

Eunice Njango Githae, PhD

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Position: Senior Lecturer

Department: Department of Psychology,

School: School of Law, Arts and Social Sciences (SLASS)

Contact Address: Kenyatta University,

Department of Psychology

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Area of Specialization: Mental Health, Counseling Psychology, Substance Abuse and Addictions

Research Interests

- Behaviour Change Models and Interventions
- Mental Health/ Wellness
- Brain Plasticity
- Substance Use Disorders and Recovery
- Doping: Substance Use in Athletic Performance
- Family Resiliency
- Peacebuilding and Women Leadership
- Forgiveness and Reconciliation

Google Scholar: <https://scholar.google.com/citations?user=DKQJkhkAAAAJ&hl=en>

ORCID Id: <https://orcid.org/0000-0001-9594-8846>

Academic & Professional Qualifications

- 2015: PhD in Counseling Psychology, Kenyatta University
- 2008: MA in Counseling Psychology, Daystar University
- 1995: Bachelor of Education (Arts) Kenyatta University
- 2015 December: Graduate Certificate in Peace-building and Leadership Eastern Mennonite University (EMU), Virginia, USA
- 2014: Certificate in Conflict Analysis: Understanding Conflict: EMU, Virginia, USA
- 2014: Certificate in Philosophy & Praxis of Forgiveness & Reconciliation EMU, Virginia, USA
- 2014: Practice: Certificate in Skills for Peacebuilding: EMU, Virginia, USA
- 2014 July: Certificate in Substance Abuse & Addictions Training. Kenya Methodist University
- 2006: Certificate of Competence & Confidence in the Use of ICT, Cambridge Institute of Technology
- 2005: Higher Diploma in Psychological Counseling, Kenya institute of Professional Counseling
- 2005: Certificate in Trainer of Trainers (TOT), Kenya institute of Professional Counseling
- 1995: Bachelor of Education (Arts) Kenyatta University

Employment History

- Sept 2025: **Senior Lecturer**, Department of Psychology, Kenyatta University
- Aug 2020- July 2024: **Head of Department (HOD)**, Department of Psychology, Kenyatta University
- Sept 2015-Sept 2025: **Lecturer**, Department of Psychology, Kenyatta University
- Dec 2014-Sept 2015: **Tutorial Fellow**, Kenyatta University
- 2009-2014: **Assistant Lecturer**, Department of Counseling, Kenya Methodist University.
- 1996-2009: **Senior Graduate Teacher**, Teacher Service Commission

Professional Membership

- 2026: Licensed Member; Counselors and Psychologists Board (CPB) Kenya
- 2020: Member College of Experts: Member of the College of Experts of the National Institute of Health Research (NHIR) UK
- 2006 to Date: Member Kenya Professional Counselors and Psychologists Association (KCPA)
- 2023: Member: International Network on Brief Interventions for Alcohol and other Drugs (INEBRIA)
- 2020 to date: Member International Society of Substance Use Professionals (ISSUP)

Achievements

- August 2020-July 2024: **Head of Department (HOD)**, Psychology Department at Kenyatta University.
- May/June 2024: **Team Leader**: Training in Diagnosis and Treatment of Obsessive Compulsive Disorders: OCD and Anxiety Program of Southern California in collaboration with Bergen University, Norway.
- January-February 2022: **Project Lead**: Development of Aptitude Test for Recruitment: National Cohesion and Integration Commission of Kenya: Successful in development and implementation of aptitude test for recruitment drive of 1500 qualified applicants.
- 2014-2024: **Student and Staff Mentor**: I have mentored over 30 students through the Kenyatta University Mentorship program (and many more in my community)
- December 2020, **Co-Course Developer**: Successful Funding for Course Development Application: The International Consortium of Universities for Drug Demand Reduction (ICUDDR) & International Society of Addiction Journal Editors (ISAJE)
- March 2019, **Principal Investigator**: World Anti-doping Agency (WADA): 2018 Social Science Research Grant, 2018. Topic: *"Gender Outcomes of Using Brief Motivational Interventions (BMI) on Beliefs and Attitudes against Doping among Athletes in Secondary Schools in Kenya"*
- September 2019, **Principal Investigator**: Research Project Selected for funding by National Research Fund (NRF) of Kenya for the 2nd Multidisciplinary call. Topic area: *"Implementing Comprehensive Recovery-Oriented Practices for Health Promotion, Resiliency and Productivity of Persons with Substance Use Disorders (SUDs) in Kenya"*
- 2014-2015: Nominated for a 2 year Women Peacebuilding and Leadership Program (WPLP) by USAID in collaboration with Eastern Mennonite University, Virginia, USA.

