

CURRICULUM VITAE

DATED January 2021

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**Teresia Ndilu Mutavi**  
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**A: BIO DATA**

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Date of birth:	18 <sup>th</sup> December 1977
Gender:	Female
Nationality:	Kenyan
Occupation:	Psychiatric Social Worker/Counsellor
Current position:	Lecturer, University of Nairobi Department of Psychiatry

**B: ACADEMIC QUALIFICATIONS**

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2018	Doctor of Philosophy in Psychiatric Social Work University of Nairobi
2012	Master of Arts (MA) Sociology University of Nairobi
2012	Higher National Diploma in Psychological Counseling Kenya Institute of Professional Counselors (KIPC)

2001 Bachelor of Arts (BA) Social Work  
Catholic University of Eastern Africa (CUEA)

1995 Kenya Certificate of Secondary Education (KCSE)

**C: WORK AND PROFESSIONAL EXPERIENCE**

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**2019 May- To date**                    **Lecturer in Psychiatric Social Work**  
Department of Psychiatry, School of Medicine  
College of Health Sciences, University of Nairobi

**2015 Dec. – To April 2019**   **Tutorial Fellow in Psychiatric Social Work**  
Department of Psychiatry, School of Medicine  
College of Health Sciences, University of Nairobi

**2013 March–To date**                **Part time Professional Counselor**  
International Justice Mission

**2014 June – 2018**                    **Part time Supervisor at Tangaza University**

**2014 - 2016**                            **Part time Lecturer at South Eastern Kenya University**

**2014 – Nov. 2015**                    **Medical Social Worker at Pumwani Maternity Hospital**

**2012 – 2014**                            **Medical Social Worker departmental in charge**  
Mama Lucy Kibaki Hospital

**2006-2011**                            **Medical Social Worker departmental in charge**  
Machakos General Hospital

**2001-2002**                            **Civic Education Facilitator**  
Citizen Coalition for Constitutional Change

**1998 - 2001**                            **Student on Work Study Program**  
Catholic University of Eastern Africa

**D: DUTIES AND RESPONSIBILITIES**

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**2019 May – To date:**                **AS A LECTURER**  
My duties as a lecturer include teaching of both Undergraduate and postgraduate students at the school of Medicine, research and clinical work at KNH and Mathari Hospital.

**Responsibilities include:**

- Coordinating behavioral sciences year 1 MBChB
- Teaching year 6 MBChB students on psychosocial aspects of child psychiatry
- Teaching psychosocial aspects of psychiatry to MBChB students
- Carrying out research activities in area of interest
- Providing psychosocial support and rehabilitation of children at Mathari hospital and Kenyatta National Hospital

**2015 Dec. – April 2019:**

**AS A TUTORIAL FELLOW**

My duties as a tutorial fellow include teaching of both Undergraduate and postgraduate students at the school of Medicine, research and clinical work at KNH and Mathari Hospital.

**Responsibilities include:**

- Coordinating behavioral sciences year 1 MBChB
- Teaching year 6 MBChB students on psychosocial aspects of child psychiatry
- Teaching psychosocial aspects of psychiatry to MBChB students
- Carrying out research activities in area of interest
- Providing psychosocial support and rehabilitation of children at Mathari hospital and Kenyatta National Hospital

**2006 –Nov. 2015:**

**AS MEDICAL SOCIAL WORKER**

- Coordinating social work in the hospital
- Psychosocial support to sexual and gender based violence cases

**Responsibilities**

- History taking and counseling patients
- Community placement of patients
- Reviewing mental patients in the general wards
- Membership to hospital committees
- Supervision and mentorship of Medical officers, paramedical students, students from other Universities on attachment
- Planning for social work (annual and five year plans)
- 2012 -2014 Medical social work member of team at Kenyatta National Hospital gender based violence case conferencing held monthly to assist on difficult gender based violence cases within Nairobi County

**E: COUNSELING EXPERIENCE**

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2013 March - To date

**ASA COUNSELOR**

- Counseling of children who have been defiled using the trauma focused cognitive behavioral therapy model (TF-CBT) model.
- Psychological counseling, gender based violence (SGBV), post rape care management and mental health: cases handled include counseling of suicide attempts, mood disorders, rape, defilement, depression, adolescent crisis and drug abuse.
- Clinical demonstration and practicum to clinical psychology and social work students.

