

CURRICULUM VITAE**PERSONAL INFORMATION****NAME** Dr. Kathungu Beatrice Muthoni - PhD**ADDRESS** Kenyatta University
P.O Box 43844-00100, Nairobi, Kenya**TEL. Landline:** 020-8710901 ext.3522**EMAIL:** kathungu.beatrice@ku.ac.ke**MEMBERSHIP:**

- Kenya Psychological Association (KPsyA)
- International Society for Substance Use Prevention and Treatment Professionals (ISSUP)
- Australian Counseling Association (ACA)

Key Interest**Psychosocial Empowerment of children, youth and communities to promote mental health and fight alcoholism and drug abuse through research, capacity building and behaviour rehabilitation****PROFESSIONAL TRAINING****2010** PhD in Psychology at Kenyatta University (Area of Specialization-Behavior Rehabilitation /Counseling Psychology) –Kenyatta University**2003** Master of Arts (Counseling Psychology) of U.S.I.U.**1998** Master of Education (Educational Psychology) of Kenyatta University
Thesis topic: **The self concept and educational aspirations of persons with disability****1991** Bachelor of Education (Arts) – Upper Second Class Honors- Kenyatta University

ADDITIONAL PROFESSIONAL TRAINING: In the Field of Drug Addiction Treatment

- 2014- 2016** **Universal Treatment Curriculum (UTC) for Substance Use Disorders (SUDs)** for Master Trainers (Global TOTs) by Colombo Plan and US Department of State (INL)
- 2015-2016** **Child Substance Use Disorder Treatment Curriculum** by Colombo Plan for Master Trainers (Global TOTs)
- 2015:** Successfully completed **ICCE Level II examination** (*International Professional examination for Substance Use disorders Treatment Professionals offered by the (International Center for Credentialing and Education of Addiction Professionals , Colombo, Sri Lanka)*)
- 2014 - 2016** Member of **Panel of Experts for reviewing curriculum** for UTC (by Colombo Plan) for **intermediate level** training for TOTs for the areas working with families with substance use disorders, Clinical supervision and use of CBT in treatment of SUDs among others.

EDUCATION

- 1986- 1987** **Alliance Girls High School**
Awarded -Kenya Advanced Certificate of Education (K.A.C.E.), 3 principles, 1 subsidiary
- 1982-1985** **Alliance Girls High School**
Awarded -Kenya Certificate of Education (K.C.E.) Division 1.
- 1980-1981** **Tetu Girls' Primary School**
Awarded Certificate of Primary Education

WORK EXPERIENCE

Oct 2017 –Present - **Director, Directorate of Accommodation Services, Kenyatta University**

Duties & Responsibilities:

- Overseeing allocation of accommodation to students
- Promoting cleanliness in students accommodation facilities
- Ensuring safety of students in accommodation facilities.
- Managing human resource working in the directorate of accommodation Services
- Promoting staff motivation
- Promoting ethical and responsible behavior among students in university accommodation facilities

Oct 2017-Present - Chairperson, Kenyatta University Wellness Center Advisory Board

Duties & Responsibilities

- Steering the promotion of campaigns against Alcohol and drug abuse (ADA) among staff and students
- Promoting the Psycho-social wellbeing of staff and students
- Building capacity of staff, students in psycho-social issues
- Organizing seminars/conferences in collaboration with organizations on issues related to ADA

Aug 2012-2016 -Chairperson, Department of Psychology, Kenyatta University

2014 -2017 - Member of Kenyatta University Wellness Board- which promotes staff and student wellness including fighting **drug abuse** in the university

2014-present - Member of Kenyatta University Confucius Institute Board- which promotes the teaching of Chinese language and culture in Ku and Kenya

Duties and Responsibilities:

- Steering the department in development of the **department strategic plan** in line with university strategic plan
- Overseeing implementation of the **department strategic plan performance targets**
- Monitoring and evaluating the achievement of Key performance indicators(**KPIs**) of the strategic plans, annual work plans and service delivery charter
- Coordinating teaching, learning, examinations, research and community outreach in line with university mission and vision
- Steering linkages, collaborations and partnerships with relevant internal and external stakeholders
- Overseeing quality monitoring in line with ISO 9001:2008 standard
- Overseeing curriculum development and implementation in line with university and Commission for University Education(CUE) standards
- Coordinating and promoting undergraduate and postgraduate studies (Masters and PhD) in counseling Psychology
- Promoting student academic and social welfare through mentorship and academic advising
- Supervising teaching and nonteaching staff members in department of Psychology
- Coordinating academic programs at Bachelors, Masters and PhD level across different campuses of the university