Publications/ Academic Reports and Manuals

- Akaribo, W. A., **Githae, E. N.**, & Ngunjiri, L. M. (2026). The Levels of Pre-Retirement Anxiety among Senior High School Teachers in the Upper East Region of Ghana. *Journal of Medicine, Nursing & Public Health*. Vol 9 (1) 51-61.
- Akaribo, W. A., **Githae, E. N.**, & Ngunjiri, L. M. (2026). Effectiveness of Cognitive Behaviour Therapy In Mitigating Pre-Retirement Anxiety among Senior High School Teachers In Upper East Region, Ghana. *African Journal of Emerging Issues (AJOEI)*: Vol 8(6) 44-56.
- Waweru, W.E., Kathungu, B., & **Githae, E.** (2025). Correlation between Levels of Emotional Awareness and Relapse Risk among Clients in Drug Treatment Centres in Kiambu County, Kenya. *East African Journal of Arts and Social Sciences (EAJASS)* Vol 8(4) 608-629.
- Waweru W.E., Kathungu, B., & **Githae, E.** (2025), Correlation between Levels of Emotional Regulation and Relapse Risk Among Clients in Drug Treatment Centers in Kiambu County, Kenya. *African Journal of Emerging Issues (AJOEI)*: Vol 7(24), 1-20.
- Mwihaki, L. Mwanzo, I., & **Githae, E.** (2024). Predictors of cognitive impairment in patients with substance use disorder in Kiambu County, Kenya. *African Journal of Alcohol & Drug Abuse* : Volume 11, 52-63.
- Mugo, L. M. & **Githae, E. N.** (2024). Relationship between Depression and Psychological Distress among Police Officers in Embu County, Kenya. *IOSR Journal of Humanities and Social Science*. Vol 29(6) 01-11.
- Mwasiagi, E. T., **Githae, E. N.**, & Ogutu, J. O. (2022). Research direction on entrepreneurs' mental health and wellbeing for global sustainability agenda. *International Academic Journal of Innovation, Leadership and Entrepreneurship*, 2(2), 339-356.
- Mwendu Mugendi, S., & **Githae, E.** (2021). Demographic Factors Associated With Non-Completion Among Postgraduate Student In Selected Public Universities In Kenya. *Isagoge - Journal of Humanities and Social Sciences*, 1(6), 79–101.
- Mugendi, S., & **Githae, E.** (2021). Prevalence of non-completion among postgraduate students in selected public universities in Kenya. *European journal of education studies*, 8(12).
- **Githae, E. N.** & Namukoa, S.N. (2021). Exploring Spousal Communication as a Predictor in Relapse Occurrence among Individuals in Recovery from Substance Use Disorders: Implications for Treatment Programs. *African Journal of Alcohol and Drug Abuse –AJADA*, 5, 57-80.
- Mugendi, S. M. & **Githae, E. N.** (2021). Relationship between Psychological Distress and Non-Completion among Postgraduate Students in Selected Public Universities in Kenya. *Journal of Humanities and Social Sciences*, 2 (1) 43-52.
- **Githae, E. N.** (2019). Psychosocial Burden among Close Family Members of Individuals with Alcohol Use Disorder in Inpatient Treatment Centers in Kenya. *African Journal of Educational & Social Science Research* 7(2)60-65.
- **Githae, E. N.** (2019). Perceived Harmful-Criticism in Family Interactional Patterns and Relapse Risk among Recovering Inpatients with Alcohol Use Disorder in Kiambu County, Kenya. *African Journal of Clinical Psychology* 2(02)1-18.

