

DR ELIZABETH WANGARI GICHIMU

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PROFILE

Experienced in training, curriculum development, masters and doctorate supervision and examination, administering psychotherapy, assessment, treatment planning, empowering, and supervising. I have over 10 years working experience in a developing country especially grass-roots, locally-run organizations

ASSOCIATION MEMBER:

Practice Licence no: **CCP/P/0018/0052**

America Psychological Association (APA): Member Number 0018-5181

Kenya Psychological Association (KPsyA): Member Number KPsyA/FM/507/2022

Cultural Evolution Society

European Association of Personality

International Society of Substance Use Professionals

ACADEMIC QUALIFICATIONS

United States International University-Africa *January 2013—September 2020*

PsyD clinical Psychology

United States International University-Africa *September 2006-August 2008*

Masters of Arts Counseling Psychology

Daystar University (Kenya) *August 2002-June 2006*

Bachelor of Arts (Majored in Psychology)

Bishop Gatimu Ngandu Girls *Feb 1998 – Nov 2001*

Kenya Certificate of secondary Education (Form 1 - 4)

OTHER TRAININGS

Research and Supervision

November 2024

- Core competence in writing journal articles

May 2023

- Core competence in carrying out research
- Guiding and mentoring students through research process
- Publication

Improve Your Therapy Skills and Treatment Outcomes With Deliberate Practice

June 2023

What makes for good clinical practice, beyond years of experience, empathy and training

August 2022

DSM V-TR

Changes in the DSM, and it's implication to clinical practice

Online Therapy

April 2020

Ethical issues with online treatment, challenges with online mode of mental health interventions and creating an online outreach platform

Global Health

June 2018

Issues in mental health intervention, accessibility and measuring of impact

Child and Adolescent counseling

August 2018

Dynamics and child and adolescent development and relevant assessment and intervention at each developmental stage

Trauma counseling/PFA/Debriefing
September 2013

January 2008,

Understanding of effects of a traumatic experience, developing curricula and providing training for mental health counselors on counseling approaches, sensitization on the effects of trauma and war, and designing interventions.

Palliative care

March 2004

Understanding of the long-term effects of chronic illness and developing interventions and sensitizing health workers on mental health care of the family as well as the patients affected/infected by a chronic illness

Conference Presentations:

2024- CUEA- *Culture of Honor and Proneness to Aggress*

2024- Durham University- *Luhya Mourning Rituals and Psychological Wellbeing*

2024- KeMU- *Understanding the Intersection Between Spirituality and Mental Health*

2023-CUEA- *Mental Disorders and Help-Seeking Behaviour among Adults Attending Nyeri County Referral Hospital, Kenya*

Ongoing Research Projects:

(In)Alienable Worth? Cultural Logics of Dignity, Honor, and Face and their Links to Prosociality Across the World funded by Psychological Science Accelerator (PSA)

project PSA-JTF2. **(Participating as the principal investigator for Kenya)**

Luhya Mourning rituals funded by Templeton foundation. **(Participating as a post doctoral researcher).**

Publications:

Regulating Community Wellbeing through Traditional Mourning Rituals: Insights from the Luhya People of Kenya

Stephen Asatsa, Sheina Lew-Levy, Stephen Ngaari Mbugua, Maria Ntaragwe, Wilkister Shanyisa, Elizabeth Gichimu, Jane Nambiri, Jonathan Omuchesi

Evolution, Medicine, and Public Health, eoaf001, <https://doi.org/10.1093/emph/eoaf001>

Mental Disorders and Help-Seeking Behavior among Adults Attending Nyeri County Referral Hospital, Kenya

DOI: <https://doi.org/10.2022/ajest.v6i3.544>

Influence of Age and Gender on Mental Health Help-Seeking Behavior among Mental Patients in Nyeri County: A Survey of Nyeri County Referral Hospital

DOI: <https://doi.org/10.2022/ajest.v6i2.517>

In progress:

Relationship Between Culture Of Honour And Mental Health Cascades Among Emerging Adults In Africa

