

Conducted Art therapy workshops and training

Loss and Bereavement Life spring chapel 2002

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Publications

<http://journals.uonbi.ac.ke/index.php/ajbu/article/view/1828>

<https://www.rsisinternational.org/journals/ijriss/Digital-Library/volume-3-issue-8/330-336.pdf>

<http://uonjournals.uonbi.ac.ke/ojs/index.php/ajbuma>

Kenyatta University developed art and craft module - Early childhood department - Kindergarten Headmistress Association, trainer and curriculum developer for an art and craft course and child development course 1988-2008

Poetry book “Poems from my heart” Nyawira Kuria

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Professional courses

Eye Movement Desensitization and Reprocessing Training

(EMDR) Part I & II. This is an interactive treatment technique used to relieve psychological stress. It has been found to be an effective treatment for trauma and post-traumatic stress disorder (PTSD).	2014-2015
Basic skills in sign language	2013
Non Violence and peace building	2011
Training focus was on introducing several approaches in peace building that prescribe a path of non-violence towards minimizing inter-human violence in-order to reside in a state of peace and happiness.	
Training on how to use the Enneagram	2010
A model used to help management in different institutions understand the different personality types and how best to work efficiently in spite of these differences	
Palliative Care, Nairobi Hospice	2009
This training was on medical care or treatment that concentrates on reducing the severity of disease symptoms rather than striving to halt, delay, or reverse progression of the disease itself or provide a cure. The goal is to prevent and relieve suffering and to improve quality of life for people facing serious and complex illness through prevention and relief of suffering, early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.	
Trauma resiliency model	2009
This is a skilled based intervention training focused on stabilizing, reducing and/or preventing the symptoms of traumatic stress in clients and practitioners and restores the body's natural resiliency.	
Supervision in Play therapy - Kenya Association of Professional Counsellors	2009
The training was to establish an interpersonal process by use of therapeutic powers of play to help clients prevent or resolve psychosocial challenges and achieve optimal growth and development as a form of counselling or psychotherapy that therapeutically engages power of play to communicate with and help people, especially children. In addition, the training focused on how clients can express their experiences and feelings through a natural, self-guided, self-healing process so that they could know and accept themselves and others by showing personal commitment, acceptance of responsibility, act ethically and adopt ethical behaviour.	
Debriefing Training	2008
Voluntary Counselling and Testing -Kenyatta National Hospital	2004
Counselling in HIV pediatric care -Kenyatta National Hospital	2004
Loss and bereavement - Kenya Association of Professional Counsellors	2002
Drug and Substance Abuse-Alcohol Advisory Service of Hull and East Yorkshire,	

Speaking engagements**Guest Speaker, Kenya Broadcasting Cooperation (KBC)-Radio-**

Topic:

Role of counselling in society 2014

Causes of drug and alcohol addiction 2014

Guest Speaker, Family Television-

Topic:

Who sets the limits of freedom for teenagers 2002

Parent/child relationships- 2001

Drug use and abuse amongst the youth 2001

Guest Speaker Family Radio

Topic: Alcoholism

Internship and practicum experience

USIU counselling centre, Nairobi, offered counselling services, facilitated art therapy sessions for individual clients and groups, developed learning materials.

Chiromo Lane Medical Centre, Nairobi, offered, counselling sessions conducted group sessions, occupational therapy and group art therapy sessions

Practicum

Grangeville School: Nairobi, a school for children with special needs such as

Fragile X, Down syndrome, Cerebral palsy, Autism and other developmental challenges.

Taught some general topics, example, keeping the environment clean, personal hygiene, personal safety “appropriate and inappropriate touch” art exercises, occupational therapy and assessments.

Kenyatta National Hospital: Nairobi, worked on rotational basis within the hospital, pediatric clinic-assessments, worked in the youth counselling center and adult psychiatry section, counselling and assessments.

Centre for Victims of Torture: Nairobi, worked with female refugees, who were victims of torture, rape, defilement, using trauma counselling methods and art therapy

Education

United States International University-Africa-Doctorate-Clinical Psychology 2014-2020

Durham University-United Kingdom-Masters-Counselling

1999-2001

Kenyatta University Kenya-Bachelor of Education-Fine Art

1984-1987

Referees

Prof Lucy Irungu - Vice Chancellor Machakos University, Kenya.

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