**F: ACADEMIC PROJECTS/RESEARCH**

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1. 2020- Co- Investigator in the project offering psychosocial support for frontline health workers during the COVID-19 pandemic in Nairobi “ The acceptability and effectiveness of tele-medicine based approach to offering psychosocial support to frontline healthcare workers during the COVID-19 pandemic in Kenya” which is still ongoing.
2. 2020- Co- Investigator in the project offering psychosocial support to medical students during the COVID 19 pandemic in Nairobi. “ The acceptability and effectiveness of a tele-medicine based approach to offering psychosocial support to medical students” which is still on-going.
3. 2019- Co- Investigator in the project EQUIP Kenya project “ Ensuring Quality in Psychological Support” which is still ongoing.
4. 2018- Field coordinator in the SMART Africa project “ Strengthening Mental Health and Research Training” which is still ongoing.
5. 2015- Researcher on a project on barriers to successful treatment completion among survivors of child sexual abuse at Kenyatta National Hospital.
6. 2014- Field coordinator in Research on the project on “Constructing knowledge societies”.Conducted by University of Nairobi Department of Sociology and Engineering and funded by FORD Foundation. The research was carried out in

Nairobi, Homabay, Makueni and Kwale County. Participated in launching of the results of the study in Makueni County in 2014.

7. 2012-2014 Field coordinator in research on water harvesting for sustainable development food security and community development in Kenya supported by (UNESCO) in collaboration with University of Nairobi, carried out the baselines survey in water harvesting and food security in Makueni and Oloitokitok. The research findings presented to University of Nairobi and UNESCO team.
8. 2005- Research assistant on project conducted by University of Nairobi Department of Sociology “When do scientists adopt the internet, dimensions of connectivity in developing area”. This research was done in Kenya, Ghana and India.

## **G: ACADEMIC SUPERVISION**

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Supervised the following student dissertation in MSc Clinical Psychology and Mmed

1. Ruth Kioko: MSc Clinical Psychology (UON) The association of family functions and Juvenile delinquency among children in rehabilitation centres in Nairobi and Kiambu Counties in Kenya
2. Dr. Erica Adagala Mmed (UON) The prevalence of undetected psychiatric morbidity in patients attending the infertility clinic at the Kenyatta National Hospital.

Supervised the following students at Mama Lucy Kibaki Hospital practicum.

1. 2014- Supervision of Bachelor of Arts (BA) student Triza Mbogo in Counseling psychology on the field attachment from Mount Kenya University Thika campus at Mama Lucy Kibaki Hospital Nairobi.
2. 2013- Supervision of Master of Arts (MA) student Fridah Kagendo in Counseling on field attachment (practicum) from USIU University at Mama Lucy Kibaki Hospital Nairobi.
3. 2013- Supervision of Bachelor of Arts (BA) student Isaac Ndaruga in Psychology on field attachment (practicum) from Moi University main Campus at Mama Lucy Kibaki Hospital Nairobi.
4. 2013- Supervision of Bachelor of Arts (BA) student Grace Shali in Psychology on field attachment (practicum) from Moi University main Campus at Mama Lucy Kibaki Hospital.

5. 2013- Supervision of a diploma in social work student (Mercy Cherotich) in social work on a field attachment (practicum) from Nairobi Technical Institute at Mama Lucy Hospital Nairobi.
6. 2013- Supervision of Bachelor of Arts (BA) student Irene Awour in Counseling Psychology on field attachment (practicum) from Kenyatta University at Mama Lucy Hospital Nairobi.
7. 2013- Supervision of a diploma in social work student (Bernedette Chacha) in social work on a field attachment (practicum) from Kenya Institute of Social Work and Community Development at Mama Lucy Hospital.
8. 2012- Supervision of a diploma in social work student (Elisha Moseti) in social work on a field attachment (practicum) from University of Nairobi at Mama Lucy Hospital.
9. 2012-supervision of Bachelor of Arts (BA) student (Barbara Ogutu) in Social Work on field attachment (practicum) from University of Nairobi at Mama Lucy Hospital.
10. 2012- Supervision of a diploma in social work student (Maureen Obenge) in social work on a field attachment (practicum) from Kenya Institute of Social Work and Community Development at Mama Lucy Hospital.