Culture Of Honor And Mental Health Among Young Adults in Africa

Students Supervised for Thesis/Dissertation

Name of Student	Title of Thesis/Dissertation	
Habimana Paulin (PhD)	GENOCIDE EXPERIENCES AND PSCHYO-SPIRITUAL WELLBEING AMONG PRIESTS IN THE CATHOLIC DIOCESE OF CYANGUGU IN RWANDA	Completed
Chinonso Vitalis Ugochukwu (Masters)	EXAMINING THE ROLE OF SELF CARE AND COPING STRATEGIES IN MITIGATING COMPASSION FATIGUE AMONG CARE GIVERS OF CHILDREN WITH AUTISM:CASE OF	Completed

	DIFFERENTLY TALENTED SOCIETY OF KENYA	
Elvis Lyn Muke (Masters)	ASSESSMENT OF THE RELATIONSHIP BETWEEN PARENT- EMERGING ADULT ATTACHMENT PATTERNS AND DEVELOPMENT OF EMOTIONAL COMPETENCIES: CASE OF STUDENTS IN SELECTED INIVERSITIES IN GOMA TOWN, EASTERN DEMOCRATIC REPUBLIC OF CONGO	Completed
Kiende Alinah (Masters)	AN ASSESSMENT OF ANXIETY AND DEPRESSIVE DISORDERS AMONG MEDICAL STUDENTS: A CASE OF KENYA MEDICAL TRAINING COLLEGE (KMTC), BONDO, SIAYA COUNTY, KENYA	Completed
Corlynnne Anita Chebet Ronoh-Liko (Masters)	RELATIONSHIP BETWEEN ADVERSE CHILDHOOD EXPERIENCES AND ATTACHMENT STYLES AMONG ADOLESCENTS: CASE OF SELECTED PUBLIC SECONDARY SCHOOLS IN KIBRA SUB COUNTY, NAIROBI COUNTY, KENYA	Completed
Hellen Kanjagua (Masters)	ASSESSMENT OF THE LEVELS OF STRESS AND HELP-SEEKING INTENTIONS AMONG MALE <i>BODA BODA</i> OPERATORS IN KAMAHUHA WARD, MURANG'A COUNTY, KENYA	Completed
Julius Kuti (Masters)	THE MOTHER-IN-LAW NEGATIVE FACTORS ON THE UNITY AND	Completed

	DECISION MAKING OF HER SONS NUCLEAR FAMILY - IN TSEIKURU AND MUMONI - SUB-COUNTIES OF KITUI COUNTY- KENYA	
Hellen Nyawira Odongoh (Masters)	AN ASSESSMENT OF STRESS AND ANXIETY ON JOB SATISFACTION AMONG STAFF AT ABSA BANK: CASE OF PRESTIGE AND MALL CLUSTER BRANCHES, NAIROBI COUNTY, KENYA	Completed
Patience Katuka (Masters)	PSYCHOSOCIAL EFFECTS OF MASSACRE ON SURVIVORS OF MBAU VILLAGE, NORTH KIVU, DEMOCRATIC REPUBLIC OF CONGO	Completed
Yasmin Hassan (Masters)	THE INFLUENCE OF PSYCHOSOCIAL FACTORS ON SERVICE DELIVERY BY POLICE OFFICERS IN KENYA: CASE OF CENTRAL POLICE DIVISION, NAIROBI, KENYA	Completed
Ann-Marie Mwanishimwe (Masters)	AN ASSESSMENT OF GENERALIZED ANXIETY DISORDER AMONG REFUGEES IN PROTRACTED DISPLACEMENT AND COMMUNITY-BASED INTERVENTIONS IN URBAN SETUPS: CASE OF UMOJA REFUGEE COMMUNITY-BASED ORGANIZATION, NAIROBI, KENYA	Completed
Mary Aseka (Masters)	ASSESSMENT OF ANXIETY AND ACADEMIC	Completed

	PERFORMANCE AMONG ADOLESCENTS: CASE OF SELECTED PUBLIC COUNTY SECONDARY SCHOOLS IN MAKADARA SUB - COUNTY, NAIROBI COUNTY, KENYA	
Prisca Okemba (Masters)	RELATIONSHIP BETWEEN ANXIETY AND SOCIAL BEHAVIOR AMONG CHILDREN OF SINGLE-PARENTS FROM SELECTED CHILDREN'S HOMES IN DAGORETTI SOUTH SUB-COUNTY, NAIROBI COUNTY, KENYA	Completed
Perpetua Udecukwu (Masters)	EMOTIONAL INTELLIGENCE AND PSYCHOLOGICAL WELLBEING AMONG WOMEN RELIGIOUS IN NIGERIA	Completed
Onyekwelu Sylvania Uju (Masters)	PRAYER ADDICTION AND PSYCHO-SPIRITUAL WELLBEING AMONG THE PROFESSED SISTERS OF THE HANDMAIDS OF THE HOLY CHILD JESUS, NIGERIA	Completed