- **Githae, E. N. (2016).** Family Expressed Emotion in Relapse of Alcoholism. International Organization of Scientific Research, Journal of Humanities and Social Sciences (IOSR-JHSS), 21(9)33-41.
- **Githae, E. N., Sirera, M., & Wasanga, C. (2016).** Family Over-involvement and Relapse among Inpatient Alcoholics in Nairobi, Kenya. International Organization of Scientific Research, Journal of Humanities & Social Science (IOSR-JHSS), 21(7)44-50.
- **Githae, E. N. (2020).** Research Report 2: World Anti-doping Agency (WADA) Social Science Research, 2018-2019: Topic: Gender Outcomes of Using Brief Motivational Interventions (BMI) on Beliefs and Attitudes against Doping among Athletes in Secondary Schools in Kenya
- **Githae, E. N., & Ndungo, C. W. (2019).** Research Report 1: World Anti-doping Agency (WADA) Social Science Research, 2018-2019: Topic: Gender Outcomes of Using Brief Motivational Interventions (BMI) on Beliefs and Attitudes against Doping among Athletes in Secondary Schools in Kenya
- **Githae, E. N. (2020):** Teaching Manual: Rwanda Correctional Services. NCO 023: Guidance and Counseling in Prison Settings.
- **Githae, E. N. (2020):** Teaching Module: Health Psychology, Kenyatta University Digital School of Virtual and Open Learning
- **Githae, E. N., Kimotho, S. & Musili, P. (2020):** Teaching Interactive Module: Counselling Skills and Techniques, Kenyatta University Digital School of Virtual and Open Learning
- **Githae, E. N. (2020):** Teaching Interactive Module: Assessment and Diagnosis of Personality and Psychopathology, Kenyatta University Digital School of Virtual and Open Learning
- **Githae, E. N. (2019):** Trainer's Guide: Rwanda Correctional Services. NCO 023: Guidance and Counseling in Prison Settings.

Research: Funded Projects

- December 2020: **Team Member:** Funded for Course Development Application: The International Consortium of Universities for Drug Demand Reduction (ICUDDR) & *International Society of Addiction Journal Editors* (ISAJE)
- 2019: **Principal Investigator (PI):** National Research Fund (NRF), Kenya for further processing of the 2020 Big Four projects. Topic area: "Implementing Comprehensive Recovery-Oriented Practices for Health Promotion, Resiliency and Productivity of Persons with Substance Use Disorders (SUDs) in Kenya.
- 2018-2020: **Principal Investigator (PI):** World Anti-doping Agency (WADA): 2018 Social Science Research Grant, 2018. Topic: Gender Outcomes of Using Brief Motivational Interventions (BMI) on Beliefs and Attitudes against Doping among Athletes in Secondary Schools in Kenya.
- 2014-2015: **Funded Training:** Nominated for a 2 year Women Peacebuilding and Leadership Program (WPLP) by USAID in collaboration with Eastern Mennonite University, Virginia, USA.

International Conferences/Workshops/Seminars

- 2025: Seminar on Prevention and Management of Neurological and Psychiatric Disorders in Developing Countries. **Beijing, China**
- 2024: Obsessive Compulsive Disorders (OCD) treatment training: The OVD & Anxiety Program of Southern California, **Los Angeles, USA**
- 2017: Georg Arnhold International Summer School, 2017. Topic: Contextual and Systemic Factors Enhancing Effectiveness of Education in Emergencies (EiE) Practices in Conflict Prone Areas of Kenya. **Braunschweig, Germany.**
- 2015: Eastern Mennonite University, **Virginia USA**: Women Peacebuilding and Leadership program 2014-2015. Presented a paper on “Analysis of Key drivers of Gender Based Violence in Kenya” as a product of a research project.
- 2014: “Analysis of Key drivers of Gender Based Violence in Kiambu County”: intervention project and unpublished paper written under **Eastern Mennonite University**

