

# Dr. Eunice Githae

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**Position:** Chairperson Psychology Department

**Department:** Department of Psychology,

**School:** School of Humanities and Social Sciences (SHSS)

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**Area of Specialization:** Counseling Psychology, Substance Abuse and Addictions

**Research Interests**

- Substance Use in Athletic Performance (Doping)
- Behaviour Change in Substance Use Disorders
- Recovery Oriented Care Systems in Substance Disorders
- Family and Alcohol Use Disorder
- Peacebuilding Leadership

**Academic & Professional Qualifications**

- 2015: PhD in Counseling Psychology, Kenyatta University
- 2015: Graduate Certificate in Peace-building and Leadership, Eastern Mennonite University, Virginia, USA
- 2014: Certificate in Conflict Analysis: Understanding Conflict: EMU, Virginia, USA
- 2014: Certificate in Philosophy & Praxis of Forgiveness & Reconciliation EMU, Virginia, USA
- 2014: Practice: Certificate in Skills for Peacebuilding: EMU, Virginia, USA
- 2014: Certificate in Substance Abuse and Addictions Training. Kenya Methodist University, Nairobi
- 2008: MA in Counseling Psychology, Daystar University
- 2005: Higher Diploma in Psychological Counseling, Kenya institute of Professional Counseling
- 2005: Certificate in Trainer of Trainers/Facilitators (TOT), Kenya institute of Professional Counseling
- 1995: Bachelor of Education (Arts) Kenyatta University

**Employment History**

- 2015 to date: Lecturer, Psychology Department, Kenyatta University
- 2009-2014: Lecturer, Department of Counseling, Kenya Methodist University.
- 1999 – 2009: Loreto Girls High School, Limuru, Kenya

## Professional Membership and Affiliation

- 2006 to Date: Kenya Professional Counselors and Psychologists Association (KCPA)
- 2016 to Date: Daima Amani Women Network (DAWN)
- 2020 to date: International Society of Substance Use Professionals (ISSUP)

## Achievements

- 2020: **(Principal Investigator, PI):** National Research Fund (NRF) : Implementing Comprehensive Recovery-Oriented Practices for Health Promotion, Resiliency and Productivity of Persons with Substance Use Disorders (SUDs) in Kenya
- 2019: **(Principal Investigator, PI):** Social Science Research Grant, 2018. World Anti-doping Agency (WADA)
- 2014-2015: Nominated for a 2 year Women Peacebuilding and Leadership Program (WPLP) by USAID in collaboration with Eastern Mennonite University, Virginia, USA.

## Publications/ Academic Reports and Manuals

- Githae, E. N. & Namukoa, S.N. (2021). Exploring Spousal Communication as a Predictor in Relapse Occurrence among Individuals in Recovery from Substance Use Disorders: Implications for Treatment Programs. *African Journal of Alcohol and Drug Abuse –AJADA*, 5, 57-80.
- Mugendi, S. M. & Githae, E. N. (2021). Relationship between Psychological Distress and Non-Completion among Postgraduate Students in Selected Public Universities in Kenya. *Journal of Humanities and Social Sciences*, 2 (1) 43-52.
- Githae, E. N. (2019). Psychosocial Burden among Close Family Members of Individuals with Alcohol Use Disorder in Inpatient Treatment Centers in Kenya. *African Journal of Educational & Social Science Research* 7(2)60-65.
- Githae, E. N. (2019). Perceived Harmful-Criticism in Family Interactional Patterns and Relapse Risk among Recovering Inpatients with Alcohol Use Disorder in Kiambu County, Kenya. *African Journal of Clinical Psychology* 2(02)1-18.
- Githae, E. N. (2016). Family Expressed Emotion in Relapse of Alcoholism. *International Organization of Scientific Research, Journal of Humanities and Social Sciences (IOSR-JHSS)*, 21(9)33-41.
- Githae, E. N., Sirera, M., & Wasanga, C. (2016). Family Over-involvement and Relapse among Inpatient Alcoholics in Nairobi, Kenya. *International Organization of Scientific Research, Journal of Humanities & Social Science (IOSR-JHSS)*, 21(7)44-50.
- Research Report (2019): World Anti-doping Agency (WADA) Social Science Research, 2018-2019: Topic: Gender Outcomes of Using Brief Motivational Interventions (BMI) on Beliefs and Attitudes against Doping among Athletes in Secondary Schools in Kenya
- 2019: Trainer's Guide: Rwanda Correctional Services. NCO 023: Guidance and Counseling in Prison Settings.
- 2020: Teaching Manual: Rwanda Correctional Services. NCO 023: Guidance and Counseling in Prison Settings.