Work Experience

Current

Student Counselor Riara University

- Assessment and treatment planning for students and staff
- Peer counseling training and supervision
- Mental health awareness creation seminars and training
- Advising disciplinary committee on student progress

Teaching experience

Catholic University (part-time)

2022-

- Industrial/Organization psychology
- Health Psychology
- Clinical Psychology
- Introduction to counseling
- Abnormal Psychology
- Addiction counseling

Daystar university

2022-

- Introduction to legal and ethics in psychology
- Group dynamics
- Introduction to psychology
- Traumatology
- Health psychology
- Psychological assessment
- Human sexuality
- Short-term therapies

International Leadership University (Masters Program Leader)

2023

- Organizing the affairs of master's student
- Planning classes and following progress of master's students
- Theories in counseling
- Child and Adolescent counseling
- Psychological Assessment
- Thesis supervision
- Internship supervision

St Paul University (part-time)

2013-2019

- Introduction to legal and ethics in psychology
- Clinical Interview

- Introduction to counseling
- Dynamics in cross-cultural counseling
- Peer counseling
- Career counseling
- Introduction to counseling techniques

CORAT Africa (part-time)

2013-2015

- Fundamentals of project management
- Gender Issues in development

Outspan medical college (part-time)

2010-2013

- Introduction to legal and ethics in psychology
- Adolescent and child counseling
- Psychology of communication

Current

Riara University

Key Functions

- Peer counseling training and supervision
- Student assessment, counseling and intervention
- Training in stress management, trauma healing and basic counseling skills
- Group therapy and training in how to carry out the same
- Individual therapy

Blossom Out consultancy

- Crisis intervention and personal therapy
- Child and adolescent counseling
- Trauma informed personal therapy
- Family therapy
- Couple's therapy

- Clinical assessment

Past Work Experience

Reconcile Peace Institute South Sudan March 2015

Key Functions

- Training in stress management, trauma healing and basic counseling skills
- Group therapy and training in how to carry out the same
- Individual therapy
- Training in community outreach with regards to trauma healing

Nairobi West Hospital Jan-April 2014)

(Short Contract

Key functions

- Integrating mental health with physiological health issues, psycho-education and support of patients with chronic illness to adhere to treatment and creating awareness about the importance of taking care of the two (mind and body)
- Trauma intervention, psychological first aid and debriefing of both clients and family members and treatment planning
- Arrange and organize treatment based on individual client's need and unique goals
- Planning, and training of professionals on an array of aspects based on the organization needs and demands
- Organizing outreach programs with a focus on key needs of the target audience as per request of the community and/or as per needs survey feedback
- CPD (Continuous Professional Development) organization based on organization needs and demands
- Data collection and processing on the needs of the community in order to tailor and come up with programs that best suit them with regards to improving the quality of their lives
- Pre-post HIV test counseling
- Adolescence and youth counseling
- Addiction assessment and intervention planning
- Provide individuals, families, and professionals with support and educational information about, psychological conditions

Key Functions

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- Addiction assessment and intervention planning
- Provide individuals, families, and professionals with support and educational information about, psychological conditions

Interests

Traveling, socializing, dancing to salsa and keeping up with current affairs & various sporting activities.

Referees

Dr Jared Menecha
HOD Psychology
Daystar University
Tel: 0723942408
Email: jmenecha@daystar.ac.ke

HOD Psychology
Catholic University of East Africa
Tel: 0716842028
Email: sasatsa@cuea.edu

Dr Stephen Asatsa

Dr Nancy Nyaga
Clinical Psychologist
Head of Blossomout Consultants

Tel: 0722 938606
Email: nancy.nyaga3@gmail.com

Dr Caroline Muraguri

Clinical Psychologist
Rusinga Schools
Tel: 0721350677
Email: cwanjira@yahoo.com