Key Contributions:

- **Initiated a collaboration between Kenyatta University and Colombo Plan Drug Advisory Program that resulted in the development of a Post graduate diploma in Addiction Treatment Science hosted by Dept. of Psychology**
- **Steered the organization of the 1st Regional Conference on Drug Demand Reduction and Supply Suppression**, organized by Department of Psychology, Kenyatta University and held from 21st to 23rd February 2018, as conference committee chair
- **Co-steered the organization of the 1st National symposium in Kenya on child care and protection** held on at the Multimedia University of Kenya 16th - 18th May 2018 as chair of the Scientific subcommittee
- **Won a competitive National Grant from the Kenya Government** through the National Campaign Against Drug Abuse (NACADA)
- **Successfully supervised PhD and MA counseling Psychology students**

Jan 2011-present

Lecturer, Department of Psychology, Kenyatta University

- **Lecturing** in Psychology and Counseling Psychology courses including **substance abuse counseling and addiction studies** for undergraduate and postgraduate students
- **Clinical supervision** of counseling **field practicum to** Undergraduate, Masters and PhD students attached to different sites including **drug addiction treatment centers**
- **Supervision of Research projects and Theses for Post graduate (MA & PhD) students-** several of which touch on **alcohol and drug abuse**
 - Research and development of grant **proposals including on alcohol and drug abuse**
 - Development of research **papers** in the area of psychology and counseling and **drug abuse**

June 2004-Jan 2011

Tutorial Fellow, Department of Psychology, Kenyatta University

Duties and Responsibilities:

- **Lecturing** in Psychology and Counseling Psychology courses
- **Supervision of Research projects** for Undergraduate
- Formerly member of **editorial board of Journal of School of Humanities and Social Sciences**
- Certified University **ISO 9001:2008 Internal Auditor**
- **In charge of :- School of Humanities & Social Sciences ISO quality team**

- Department ISO **Quality teams**
- Departmental **academic advising**
- Department **undergraduate practicum**
- Departmental **welfare**

2001-2003

Graduate Research Assistant at U.S.I.U.

Duties and responsibilities:

- Research Assistant to Associate Dean, School of Arts and Sciences, U.S.I.U.
- Teaching Psychology & Counseling courses

Key contributions

- Assisted in research work on follow up study on psychosocial effects of Kyanguli fire tragedy on survivors

2003-2004

Curriculum Developer, Kenya Institute of Education (K.I.E.)- Special Education Department-Psychosocially Challenged Section

Duties and Responsibilities

- Research and Development of curriculum and curriculum support materials for psycho-socially challenged learners
- Proposal development
- Sensitization and awareness creation on the needs of Psycho-socially challenged learners

Key contributions

- Successfully Organized stakeholders sensitization workshop on the psychosocially challenged
- Participated in adaptation of secondary school educational curriculum to suit learners with special needs

2002-2003

Part-time volunteer counselor at the;
Nairobi Psychotherapy Services and training
Institute (renamed African Mental Health Foundation)

1993-2001

Teacher at Kirimari high school

1991-1993

Teacher at Kyeni Girls high school

Duties and responsibilities

- Deputy head teacher
- Head of department of Guidance and Counseling ---dealing with among others students with drug use problems

ADDITIONAL WORK EXPERIENCE

2015-present Consultant Clinical Supervisor for NACADA helpline center counselors

2014-present Global Master Trainer for Colombo Plan training for addiction treatment professionals

2015-2016 - Involved in development of Bachelors Degree , Diploma and Certificate curriculum for child care protection officers
- Co-developed a handbook for childcare and protection practitioners

2014-2015 Involved in development of Minimum Credit Accumulation Transfers for BA Psychology and BA Counseling Psychology for Commission for University Education(CUE)Kenya

RESEARCH AND PUBLICATIONS

Research Interests: Alcoholism and drug abuse , child care and protection
Empowerment of youth and persons with disability,
Behavior rehabilitation, Multicultural diversity issues
Family dynamics, work- family dynamics, career guidance, Emotional intelligence

Research work & Publications :