Regional and Local Conferences/Workshops/Seminars

- 2026: **Speaker**: Healing of the Heart: Sustaining Emotional Balance. Christ is the Answer Ministries (CITAM).
- 2024: **Panelist**: Trauma and Coping: Webinar Series for Mental Health Awareness and Sensitization Program for May, 2023. Kenyatta University.
- 2023: Walk and Talk Mental Health Initiatives and TV Series during the World Mental Health Awareness Month, May 2023. Launched at Kenyatta University.
- 2022: Presented a paper in the 4th International Health Promotion Conference. Topic: Promoting entrepreneurs’ mental health and wellbeing for 2030 global sustainability agenda amidst coronavirus pandemic.
- 2020, Eldoret: Training Seminar for Games Coaches on Research Intervention for Using Brief Motivational Interventions (BMI) on Beliefs and Attitudes against Doping among Athletes in Secondary Schools in Kenya (KU/WADA Research Project)
- 2019 October, Iten: Workshop Role of School Principals and Games Coaches in Shaping Beliefs and Attitudes Against Doping among School Athletes
- 2019, KUCC: Workshop for manual development: Brief Motivational Intervention for School Coaches
- 2018: Kenyatta University 1st Regional Conference on Drug Demand Reduction and Supply Suppression that the Department of Psychology: Community Understandings of Alcohol Dependence among Families and Communities and Implication on Treatment and Recovery in Kenya.
- 2016: Codependence: Understanding cycle of addiction. Presentation done at Asumbi Rehabilitation Center.
- 2015: Presented a paper at the National Campaign Against Drugs and Alcohol abuse (NACADA). Topic: Role of Family Over-involvement in Occurrence of Relapse among Recovering Alcoholics in Kiambu County, Kenya.
- 2016: Psychosocial Consequences of taking alcohol and other drugs. Paper presented at Kenyatta University Drug Awareness Week.

- 2015: Impact of Positive Leadership and its Impact on Organizational Success. EDULINK II Project, Kenyatta University.
- 2014: Gender-based violence: Breaking the Cycle. Paper presented in a symposium “Healing the Human Person” at Kenya Methodist University
- Currently directing a team developing a leadership book “Strengthening Leadership Competencies in Higher Education; A manual for education managers”.
- 2019: Karura Community Chapel: Triggers of Mental Ill-Health and Coping Strategies for Wellness: Presentation made at Karura Community Chapel, Nairobi.
- 2018: Asumbi Treatment Center: Codependence: Understanding cycle of addiction. Presentation done at Asumbi Rehabilitation Center.

Supervision of Postgraduate Students

Graduated:

- Lawrence Mwaniki Mwhaki. Q57/CTY/Pt/27915/2014. Predictors of Neurocognitive Disorders among Patients with Substance Use Disorders in Kiambu County, Kenya. Department Of Family Medicine, Community Health and Epidemiology
- Anne Wandati: Effect Of The Stigma Of Handling Dead Bodies On The Psychological Well-Being Of Mortuary Workers
- Linet Muthoni Mugo: Occupational Stressors And Their Effect On Psychological Wellbeing Of Police Officers: A Case Of Embu County, Kenya
- Musinguzi Grace: C50/CTY/PT/27270/2014: Relationship between Family Breakdown, Social Support and Self-Efficacy on Resilience among Adolescents Trauma Victims in Kampala, Uganda
- Simon Murigi Njaaga: C50/CTY/PT/27625/2014: Efficacy Of Chaplaincy Programs In Building Resilience Against Drug And Substance Use Among Church-Going Adolescents In Secondary Schools In Kiambu County, Kenya
- Bernadette Njoki Muturi: C50/CE/22489/2011: The Effects of Brief Motivation Intervention on Building Resilience against Substance Use among Students in Secondary Schools in Juja Sub-County, Kenya.
- Sophia Mwendu Mugendi: C50/CTY/PT/37549/2017: Relationship between Psychological Distress and Non-Completion among Public University Postgraduates Students in Kiambu and Nairobi Counties, Kenya.
- Gatiti Sicily Muthoni: C160/32998/2015: Role of Police Women Leadership in Organizational Change in Kenya Police Service Headquarters, Nairobi City County, Kenya (Kenyatta University).
- Beatrice Mwaniki: C50/MSA/PT/27489/2014: Relationship between Community Beliefs and Psychological Distress Experienced by Caregivers of Autistic Children in Mombasa County, Kenya (Kenyatta University).
- Eric Munuhe Kimondo: C159/ CTY/PT/32882/2015: Role of Internal Correctional Procedures in Management of Violent Misconduct among Inmates in Nairobi County Prisons, Kenya