- 2020: Teaching Module: Health Psychology, Kenyatta University Digital School of Virtual and Open Learning
- 2020: Teaching Interactive Module: Counselling Skills and Techniques, Kenyatta University Digital School of Virtual and Open Learning
- 2020: Teaching Interactive Module: Assessment and Diagnosis of Personality and Psychopathology, Kenyatta University Digital School of Virtual and Open Learning

#### **Conferences/Workshops/Seminar Papers:**

- 2017: Georg Arnhold International Summer School, 2017: Braunschweig, Germany. Topic: Contextual and Systemic Factors Enhancing Effectiveness of Education in Emergencies (EIE) Practices in Conflict Prone Areas of Kenya.
- 2015: Eastern Mennonite University, Virginia USA: Women Peacebuilding and Leadership program 2014-2015. Presented a paper on “Analysis of Key drivers of Gender Based Violence in Kenya” as a product of a research project.
- 2015: Presented a paper at the National Campaign Against Drugs and Alcohol abuse (NACADA). Topic: Role of Family Over-involvement in Occurrence of Relapse among Recovering Alcoholics in Kiambu County, Kenya.
- 2016: Psychosocial Consequences of taking alcohol and other drugs. Paper presented at Kenyatta University Drug Awareness Week.
- 2015: Impact of Positive Leadership and its Impact on Organizational Success. EDULINK II Project, Kenyatta University.
- 2014: Gender-based violence: Breaking the Cycle. Paper presented in a symposium “Healing the Human Person” at Kenya Methodist University
- 2014: “Analysis of Key drivers of Gender Based Violence in Kiambu County”: intervention project and unpublished paper written under Eastern Mennonite University.
- 2016: Codependence: Understanding cycle of addiction. Presentation done at Asumbi Rehabilitation Center.
- Currently directing a team developing a leadership book “Strengthening Leadership Competencies in Higher Education; A manual for education managers”.
- 2019: Karura Community Chapel: Triggers of Mental Ill-Health and Coping Strategies for Wellness: Presentation made at Karura Community Chapel, Nairobi.
- 2018: Asumbi Treatment Center: Codependence: Understanding cycle of addiction. Presentation done at Asumbi Rehabilitation Center.

#### **Research: Funded Projects**

- December 2020: **Team Member**: Funded for Course Development Application: The International Consortium of Universities for Drug Demand Reduction (ICUDDR) & *International Society of Addiction Journal Editors (ISAJE)*
- 2018-2020: **Principal Investigator (PI)**: World Anti-doping Agency (WADA): 2018 Social Science Research Grant, 2018. Topic: Gender Outcomes of Using Brief Motivational Interventions (BMI) on Beliefs and Attitudes against Doping among Athletes in Secondary Schools in Kenya

- **2019: Principal Investigator (PI):** National Research Fund (NRF), Kenya for further processing of the 2020 Big Four projects. Topic area: “Implementing Comprehensive Recovery-Oriented Practices for Health Promotion, Resiliency and Productivity of Persons with Substance Use Disorders (SUDs) in Kenya
- 2014-2015: Funded Training: Nominated for a 2 year Women Peacebuilding and Leadership Program (WPLP) by USAID in collaboration with Eastern Mennonite University, Virginia, USA.

### **Supervision of Postgraduate Students**

#### **Masters (Completed)**

- 2020: Eric Munuhe Kimondo: C159/ CTY/PT/32882/2015: Role of Internal Correctional Procedures in Management of Violent Misconduct among Inmates in Nairobi County Prisons, Kenya
- 2022: Sarah Nafula Namukoa: C50/37522/2016: Relationship between Marital Satisfaction and Relapse Occurrence among Inpatients with Alcohol Use Disorder in Selected Rehabilitation Centers in Nairobi County, Kenya
- 2020: Erastus Mutuma Muthuri: C159/CTY/PT/31106/2015: Relationship between Familial Factors and Recidivism in Kiambu Prison, Kenya
- 2017: Gatiti Sicily Muthoni: C160/32998/2015: Role of Police Women Leadership in Organizational Change in Kenya Police Service Headquarters, Nairobi City County, Kenya (Kenyatta University).
- 2018: Beatrice Mwaniki: C50/MSA/PT/27489/2014: Relationship between Community Beliefs and Psychological Distress Experienced by Caregivers of Autistic Children in Mombasa County, Kenya (Kenyatta University).

#### **Masters On-going**

- Musinguzi Grace: C50/CTY/PT/27270/2014: Relationship between Family Breakdown, Social Support and Self-Efficacy on Resilience among Adolescents Trauma Victims in Kampala, Uganda
- Sophia Mwendu Mugendi: C50/CTY/PT/37549/2017: Relationship between Psychological Distress and Non-Completion among Public University Postgraduates Students in Kiambu and Nairobi Counties, Kenya.
- Musinguzi Grace: C50/CTY/PT/27270/2014: Relationship between Family Breakdown, Social Support and Self-Efficacy on Resilience among Adolescents Trauma Victims in Kampala, Uganda
- Sophia Mwendu Mugendi: C50/CTY/PT/37549/2017: Relationship between Psychological Distress and Non-Completion among Public University Postgraduates Students in Kiambu and Nairobi Counties, Kenya.
- Benadette Njoki Muturi: The Effects of Brief Motivation Intervention on Building Resilience against Substance Use among Students in Secondary Schools in Juja Sub-County, Kenya.
- Linet Muthoni Mugo: Occupational Stressors And Their Effect On Psychological Wellbeing Of Police Officers: A Case Of Embu County, Kenya
- Rachel M.J. Nyambu, C50/Cty/Pt/28152/2018: Relationship Between Family Communication Styles And Relapse In Alcoholism Among Civil Servants In Nairobi County, Kenya

