

Academic Staff Profile

Personal Profile

Personal Details

Name: DR PHELISTA MARURA MUSILI

Title/Qualification: PhD

Department: Psychology

Designation/Position: Lecturer

Email: musili.phelista@ku.ac.ke

Contact Address: P.O. Box 5265-80401, Diani

Area of Specialization:

- Counselling Psychology
- Trauma & Palliative Counselling
- EMDR

Research Interests:

- Psychological/Vicarious Trauma in caregivers
- Palliative/Hospice care and Counselling
- Family and Adolescence Counselling
- Substance Addiction & Rehabilitation Studies
- Mental Health Research
- Stress management
- HIV and AIDS



Academic & Professional Qualifications

- 2020: Colombo Plan International Centre for Credentialing & Education of Addiction Professions (ICAP 1)
- 2020: Psychological First Aid – Kenya Counsellors & Psychologists Association
- 2020: Pathways Tertiary Education Online Teaching
- 2019: Training of Trainers in Mediation – (MTI-E.Africa)
- 2019: Sustainability and Health Promotion (Kenyatta University & Helsinki University)
- 2017: Certified Professional Mediator (MTI-E.Africa)
- 2016: Certificate in Palliative Care for Non- Health Care Providers, Kenyatta University & Nairobi Hospice)
- 2016: PhD in Counselling Psychology, Kenyatta University

- 2015: Eye Movement Desensitization & Reprocessing (EMDR) Part 2 Training
- 2012: Certificate in Counseling Supervision – Kenyatta University
- 2010: Training of Trainers (TOT) in Psychological Counselling - Kenya Institute of Professional Counselling
- 2009: Leadership Training – SERVE Ministry Kenya
- 2008: Voluntary Counselling and Testing Course –NASCOP & KAPC
- 2007: MA Counselling Psychology Kenyatta University
- 2006: Practical Counselling Skills and Application – Maranatha College (Now KICD)
- 2004: National DFID Global Sch. Partnership Conference: British Council
- 2004: Life Skills & HIV/AIDS

Employment History

2011 - Present: Lecturer – Kenyatta University (Dept. of Psychology) Member of the Management Board, Mombasa Campus and Dept. Representative.

Responsibilities:

- Teaching, setting, moderating and marking exams
- Supervising, mentoring and counselling students
- Research, attending workshops, seminars and conferences
- Assisting the Director with administration work
- Coordinating academic programs (SHSS) in Mombasa campus

2017 - Present: Certified Professional Mediator (Judiciary accredited)

2012 to Date: Volunteer (Consultant Psychologist) – Coast Hospice

2007 - 2011: Lecturer Shanzu T.T.C. (Head of Subject, tutor, Member of G & C Dept.)

2008 - 2019: Part Time Lecturer (Education/Psychology/Counselling) – KU;
KEMU, UON, Technical University of Mombasa

1995 - 2007: Deputy Principal (Ramisi & Diani Secondary.Schools)

1990 - 2009: Class Teacher; H.O.D. Humanities, Patron Drama Club, Scout, Christian Union;
KNEC Examiner: Fasihi ya Kiswahili (P.102/3); Counsellor.

Publications & Manuals

- Musili, P.M. (2021), Teaching Interactive Module, Psychology of Gender: Kenyatta University Digital School of Virtual and Open Learning
- Wasanga C. & Musili,P.M., (2021), Teaching Interactive Module: Professional and Ethical Issues in Counseling: Kenyatta University Digital School of Virtual and Open Learning
- Gachara E. & Musili, P.M. (2020). Teaching Interactive Module: Basic Counseling and Psychoeducation Skills for Addiction Professionals. Kenyatta University Digital School of Virtual and Open Learning.
- Musili, P.M., Gatua, D., & Nthangi A., (2020). Teaching Interactive Module, Introduction to Psychopathology: Kenyatta University Digital School of Virtual and Open Learning.
- Githae, E., Musili, P.M., Kimotho S., (2020). Teaching Interactive Module:Skills and Techniques of Counselling: Kenyatta University Digital School of Virtual and Open Learning.

- Otanga, H., Musili, P. M., Tanhan, A., Buluş, M., & Arslan, G. (2020). Exploring college students' biopsychosocial spiritual wellbeing and problems during COVID-19 through a contextual and comprehensive framework. Manuscript under review.
- Musili, P.M., Sirera A.M. & Kathungu, B.M. (2016). Vicarious Trauma among Professional Caregivers and Support Staff in Selected Hospices in Kenya. *International Scientific Invention Journals (ISIJ) ISSN 2455-6289 Vol. 2 (7)* <https://www.researchgate.net/publication/338852314>
- Ouma, C.A., & Mwenje, M., & Musili, P.M. (2012). Relationship Between Locus of Control and Criminal Behavior among Inmates at Thika Prison, Kenya. *Kenyan Journal of Guidance, Counseling and Psychology. ISSN 2226-0552 Volume 2 (1)*.
- Musili, P.M. (2009). Teaching Module: Health Psychology. A Module for E-Learning. Nrb: Kenyatta university Press
- Musili, P.M., & Ouma, C.A., (2014). Teaching Module: Human Sexuality. A Module for E-Learning. Nrb: Kenyatta University Press