- Sarah Nafula Namukoa: C50/37522/2016: Relationship between Marital Satisfaction and Relapse Occurrence among Inpatients with Alcohol Use Disorder in Selected Rehabilitation Centers in Nairobi County, Kenya.
- Erastus Mutuma Muthuri: C159/CTY/PT/31106/2015: Relationship between Familial Factors and Recidivism in Kiambu Prison.

Ongoing PhD Supervision

- Waweru Wanjiru, E. M. A: C82/29974/2015: The Relationship between Emotional Awareness and Regulation and Relapse Risk Among Patients in Drug Treatment Centers in Kiambu County, Kenya
- Faith Mueni: C82/CTY/PT/33969/2015: Effectiveness of Brief Cognitive Behavioural Therapy in Managing Depressive Symptoms Among Adolescents in Schools Nairobi County
- Bruce Chtalu: The Effects of Military Involvement in Internal Security Operations on Human Security among the Residents of Mt. Elgon District, Kenya
- William Akaribo: Developing a Counseling Model as an Interventional Tool for Retiring Teachers in Ghana.
- Jane Wangari Mburu: The Effectiveness of Cognitive Behaviour Counselling on Psychological Wellbeing of the Family Caregivers of Cancer Patients in Nairobi and Kiambu County.

Masters Supervision Ongoing

- Beth Ngari, C50/27183/2018: Family And Social Predictors Contributing To Substance Use Disorder Among Adolescents In Mbeere North Sub-County -Embu County
- Lorna Irungu C50/27760/2019. Effects of sexual abuse on the mental wellbeing of the child between 8-12years in Kiambu county, Kenya
- Sahali Juma C50/MSA/PT/31714/2015: Psychological challenge facing families of terror suspects in Mombasa
- Maxwell Otieno: C82/CTY/21599/2023. Effectiveness Of A Group Cognitive Behavioural Therapy Programme On Gaming Disorder Among University Students In Nairobi City County, Kenya
- *Carolyn Wanjiku Wairimu, C50/CTY/PT/20319/2022. Predictors of Body Dysmorphic Disorder among Social Media Users in Secondary Schools in Kenya*

Affiliations/ Editorial Positions

- 2023: Member: International Network on Brief Interventions for Alcohol and other Drugs (INEBRIA)
- 2021: Appointment as Peer Reviewer for Africa Journal of Clinical Psychology (AJCP)
- 2020: Peer Review for the Global Effort on COVID-19 (GECO) Health Research Initiative
- 2019 to date: Editorial Board and Peer Reviewer: African Journal of Alcohol and Drug Abuse (AJADA). A Journal of National Authority for the Campaign Against Drugs and Alcohol Abuse (NACADA)

