

Name: Mary Kamina

Department: Doctor

Department: Psychology

Designation/Position: Lecturer
(Counselling Psychology)

Email: kamina.mary@ku.ac.ke

Contact Address - P.O Box 483844 – 00100

Area of Specialization:

- Counselling Psychologist
- Life Coach
- Mentorship & Leadership
- Mediation

Research Interests:

- Child care and protection
- Drug addiction and rehabilitation

ORCID ID: <https://orcid.org/0000-0002-0225-3867>



Academic & Professional Qualifications

- PhD – Counselling Psychology
- M.A. Counselling Psychology
- Certified Professional Mediator
- Trainer
- Christian Leadership
- Life Coach

Employment History

- Sept 2011– to date Kenyatta University, Lecturer – Psychology
- 2005 – 2012 - Trainer Peak Performance Int.- Part time
- Aug 2008 – 2012 Daystar University, Adjunct Lecturer
- Sept 2002-Apr 2006 Nairobi Technical Institute, Lecturer
- July 2000-Sept 2002 Kiambu Institute of Science and Technology, Lecturer

Achievements

- Certified Professional Mediator Mediation Training Institute International (MTI)
- Staff Training
- Kenya Institute of Business and Counselling - KIBCO
- Kenya Psychological Association
- Kenya Counsellors and Psychological Association
- Deployment Debriefing - Thika Military Barracks
- Developing psychology examinations
- Kenya Institute of Education - Curriculum development, including Diploma in Counseling Psychology
- Neema Counseling & Training Centre - Director - Counsellor and Trainer 2006 – 2008

OASIS AFRICA 2008 – 2012

- Compassion International (K) Youth Training
- Nairobi Bottlers' Ltd – Post Election Debriefing
- Centre for Disease Control – Post Election Debriefing
- Valuing Diversity - team building and self-care
- Training for teachers: STAR
- Training in Child Therapy
- Trauma management in different school in Nairobi
- Nairobi Bottlers' Ltd – Post Election Debriefing
- Centre for Disease Control – Post Election Debriefing
- Valuing Diversity - team building and self-care
- Training for teachers: STAR
- Training in Child Therapy
- Trauma management in different school in Nairobi

PEAK PERFORMANCE INTERNATIONAL – Associate trainer 2005 – 2012

- Kenya Railways – Executive Life Coach
- KENGEN - Transforming organizational culture
- Kenya National Library - Debriefing
- Precision Air - Peak Performance and Team Building
- Intercontinental Hotel Pre-Retirement Program
- Housing finance co-operation - Shift Your Thinking Program
- Kenya National Library Debriefing
- National housing finance -Group coaching
- Nation Media Group coaching
- PPI Peer coaching – corporate culture transformation
- Team Building and Motivational Speaking

Referred Journals

- May 2018 - Scholar's Academic & Scientific publishers University students' perception on peer counselling

Books and Books Chapters

- Developing Continuing Education in Africa 2010 ISBN:9966 -936-06-B

Conference/Workshops/Seminar Papers

Conference Papers

- 9th – 11th April 2019 Self-care for practitioners in childcare and protection (Trainer) (Eldoret University)
- 10th 14th Dec 2018 – International Consortium of Universities for Drug Demand Reduction (ICUDDR) NAIROBI
- 1st National Multi – disciplinary, multi- sectoral Conference 23rd Feb 2018 Kenyatta University (21st – 23rd Feb 2018)
- 1ST National Symposium and Training on childcare and protection held at Multimedia University of Kenya 16th – 18th May 2018
- 30th Nov 2018 Influence of perception on utilization of peer counseling services
- 23rd Feb 2018 1st Regional Multidisciplinary, Multisectoral Conference on Drug Demand Reduction and Supply Suppression KU
- 12th -14th Nov 2010 Guidance and Counselling Conference at Egerton University
- July 2006 First National Counsellor Conference at Kenya Institute of Education, Theme: Enhancing counsellor practice, supervision and research in 21st century and beyond

Conference Attended

- 11th March 2021 – Mentoring Program - First Mentors follow up Training
- 25th – 29th Jan 2020 – International Training on Transformational Leadership for ACTIL Mentors and Mentees
- 21st - 23rd Feb 2018 Drug Demand Reduction and Supply Suppression K U
- 27th July 2018 Mediation refresher course

- 22nd-1st June 2017 Colombo Plan – Universal Treatment plan for substance use and disorders – Walk through K U
- 20th -24th Feb 2017 Certified Professional Mediator Mediation Training Institute International (MTI)
- Feb 2016 Data analysis and presentation K U
- 29th Sept 2015 Curriculum Development and Review - KU.
- 30th June 2015 Universal treatment Curriculum for Substance Use Disorders - K U
- 2nd - 7th Dec 2013 Transformational leadership Training - K U
- 30th Nov 2018 Influence of perception on utilization of peer counseling services KU
- 14th -15th 2013 Training in Trauma Model – K U
- 29th - 30th Nov 2012 “Psychological Preparedness for General Elections” KCPA
- 11th Sept 2012 Deployment Debriefing Thika Military Barracks

Workshops Papers

Seminar Papers

- 8th June 2013 “A case study on Mathari Escapes” - KPA (Kenya Psychological Association)
- 25th – 27th April 2012 – Counselling Supervision - KU

Seminar Presentations

- Nov 27th Oct – 29th 2020 Mental Wellness Ambassadors Training Program - KU Office of the Director, Wellness and Rehabilitation Services
- 10th Nov – 11th Nov 2020 – Staff Training Program – KU Office of the Director, Wellness and Rehabilitation Services
- 26th – 27th Nov 2020 - Staff Training Program – KU Office of the Director, Wellness and Rehabilitation Services
- 17th May 2019 Staff Training on Emotional Wellness Judiciary Nyeri (Trainer)
- 22 Feb 2019: Trainers workshop for staff mentors and growing leaders’ facilitators
- Porticus Conference self-awareness - Dec 2019
- Practicum Capacity building psychology on 21st Feb 2019

- Steering - committee member in organization of the - National Drug Reduction Conference - Sept 2018.

Research

- PhD Thesis – Influence of Perception of University Students on Utilization of Peer Counselling Services in Kenya (K U)

Other Publications

- Developing Continuing Education in Africa 2010 ISBN:9966 -936-06-B

Community Work

- National Drug Reduction Conference on 10th – 14th Dec 2018 - Kenyatta Conference Centre (KICC)
- Directorate of Community Outreach & Extension Programmes Counselling – Medical Camp at Michael Rehabilitation Centre, Maragua, Murang'a County (17th Oct. 2015)
- Trauma Management during different traumatic incidents
- Schools' motivational facilitation

Affiliation of Professional Bodies

- Kenya Institute of Business and Counselling - KIBCO
- Kenya Psychological Association
- Kenya Counsellors and Psychological Association
- -Mediation (MTTI)

National and International awards and Recognitions

- 2017 to date - Certified Professional Mediator - Mediation Training Institute International (MTI)

Administrative Positions Held

Recognized university administrative positions

- June 2019 to date Students Warden Ruiru Campus K U
- 2017 to date Students Mentorship program