Conference/Workshops/Seminar Papers

- Challenges and Obstacles facing Mediators in Kenya – In a seminar by Glory Mediation Centre on 24th January 2020
- ‘Personal Trauma History and Occurrence of Vicarious Trauma among Caregivers in Hospices in Kenya’ In the Oncology Nurses Chapter-Kenya and Association for Psycho oncology in Africa International Conference, 10th August, 2018
- ‘Assessing Risk Factors and Frequency of Alcohol Use among Palliative Care Patients in Kenya’; on 31st May 2018, in 44th Annual Alcohol Epidemiology Symposium of Kettil Bruun Society (KBS) in Thailand
- ‘Prevalence of Alcohol and Substance Use among Patients in Palliative Care’; on 21st February 2018 in Kenyatta University
- ‘Awareness of Drug Policy and Drug Prevention Measures among Students of Selected Secondary Schools in Kenya’ on 20th Feb. 2018 in Kenyatta University
- ‘Vicarious Trauma among Professional Caregivers and Support Staff in Selected Hospices in Kenya.’ On 1st July 2016 (Kenyatta University)
- ‘Psychological Issues among the Terminally ill: Lessons from a Qualitative Interview Study of Patients and their Care givers,’ in the 3rd Bennial Kenya National Palliative Care Conference (KEHPCA), on 12th -14th Sept, 2012 at Sarova Panafric Hotel, NRB.
- Poster presentation: ‘*Hidden Patients in Palliative Care*’ in the 3rd Bennial KEHPCA, on 12th to 14th Sept, 2012 at Sarova Panafric Hotel, Nairobi.

Research

- Exploring College Students' Biopsychosocial Spiritual Wellbeing and Problems during COVID-19 through a contextual and comprehensive framework.
- 'Assessing Risk Factors and Frequency of Alcohol Use among Palliative Care Patients in Kenya'
- 'Awareness of Drug Policy and Drug Prevention Measures among Students of Selected Secondary Schools in Kenya'
- Research: 'Prevalence of Alcohol & Substance Use among Patients in Palliative Care'.
- 'Psychological Issues among the terminally ill: Lessons from a Qualitative Interview Study of Patients and their Care givers'
- 'Vicarious Trauma among Professional Caregivers and Support Staff in Selected Hospices in Kenya.'
- 'Utilization of VCTs among selected sec. school students in Kwale County'
- Research Assistant in a Survey on 'The Changing Family & Kinship in Kenya; Kwale County'

Conferences/Workshops/Seminars Attended

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| Oct 2020: | A Focus on Treatment and Recovery: A Virtual Conference on Drug Demand Reduction in Africa, Prevention, Epidemiology & Treatment; by International Society of Substance Use Professionals (ISSUP) |
| Oct 2020: | Epidemiology & Its Role in Drug Demand Reduction: A Virtual Conference on Drug Demand Reduction in Africa, Prevention, Epidemiology & Treatment; by International Society of Substance Use Professionals (ISSUP) |
| Jan 2020 | The Mediators' Seminar - Glory Mediation Centre - Royal Court Hotel Mombasa |
| Sept 2019 | Training of Trainers (TOT) in Mediation (MTI –E.Africa) |
| May 2019 | Sustainability and Health Promotion (K.U. & University of Finland) |
| Sept 2018 | The Oncology Nurses Chapter - Kenya and Association for Psycho-Oncology in Africa International Conference, 2018 |
| June 2018 | 44 th Annual Alcohol Epidemiology Symposium of Kettil Bruun Society (KBS) in Chiang Mai Thailand |
| Feb 2018 | 1 st Regional Multi-Disciplinary Conference on Drugs Demand Reduction and Supply Suppression (Kenyatta University) |
| July 2017 | Certified Professional Mediator (MTI-EA) |
| Aug 2016 | Palliative Care (Kenyatta University/Nairobi Hospice) |
| 2014 - 2015 | Eye Movement Desensitization & Reprocessing (EMDR) Part 1 &2 Training |
| Nov 2014 | The 4 th Kenya National Palliative Care Conference (KEHPCA) - Nairobi |
| Nov 2013 | 3 rd National Conference of Kenya Guidance, Counselling & Psychological Association (KGCPA) – Egerton University |
| Nov 2012 | Conference: on Peace Agenda for Kenya: (KCPA) - NRB |

Sept 2012	The 3 rd Kenya National Palliative Care Conference (KEHPCA)
April 2012	Counselling Supervision Workshop – Kenyatta University
Aug 2010	Training of Trainers (TOT) in Psychological Counselling - KIPC
Nov 2009	Leadership Training – SERVE Ministry International
Nov 2008	Voluntary Counselling and Testing Course –NASCOP & KAPC
Aug 2006	Practical Counselling Skills and Application – Maranatha College
Nov 2004	National DFID Global Sch. Partnership Conference: British Council
Feb 2004	Life Skills & HIV/AIDS

Supervision of Postgraduate Students

Masters

Completed:

- Daniel Bayah: Causes of Drug Abuse Among High School Youth in Mtwapa District, Kilifi County.