2016 Kathungu, B. et al:(2016) A Handbook for Child Care and Protection :ERIKS :Nairobi

2015 Kathungu, Mwaura &Wambugu (2015).Extent and patterns of drug use among persons with disabilities. *International Journal of Prevention and Treatment of Substance Use Disorders*. Vol.1Issue 3&4,

*Care and Protection Conference held at the Eldoret Polytechnic
Kenya 9th-11th April 2019*

- 2019** **Kathungu, B. (2019)Continuum of care in child care and protection.** *Presented at the North Rift Child Care and Protection Conference held at the Eldoret Polytechnic Kenya 9th-11th April 2019*
- 2019** **Kathungu,B. (2019)Response & Challenges of Addressing GBV and Gender Issues in the Universities** *Presented at the Gender Training of Trainers workshop students held at KU BSSC on 15th March 2019*
- 2018** **Kathungu,B.M. (2018). Self-care for practitioners in child care and protection.** *Presented at the 1st National symposium in Kenya on child care and protection held at the Multimedia University of Kenya 16th -18th May 2018*
- 2018** **Kathungu,B.M. (2018). Discipline and Behavior management in Child care and Protection.** *Presented at the 1st National symposium in Kenya on child care and protection held on at the Multimedia University of Kenya 16th -18th May 2018*
- 2018** **Kathungu,B. (2018)Recovery oriented systems of care for university health care providers .***Presented during Kenyatta University health care staff continuing medical education forum held at Kenyatta university health clinic on 15th march 2018*
- 2018** **Kathungu,B.M. et al (2018). Recovery oriented systems of care.** *Paper presented at the 1st regional conference on drug demand reduction and Supply suppression held at Kenyatta university on 21st-23rd Feb 2018*
- 2018** **Kathungu,B. Mwaura ,L.& Wambugu ,B.(2018) Prevalence and Risk Factors for Drug Use among Persons with Disability: Implications for Prevention.** *Presented during the ISSUP/NACADA international conference on drugs held at KICC, Nairobi, Kenya, from 10th-14th Dec 2018*
- 2018** **Chege,A.& Kathungu,B. (2018). Patterns of Drug Use among Youth From Single-Parent Families: Implications for Prevention.** *Presented during the ISSUP/NACADA international conference on drugs held at KICC, Nairobi, Kenya, from 10th-14th Dec 2018*
- 2018** **Kathungu, B. (2018). Developing a Stand-alone DDR Graduate Education Program: The Experience of Kenyatta University .***Presented during the ICUDDR meeting at the ISSUP /NACADA international drug conference held at KICC, Nairobi, Kenya from 10th-14th Dec 2018*

- 2018** **Chege, A. & Kathungu, B.M. (2018). Relationship between Family Structure and Drug Use among Youth in Kajiado County, Kenya.** *Paper presented at the 1st regional conference on drug demand reduction and Supply suppression held at Kenyatta university on 21st-23rd Feb 2018*
- 2017** **Kathungu,B. (2017).Integrating Demand Reduction Education into university curricula .***Presented during the three day workshop to support ECOWAS on design of drug dependence treatment protocol and integration into university curricula in West Africa held at Abuja ,Nigeria, from 7th-9th June 2017*
- 2015** Kathungu,B.& Nthangi,A.(2015) *The Role of Counselling Psychology in Patient -centered Care. Presented at the 1st Global Conference on Patient Centered Care, held at Kenyatta University Nairobi, Kenya from 29th September – 2nd October, 2015*
- 2013** **Alcohol and drug use among persons with disability.** Presented at the 2nd NACADAA conference held at Kasarani Gymnasium, Nairobi 10th-13th June 2013
- 2012** **Value Education in Alcohol and Drug Abuse among the Youth: Insights from a Counseling Psychologist.** Presented at the NACADA workshop held on 16th to 18th May 2012 at the Kenya School of Law, Karen
- 2012** **Balancing between Work and family.** Presented at the Embu Diocese Catholic Secondary Schools Head Teachers Annual Workshop Held at JJ McCarthy Center from 5th-9th March 2012
- 2011** **The Juggling Game: Balancing Diverse Demands of Work, Family and Social Life.** Presented at the Kenya Institute of Management (KIM) Embu Branch Managers Forum held at Izaak Walton Inn on 12/10/2011
- 2011** **Alcohol use and performance of gender roles and gender role socialization among selected rural communities in Kenya.** Presented at first NACADA national research workshop at KIA Nairobi 29th&30th Feb 2011
- 2010** **Impact of alcoholism on gender roles and gender roles socialization in rural communities in Kenya. Implications for the future of the boy child in Kenya.** Presented at the annual KBS conference on alcohol epidemiology and research - Kampala 15th -19th Nov. 2010
- 2006** **Career guidance and counseling in educational institutions,** during the workshop on development of Ministry of Education career book for schools held from 14th to 24th May 2006