- Simon Murigi Njaaga: Efficacy Of Chaplaincy Programs In Building Resilience Against Drug And Substance Use Among Church-Going Adolescents In Secondary Schools In Kiambu County, Kenya
- Anne Wandati: Effect Of The Stigma Of Handling Dead Bodies On The Psychological Well-Being Of Mortuary Workers
- Beth Ngari, C50/27183/2018: Family And Social Predictors Contributing To Substance Use Disorder Among Adolescents In Mbeere North Sub-County -Embu County

#### **PhD (Active and On-going)**

- Waweru Wanjiru, E. M. A: C82/29974/2015: The Relationship between Emotional Awareness and Regulation and Relapse Risk Among Patients in Drug Treatment Centers in Kiambu County, Kenya
- Faith Mueni: C82/CTY/PT/33969/2015: Effectiveness of Brief Cognitive Behavioural Therapy in Managing Depressive Symptoms Among Adolescents in Schools Nairobi County
- Bruce Chtalu: The Effects of Military Involvement in Internal Security Operations on Human Security among the Residents of Mt. Elgon District, Kenya
- William Akaribo: Developing a Counseling Model as an Interventional Tool for Retiring Teachers in Ghana.
- Susan Maua: C82/CTY/38146/16: Effectiveness of Strong Families Intervention for Displaced persons and Families in the Western and Nyanza Counties in Kenya
- Njoroge Kiambuthi: C82/29868/2014: Effectiveness of Constructivism Intervention on Career Satisfaction among Undergraduate Students in Selected Universities in Kenya.

#### **Affiliations/ Editorial Positions/Networks and Partnerships**

##### **Editorial Position and Peer Reviewer**

- 2019 to date: Editor and Peer Reviewer: African Journal of Alcohol and Drug Abuse (AJADA). A Journal of National Authority for the Campaign Against Drugs and Alcohol Abuse (NACADA)
- 2020: Peer Review for the Global Effort on COVID-19 (GECO) Health Research Initiative
- 2021: Appointment as Peer Reviewer for Africa Journal of Clinical Psychology (AJCP)

##### **Collaborations and Partnerships:**

- NACADA Research Partnership: National Research Fund (NRF): Implementing Comprehensive Recovery-Oriented Practices for Health Promotion, Resiliency and Productivity of Persons with Substance Use Disorders (SUDs) in Kenya
- Directorate of Mental Health Kenya: Research Partnership: National Research Fund (NRF): Implementing Comprehensive Recovery-Oriented Practices for Health Promotion, Resiliency and Productivity of Persons with Substance Use Disorders (SUDs) in Kenya
- Ministry of Health (Kiambu Genral Hospital and Kilifi County Hospital as Research Partners) Research Partnership with National Research Fund (NRF): Implementing Comprehensive Recovery-Oriented Practices for Health Promotion, Resiliency and Productivity of Persons with Substance Use Disorders (SUDs) in Kenya

### **Community Service**

- 2015 to date: Appointment as a staff Mentor at Kenyatta University
- Consultant and Volunteer Rehabilitation Counselor, Asumbi Treatment Center (ATC) and Redhill Rehabilitation Center 2008-Present
- Trauma counselor, 2007-08 Post Election violence (PEV) and Westgate attack in Nairobi, 2013.
- Mental Wellness and Awareness: Seminar presentation, Karura Community Chapel, Nairobi 4th November, 2018
- 2019, May 15: NTV Guest Speaker: Gender Based Violence; 2020: Thursday April 30th NTV Guest Speaker: Your World Program, Disaster Preparedness
- 2020: Newspaper articles: Mental Wellness during Quarantine and Lockdown, Daily Nation, Saturday March 21st 2020; Calming Anxiety in Children as the Pandemic Rewrites the rules, Saturday Nation May 23<sup>rd</sup> 2020.

### **Administrative Positions Held**

- 2020 August: Chairperson, Psychology Department
- 2016-2020 July: Chairperson Board of Postgraduate Committee Department of Psychology
- 2015 to date: Lecturer, Psychology Department
- 2010-2014: Assistant Lecturer and Coordinator Counseling Programs, Kenya Methodist University (KeMU)
- 2010 – 2014: Examination Coordinator, Department of Counseling, Kenya Methodist University (KeMU)