## **H: TRAINING AND CERTIFICATES**

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| 2019 | Trained on Pedagogy, Andragogy and Mentorship courtesy of University of Nairobi         |
| 2019 | Trained on Qualitative and Mixed Research Methods courtesy of University of Nairobi     |
| 2018 | Trained on Introduction to Epidemiology courtesy of Washington University-online.       |
| 2018 | Trained on Post Graduate Research Supervision courtesy of University of Nairobi.        |
| 2017 | Trained on Anti-plagiarism Turnitin courtesy of University of Nairobi library.          |
| 2017 | Trained on Psychological First Aid courtesy of Red Cross.                               |
| 2017 | Trained on Research Administration and Grant Writing courtesy of University of Nairobi. |
| 2016 | Trained on Brief Recovery Program courtesy of International Justice Mission.            |

- 2014 Trained on Research Methodology by University of Nairobi Department of Psychiatry in collaboration with Washington University.
- 2014 Trained on Most at Risk Population courtesy of NASCOP.
- 2014 Trained on Child Development and Play Therapy courtesy of International Justice Mission.
- 2014 Trained on Management for Social Development Workers at Kenya School of Government Embu.
- 2013 Facilitated a training for Mama Lucy Hospital staff on SGBV in collaboration with Kenyatta National Hospital and Afya Plus.
- 2013 Trained on Sexual Gender Based Violence and Human Trafficking courtesy of WHO.
- 2013 Trained on Trauma Focused Cognitive Behavioral Therapy (TF-CBT) model Courtesy of International Justice Mission.
- 2011 Trained on International Handbook on Gender Based Violence courtesy of UNHCR.
- 2011 Children Rights and Protecting Children in the Community and Gender Based Violence courtesy of Save the Children.
- 2011 Safe Programming courtesy of International Rescue Committee.
- 2002 Community Organizing courtesy of Citizen Coalition for Constitutional Changes.
- 2004 Democracy, Human Rights and Gender issues courtesy of Ecumenical Centre for Justice and Peace.
- 2005 Community Mobilization, Project Planning and Management and HIV / AIDS Awareness courtesy of NOPE.
- 1998 Advocacy and Lobbying courtesy of United Disabled Persons of Kenya.

## **I: CONFERENCES**

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- Fourth Annual Conference on Child Behavioral Health in Sub-Saharan Africa, Uganda (July 28-1<sup>st</sup> August, 2019)

- Third Annual Conference on Child Behavioral Health in Sub-Saharan Africa, Uganda (July 30-2<sup>nd</sup> August, 2018)
- 10<sup>th</sup> Annual Kenya Psychiatric Association (KPA) Conference, Nakuru (May, 24<sup>th</sup>-26<sup>th</sup>, 2018)
- The 5<sup>th</sup> International Social Work Conference, Kigali, Rwanda (March, 19<sup>th</sup>-22<sup>th</sup> 2018)
- Second Annual Conference on Child Behavioral Health in Sub-Saharan Africa, Uganda (July, 31-1<sup>st</sup> August, 2017)
- 9<sup>th</sup> Annual Kenya Psychiatric Association (KPA) Conference, Mombasa (March, 30<sup>th</sup>-1<sup>st</sup> April, 2017)
- Kenya- Norwegian Conference, Nairobi (March, 19<sup>th</sup>- 20<sup>th</sup>, 2017)
- First Annual Conference on Child Behavioral Health in Sub-Saharan Africa, Uganda (July, 12-15<sup>th</sup> 2016)
- 8<sup>th</sup> Annual Kenya Psychiatric Association (KPA) Conference, Nyeri (May, 26-28<sup>th</sup> 2016)
- The 8<sup>th</sup> Annual Pan- African Peter C. Alderman Foundation Psycho-trauma Conference, Nairobi (July, 15- 18<sup>th</sup> 2015)
- Kenyatta National Hospital/ University of Nairobi Scientific Conference, Nairobi (June, 16-18<sup>th</sup> 2015)
- 7<sup>th</sup> Annual Kenya Psychiatric Association (KPA) Conference, Eldoret (May, 25-28<sup>th</sup> 2015)
- Regional psychosocial support forum on child protection KICC, Nairobi (April, 2013)