- 2005** **The role of Universities in capacity building in guidance and counseling: The case of Kenyatta University**, during the Ministry of Education national stakeholders' consultative meeting for organizations involved in Guidance and Counseling held on 6th May 2005 at K.I.E.
- 2005** **The role of Guidance and Counseling in education**, during the Guidance and Counseling stakeholders' workshop held on 14th October 2005, at K.I.E.
- 2005** **Position paper on Autism in Kenya**, during the Autism society of Kenya's stakeholders' workshop held from 26- 29th June 2005, at Rosa Mystica, Ngong Road
- 2004** **The role of counseling Psychology in Government Ministries** presented during the first U.S.I.U. counseling Psychology Alumni workshop held on **7th** October 2004 at U.S.I.U

COMMUNITY INVOLVEMENT

- ❖ **Founder and Director-Youth Empowerment Kenya (YEK)** - an organization involved in empowering youth with **drug related problems** through rehabilitation and psychosocial empowerment
- ❖ **Currently founding a community based membership movement -Support Beyond Borders(SBB)** with the mission of empowering communities especially the boy child to fight Alcohol and drug abuse and to support persons with **drug abuse and addiction** through a holistic (Bio-Psycho-Social-Spiritual-Legal) community based volunteer approach
- ❖ **Branch Chairperson, Kenya Red Cross Society, Embu Branch 2003-2010**
- ❖ **Life Member: Kenya Red Cross Society, Embu Branch**
- ❖ **Member Board of Management: Kyeni Girls High School, Embu 2012-2018**
- ❖ **Member Board of Management: St Paul High School, Kevote-2012-2014**
- ❖ **Chief guest- Annual prize giving day: Nguviu boys High School-Embu – 24th May 2014**
- ❖ **Chief guest –District Awards day: Embu East District-13th July 2012**
- ❖ **Chief guest –Annual prize giving day: Kyeni girls high school, Embu -23rd June, 2012**
- ❖ **Chief guest –District Awards day: Embu North District-15th June 2012**
- ❖ **Chief guest -prize giving: Nthagaiya girls school, Embu -26th May 2012**
- ❖ **Chief guest –Divisional Awards day: Central Division Embu West District-16th May 2012**
- ❖ **Chief guest –Annual prize giving day: St Paul's High School Kevote, Embu- June 2011**
- ❖ **Chief guest -prize giving day: Kangaru Girls School, Embu-29th July 2011**
- ❖ **Chief guest -prize giving day: St Teresa's Girls School-Embu-13th May 2011**

2004 to date

Volunteer Consultant for Autism Society of Kenya

Key contributions

- Co-organized a National stake holders **workshop** to sensitize stakeholders on needs of autistic children in Kenya
- Developed a **position paper** on autism in Kenya
- Mobilization of resources in support of Autism Society of Kenya

2003 to 2010

Chairperson- Kenya Red Cross Society, Embu Branch of management committee,

Key contributions

- Strengthened Branch financial base through increased resource mobilization
- Successfully established financial management systems and significantly enhanced accountability and transparency
- Mobilized community support resulting in over 100% increase in Branch membership
- Successfully redeemed a key project, Jomo Kenyatta Home for Children with Physical Disability, from eminent closure due to accumulated financial debts
- Contributed to successful development and implementation of HIV/AIDS workplace policy
- Successfully oversaw the planning, implementation, and evaluation of branch activities and programs in line with the Kenya Red Cross mission of alleviating human suffering.
- Initiated an international school exchange program between a school in Sweden and Nguvu girls high school in Embu, Kenya

2015-2016

Consultant for Association for Charitable Children Institutions of Kenya (ACCIK)

Contributions

- Co-developed curriculum for Degree, Diploma & Certificate in Child Care and protection
- Co-authored handbook for implementation of the Diploma curriculum in child care and protection

SCHOLARSHIPS AWARDED

- **Kenyatta University:** scholarship for Master s degree in educational psychology
- **U.S.I.U. :** Graduate Research Assistant Scholarship for M.A. Counseling Psychology