Ongoing:

- Caroline Nyawira Ngacha: The Impact of Maternal Self-Efficacy on the Practice of Exclusive Breastfeeding among First Time Nursing Mothers in Kwale County
- Duncan Ogendi Oginda: The Impact of Psychological Support On Unaccompanied and Separated Youth Refugees and Asylum Seekers in Nairobi County, Kenya.
- Mercy Kavuli Muthui: Influence of Computer-Mediated Communications On Romantic Relationship-Satisfaction Among Dating Young Adults in Selected Professions In Mombasa County, Kenya
- Mary W. Ngugi: Relationship Between Marital Satisfaction and Choice of Conflict Resolution Styles Among the Married People in Kiambu County
- Thurania Purity: Impact of Childhood Trauma on an Adult's Mental Health and Well-being in Kiambu County
- Jonathan Muli Kilonzo: Psychosocial Determinants of Juvenile Involvement in Criminal Behaviour in Mombasa
- Ruth Ndinda Kithuka: An Assessment of Effectiveness of Police Response to Land Invasions in Kilifi County

Professional Consultancy / Collaborations:

- **Consultant:** Mentorship programs / Counselling services: Likunda Primary School, Ratinga Primary, Manuel Alexander School, Lulu High Sch, ST. Mercy Academy, Mvindi Sec School among others
- **Consultant/Volunteer Counsellor** – Coast Hospice
- **Collaborations with:** The Kenya Red Cross – Kwale County
- June – August 2016: Participated as a research assistant in: Environmental and Social Impact Assessment for Mwakirunge dumpsite Mombasa county, **Kenya Action Aid & Kenyatta University**

Community Service and Other Engagements

2012 – Present: Member of Management Board (MB)- Kenyatta University, Mombasa Campus

2019 – Present: Member of Board of Management (BOM) – Diani Babla Secondary School

- 2007 – Present:** Mentorship program: Likunda Primary School, Ratinga Pri. School, Lulu High Sch., ST Mercy Academy, Mvindeneni Sec School among others
- 2018 – Present:** Women Ministry/Leadership - South Coast Community Church
- 2017 – Present:** Mediation - Certified Professional Mediator (MTI-EA) and Court Accredited Mediator by the Mediation Accreditation Committee (MAC) working in the Court Annexed Mediation program and FIDA (Kenya)
- 2017 – Present:** Burhania Finishing College – Training International Women Leaders (Bohra Community)
- 2020 - Present:** Life Member Red Cross – Kwale County

Further Achievements:

- In conjunction with Red Cross Kwale County, I participate in offering Psychological First Aid; Debriefing and Psychosocial support within the communities in Kwale County especially during the COVID 19 pandemic
- As a member of the Mental Health Practitioners in Kwale County, I have participated in organizing the sensitization of Mental Health activities during the World Mental Health Day (October 2020)
- Assisted in convening and coordinating a two-day conference on The 1st Regional Multi-Disciplinary Conference on Drugs Demand Reduction and Supply Suppression at Kenyatta University, Nairobi in June 2018
- Convened and Coordinated a Seminar on Cancer awareness and Stress management among women in South Coast Community Church, Diani (South Coast), Kenya in November 2019
- Volunteer as the Consultant Counselling Psychologist where I provide psychosocial support and therapy for patients and Caregivers; and also assist in organizing fundraisers such as annual charity walks for Coast Hospice
- Member of Women Leadership at South Coast Community Church – Diani – where I mentor ladies, offer counselling services and organize seminars/workshops.
- I participate in motivational speaking, Life skills Training, psychosocial support, stress management and mental health, study skills and general nurturing of young people both boys and girls in various Primary and Secondary Schools particularly in Kwale and Mombasa Counties.
- A member of a team of women in South Coast Community Church (SCC) that formed and work with ‘*Girls Go Beyond*’ – nurturing and empowering young girls as well distributing sanitary towels

Affiliation of Professional Bodies

- The Kenya Guidance, Counseling and Psychological Association (KGCPA)
- The Kenya Counseling and Psychological Association (KCPA)
- Certified Professional Mediator (MTI -EA) – Judiciary Accredited Mediator (MAC)

Administrative Positions Held

- Coordinator School of Humanities and Social Sciences – Mombasa Campus
- Member of the Management Board (MB) – Mombasa Campus
- Member of the Corruption Prevention Committee – Mombasa Campus
- Representative Department of Psychology - Mombasa Campus