



CURRICULUM VITAE

1.0 **PERSONAL INFORMATION**

NAME : Dr. Esther Gachara
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2.0 **QUALIFICATIONS**

2.1 Academic Qualifications

- 2019: PhD in Counseling Psychology, Kenyatta University ,
- 2007: MA (Counseling Psychology) Kenyatta University
- 1996: Bachelor of Education (ARTS) University of Nairobi

2.2 Professional Courses

- 2020 : GCCC/ICAP 1
- 2018: Completed a course in Research Administration and Grant Writing
- 2009: Completed a course in Trainers of Trainers/Facilitators at

Maranatha Professional College of Counselling and Training

- 2005 : Completed a course in Practical Counseling Skills and

Applications at Maranatha Professional College of Counselling
and Training

2.3 Other Courses

2018: Certificate in Child Care and Protection

2017: Certificate in Universal Treatment Curriculum for Substance Use
Disorders

2017 : Certificate in Occupational First Aid

3.0 EMPLOYMENT HISTORY

- 2019-To Date Lecturer , Department of Psychology, Kenyatta University
- 2014 -2019 Tutorial Fellow, Department of Psychology, Kenyatta University
- 2008 – 2014: Dean of Studies, St.Joseph the Worker Secondary School. TSC
- 1996 – 2005: Teacher, Head of Language Department and Head of Department ;Guidance and Counseling: Muguru Secondary School .TSC

4.0 ADMINISTRATIVE RESPONSIBILITY (AT KU)

4.1 At Kenyatta University

- 19th March 2021 to date: Member, Committee to Streamline Practica and Attachment in Kenyatta University

- 21st March 2019 to date : Department Examinations Coordinator
- 10th September 2018 to 21st March 2019 : Academic Advising Coordinator, Department of Psychology
- 8th October 2015 : Coordinator Department Undergraduate Research Project Coordinator for the academic year 2015/2016
- 4th February 2015 to 10th September 2018 : Department Exam coordinator support and Department Minute writer

5.0 CONFERENCES/SEMINARS/WORKSHOPS

5.1 Participation in Workshop/Conferences

- Presented a talk on substance use and abuse to music trainers for choirs in Archdiocese of Nairobi March 2020 ,at Ruiru Parish.
- Attended the Second International Conference, Counselling and Psychological Association (KGCPA) at Chuka University, Meru 20TH - 22ND ,November,2019
- Attended a Symposium on Child Care and Protection at Multi media University, Nairobi 16th -18th May, 2018
- Attended a Conference on Drug Demand Reduction and Supply Suppression at Kenyatta University,21st -23rd February,2018
- Attended a conference of Kenya Association of Professional Counselors at Safari Park Hotel ,Nairobi, 2009.

5.2 Presentation of papers at Academic and Professional Conferences.

- 'Relationship between Locus of Control and Adherence to Alcoholic Anonymous Meetings among Persons Recovering from Substance Abuse in Nairobi County, Kenya, ,a paper presented during the Second International Conference, Counselling and Psychological Association (KGCPA) on Mainstreaming Mental Health in the Public and Private Sector for Total Universal Health Care on 20TH -22ND ,November,2019 in Chuka University
- 'Relationship between Locus of Control and Abstinence among Persons Recovering from Drugs and Alcohol Addiction in Kirinyaga County, Kenya ,a paper presented in a Conference on Drug Demand Reduction and Supply Suppression on 21st -23rd February in Kenyatta University
- 'Good lives Model: Application to Rehabilitation of Delinquent Adolescents in Nairobi County, Kenya a paper presented in Symposium on Childcare and protection held on 16th -18th at Multi Media University
- 'Rehabilitation of Delinquent Adolescents in Kenya: Challenges and Implications for Counseling. A paper presented during the 10th Annual Conference of Kenya Association of Professional Counselors at Safari Park Hotel, Nairobi in 2009

5.3 Convening and Coordinating Conferences

- 13th September, 2017: Coordinated a subcommittee on Publicity and Communication of the First Regional Multidisciplinary Conference on Drug Deman Reduction and Supply Suppression on 21st -23rd February 2018;Kenyatta University

6.0 RESEARCH AND PUBLICATIONS

6.1 Articles in Refereed Journals – indicate separately the joint/individual/authored with students/local/Kenyan and international journals/publications.

- Gachara Esther, Wasanga Christine and Olaly Wilfrida (2019) Relationship between Locus of Control and Adherence to Alcoholic Anonymous Support Groups among Persons Recovering from Drugs and Alcohol Addiction in Nairobi County, Kenya. *International Journal of Education and Research*.7 (6) 23-36.
- Gachara Esther, Wasanga Christine and Olaly Wilfrida (2018) Relationship between Locus of Control and Abstinence among Persons Recovering from Drugs and Alcohol Addiction in Kirinyaga County, Kenya. *Scholars Journal of Arts Humanities and Social Sciences*, 6(4) 834-842.
- Gachara Esther and Christine Wasanga (2011) Rehabilitation of Delinquent Adolescents in Kenya: Challenges and Implications for Counseling. *Kenya Journal of Guidance ,Counseling and Psychology* 1(1) 49-58.

7.0 COMMUNITY OUTREACH

- Treasurer: Catholic Liturgical Music Association (CLIMAK) of the Arch Diocese of Nairobi
- Gives motivation talks various psychosocial issues to youths, students and teachers.

7.1 Membership to Professional Bodies

- November 2019 to date: Member, The Kenyan Guidance, Counselling and Psychological Association (KGCPA)
- November 2017 to date: Member, Kenya Red Cross Society

8.0 REFEREES

1. DR. B. Kathungu
Kenyatta University
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NAIROBI
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2. DR. C. Wasanga
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