## **J: SYMPOSIUM**

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- Bridging the gap in Schizophrenia held at Radisson Blu Hotel (February, 2020)
- Excellence in management of Attention Deficit Hyperactive disorder (ADHD) held at Radisson Blu Hotel (August, 2019)
- Beautiful Minds: Unveiling the Face of Psychosis held at Radisson Blue (July, 2019)
- Depression across lifespan held at Azuri Restaurant (July, 2018)
- Attention Deficit Hyperactive Disorder (ADHD) across the lifespan held at Sarova Panafric Hotel (November, 2017)
- Psychopharmacology of Long Acting Injectables held at Radisson Blu Hotel (November, 2017)
- Mental Health Symposium, University of Nairobi, College of Health Sciences (March, 2014)

## **K: PAPER PRESENTATIONS**

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- Presented a paper on Incidence of PTSD among Sexually Abused Children at the Child Behavioral Health Conference at Masaka, Uganda, July, 2018
- Presented a paper on Emerging Social Work Techniques among the Youth at the International Social Work Conference in Kigali, Rwanda, March, 2018
- Presented a paper on Incidence of PTSD among Sexually Abused Children at the Kenya Norwegian Conference, March, 2017
- Presented a paper on Depression among Sexually Abused Children at the Kenya Psychiatric Association Conference, May, 2016

## **L: ASSOCIATION MEMBERSHIP**

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- Kenya Medical Social Workers Association
- Kenya National Association of Social Workers
- Kenya Psychiatric Association

## **M: PUBLICATIONS**

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### **Published**

1. Mbwayero, A., Manasi, K., Mathai, M., **Mutavi, T.**, Nungari, J., Gathara, R., McKay, M., Ssewamala, F., Hoagwood, K., Petersen, I., Bhana, A., Huang, K. (2021). Strengthening System and Implementation Research Capacity for Child Mental Health and Family Wellbeing in Sub-Saharan Africa. *Journal of Global Social Welfare: Policy, Research and Practice*.
2. Kioko, R., **Mutavi, T.** (2020). The Association of Family Functions and Juvenile Delinquency among Children in Rehabilitation Centres in Nairobi and Kiambu Counties in Kenya. *Journal of Research Humanities and Social Science*. 10(21). doi10.7176/RHSS/10-21-06
3. Triplett, N., Munson, S., Mbwayero, A., **Mutavi, T.**, Weiner, B., Collins, P., Amanya, C., Dorsey, S. (2020). Applying Human-Centered Design to Maximize Acceptability, Feasibility, and Usability of Mobile Technology Supervision in Kenya: A Mixed Methods Pilot Study Protocol. *Implementation Science Communications Journal*.
4. Mbwayero, A., Mathai, M., Kuria, M., **Mutavi, T.**, Stoep, A. (2019). Parents' and Teachers' Perceptions of Factors that Affect Pupils Learning in Kenya. *Journal of Global Social Welfare: Policy, Research and Practice*. <https://doi.org/10.1007/s40609-019-00161-4>

5. **Mutavi, T.**, Obondo, A. Kokonya, D., Khasakhala, L., Mbwayo, A., Njiri, F., Mathai, M. (2018). Incidence of depressive symptoms among sexually abused children in Kenya. *Journal of Child and Adolescent Psychiatry and Mental Health*,12(1),40.
6. Ng'ang'a, P., Mathai, M., Obondo, A., **Mutavi, T.**, Kumar, M. (2018). Undetected psychiatric morbidity among HIV/AIDS patients attending comprehensive care clinic (CCC) in Nairobi, Kenya: Towards an integrated mental health care. *Annals of General Psychiatry*,17(1),11.
7. Otieno, E., Okatta, T., Muhingi, W., **Mutavi, T.**, Okuku, M., Odero, V., Mwendwa, D. (2018). The emerging social work techniques in youth empowerment programs: A case study of youth empowerment in Nairobi County. *International Journal of Scientific Research and Management*,6(2), 77-86.
8. **Mutavi, T.**, Mathai, M., Obondo, A., Kokonya, D., Mavis, D. (2018). Self-esteem and school performance among children exposed to sexual abuse in Kenya. *Journal of Global Social Welfare: Policy, Research and Practice*,4(1), 1-9.
9. Okatta, T., Muhingi, W., Muthomi, S., Ochieng, D., **Mutavi, T.**, Simiyu, V. (2017). Unhooking tentacles of financial dependency: Challenges and opportunities of public benefit organization in Nairobi County's informal settlement, Kenya.*International Journal of Development and Sustainability*, 6(11), 1905-1918.
10. Okatta, T., Otieno, E., Muhingi, W., **Mutavi, T.**, Okuku, M., Odero, V., Mwendwa, D. (2017). Promoting a Bi-partisan Approach to the Contemporary Socio-economic Challenges in Kenya. *International Journal of Scientific Research and Management*,5(12), 7652-7660.
11. Anyango, D., Muhingi, W., Okuku, M., **Mutavi, T.**, Mwalw'a, S. (2017). Socio-economic effects of cattle-rustling in Borabu Sub-county, Nyamira County, Kenya. *Journal of Humanities and Social Sciences*, 22(10), 70-90.
12. **Mutavi, T.**, Mathai, M., Obondo, A. (2017). Post- Traumatic Stress Disorder (PTSD) in Sexually Abused Children and Educational Status in Kenya: A Longitudinal Study. *Journal of Child & Adolescent Behavior*, 5(5): 357. doi:10.4172/2375-4494.1000357
13. Okatta, T., Muhingi, W., Odero, V., **Mutavi, T.**, Obondo, A., Namulanda, V., Ondieki, D. (2017). Civil society and development: Involving stakeholders to enhance financial sustainability of public benefit organizations in informal settlement in Kenya. *International Journal of Science & Research*, 6(6), 2594-2602. doi.10.21275/24061706

14. **Mutavi, T.**, Mathai, M., Ng'ang'a, P., Kumar, M., Obondo, A. (2016). Psychosocial outcome among children following defilement and the caregiver's responses to the children's trauma: A qualitative study from Nairobi suburbs, Kenya. *African Journal of Traumatic Stress*, 5(1), 29-32.
15. Muhingi, W., **Mutavi, T.**, Kokonya, D., Simiyu, V., Mucungu, B., Obondo, A., Kuria, M. (2015). Effects of social networks and student performance in secondary schools: Lessons from an open learning centre in Kenya. *Journal of Education and Practice*, 6(21), 171-177.
16. **Mutavi, T.**, Kokonya, D., Obondo, A., Ocharo, R., Wariua, P. (2013). The magnitude of poverty among female headed households in Yathui and Central Division, Machakos District Kenya. *International Journal of Business and Social Science*, 4(6), 208-211.
17. **Mutavi, T.**, Waithaka, G., Njeru, A., Nyangaresi, W. (2013). Effect of women group membership to poverty vulnerability among female headed households in Yathui and Central Division Machakos District Kenya. *International Journal of Humanities and Social Science*, 3(15), 279-282.
18. Waithaka, G., **Mutavi, T.**, Njeru, A., Nyangaresi, W. (2013). Challenges facing reporting of child sexual abuse in kibera slums, Nairobi, Kenya. *Journal of Review of Arts and Humanities*, 2(2), 27-32.
19. Nyangaresi, W., **Mutavi, T.**, Njeru, A., Waithaka, G. (2013). Recruitment and selection process: A case of city council of Nairobi, Kenya. *Journal of Contemporary Business Research*, 2(2), 40-44.
20. Wariua, P., Nyalwal, H., **Mutavi, T.**, Muchiri, P. (2013). Factors that affect stakeholder's participation in cooperate social responsibility in Kenya Roads Board, Nairobi County. *International Journal of Business and Social Science*, 4(8), 229-232.

### **In press**

1. Adagala, E., Kigamwa, P., **Mutavi, T.** (2021). The Prevalence of Psychiatric Morbidity in Patients attending Fertility Clinic at Kenyatta National Hospital in Nairobi Kenya, *Annals of General Psychiatry*
2. Kasyoka, L., **Mutavi, T.**, Ndege, W. (2021). Socio- cultural factors associated with gender based violence survivors assessing legal services in Makueni County, Kenya. Submitted to *Journal of Global Social Welfare Policy Practice and Research*.

3. Triplett, N., Munson, S., Mbwayo, A., **Mutavi, T.**, Weiner, B., Collins, P., Amanya, C., Dorsey, S. (2021). Exploring the role of US- based psychologist supervisors in task-shifting: A commentary on APA guidelines and pragmatic guidance, *Journal of Ethics and Behavior* (submitted)

## **N: BOOK CHAPTERS**

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1. Otieno, E. J., Okatta, O. T., Muhingi, W. N., Mutavi, T. N., Tedd, M. O. (2018) Socio-economic implications of under-age sexual relationship in East Kamagambo, Rongo, Migori County, Kenya in Amutabi, N. M. & Hamasi, L. (Eds) (2018). *Governance and Economic Development in Africa*. Centre for Research and Development (CEDRED): Nairobi, Kenya, page 103-115, Chapter 10.
2. Okatta, O. T., Muhingi, W. N., **Mutavi, T. N.** (2017) Stakeholders involvement to enhance sustainable financial sustainability of public benefit organization in informal settlement in Kenya in Amutabi, N. M. & Hamasi, L. (Eds) (2017). *Africa A Continent in Transition*. Centre for Research and Development (CEDRED): Nairobi, Kenya, page 182-198, Chapter 17.

### **Book Chapters in progress of publication**

**The African textbook of clinical psychiatry and Mental Health. Eds. Prof Ndetei and colleagues. Publisher: AMREF 2<sup>nd</sup> edition 2020**

- 1) **Mutavi, T.**, Obondo, A., Ndetei, D., Health and Illness Behaviors, Chapter 16
- 2) **Mutavi, T.**, Obondo, A., Ndetei, D., Culture, Health and Illness, Chapter 17
- 3) **Mutavi, T.**, Obondo, A., Ndetei, D., Culture and Mental Health, Chapter 18
- 4) Obondo, A., **Mutavi, T.**, Ndetei, D., Introduction to Social Work Practice and the Role of the Psychiatric Social Worker as an Integral part of the Mental Health Team in the African Context

### **Book chapter on Child and Adolescent Mental Health**

1. Mathai, M., Mbwayo, A., **Mutavi, T.**, Bukusi, D., Child and Adolescent Mental Health in Kenya: Do we need a Child and Adolescent Mental Health Policy.

## **O: Consultancies**

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Consultancy work by Katiba Institute to offer psychosocial support to people who had been in quarantine in March 2020 after returning back in Kenya.

**P: UNIVERSITY ALUMNI**

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Catholic University of Eastern Africa (CUEA)  
University of Nairobi (UON)

**Q: AWARDS AND HONORS**

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2016- to date **SMART Africa Global Fellow**, Strengthening Mental Health and Research Training

2015- to 2017 **PhD Research Grant**, Medical Education Partnership Initiative (MEPI) Program

**REFEREES**

1. Prof. Anne Obondo  
Associate Professor of Psychiatric Social Work  
University of Nairobi  
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2. Dr. Muthoni Mathai  
Senior Lecturer in Psychiatry  
University of Nairobi  
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3. Dr. Donald Kokonya  
Senior Lecturer in Psychiatry  
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