- 2019: NACADA Research Partnership: National Research Fund (NRF): Implementing Comprehensive Recovery-Oriented Practices for Health Promotion, Resiliency and Productivity of Persons with Substance Use Disorders (SUDs) in Kenya
- World Anti-doping Agency (WADA): 2018 Social Science Research Grant, 2018. Topic: Gender Outcomes of Using Brief Motivational Interventions (BMI) on Beliefs and Attitudes against Doping among Athletes in Secondary Schools in Kenya.
- 2019: Directorate of Mental Health Kenya: Research Partnership: National Research Fund (NRF): Implementing Comprehensive Recovery-Oriented Practices for Health Promotion, Resiliency and Productivity of Persons with Substance Use Disorders (SUDs) in Kenya
- 2019: Ministry of Health (Kiambu General Hospital and Kilifi County Hospital as Research Partners) Research Partnership with National Research Fund (NRF): Implementing Comprehensive Recovery-Oriented Practices for Health Promotion, Resiliency and Productivity of Persons with Substance Use Disorders (SUDs) in Kenya

Community Service

- 2026: **Speaker:** Healing of the Heart: Sustaining Emotional Balance. Christ is the Answer Ministries (CITAM).
- 2025: **Chief Guest,** Graduation: Mind & Beyond Counselling Centre. Mwai Kibaki Convention Centre, MKU Thika.
- 2025: **Guest Speaker:** Mind & Beyond Counselling Centre. Sex, Dating, Courtship & Marriage: Implications for Young People at the Universities. Mwai Kibaki Convention Centre, MKU Thika.
- 2024: **Speaker:** Causes of Depression among Young People. Christ is the Answer Ministries (CITAM).
- 2025: Guest Speaker on Healthy Relationships at Mt Kenya University 'Mind & Beyond' program for youth
- 2024: CITAM Church Thika: Speaker: Topic: "Depression among Young Professionals".
- 2024: Spearheaded and Led the Mental Health Awareness Webinars: Kenyatta University
- 2024: Guest Speaker on Healthy Relationships at Mt Kenya University 'Mind & Beyond' program for youth
- 2023: Spearheaded the Mental Health Awareness Campaign in May, 2023. Led external and internal (Kenyatta University) stakeholders on the Walk & Talk forum and other sensitization campaigns for mental wellness.
- 2023: Guest Speaker on Healthy Relationships at Mt Kenya University 'Mind & Beyond' program for youth
- 2023: Mental Health Awareness and Sensitization at Karura Community Chapter, Nairobi.
- 2022: Developed an Aptitude Test that tested over 1500 job recruitment for National Cohesion and Integrity Commission
- 2022: Guest Speaker on Healthy Relationships at Mt Kenya University 'Mind & Beyond' program for youth
- 2007-2008: Trauma counselor at Kirithimo in Limuru during Post Election Violence (PEV)

- 2008-Present: Consultant and Volunteer Rehabilitation Counselor, Asumbi Treatment Center (ATC) and Redhill Rehabilitation Center
- 2015 to date: Appointment as a staff Mentor at Kenyatta University
- 2013: Trauma Counselor in conjunction with Kenya Psychologists Association during Westgate attack in Nairobi, 2013.
- 2017 to date: Secretary, Anchor Welfare Association a community savings and welfare association that I founded.
- 2018: Mental Wellness and Awareness: Seminar presentation, Karura Community Chapel, Nairobi
- 2019, May 15: NTV Guest Speaker: Gender Based Violence; 2020: Thursday April 30th NTV Guest
- 2020: Speaker: Your World Program, Disaster Preparedness and Psychological wellbeing during the pandemic
- 2020: Newspaper articles:
 - **Dr. Eunice Githae:** Mental Wellness during Quarantine and Lockdown, Daily Nation, Saturday March 21st 2020.
 - **Dr. Eunice Githae:** Calming Anxiety in Children as the Pandemic Rewriting the rules, Saturday Nation May 23rd 2020.

Administrative Positions Held

- 2020 August: Head of Department (HOD), Psychology Department
- 2016-2020 July: Chairperson Board of Postgraduate Committee Department of Psychology
- 2015 to date: Lecturer, Psychology Department
- 2010-2014: Assistant Lecturer and Coordinator Counseling Programs, Kenya Methodist University (KeMU)
- 2010 – 2014: Examination Coordinator, Department of Counseling, Kenya Methodist University (KeMU)

REFEREES

1. Prof. David Minja
Executive Dean, School of Law, Arts & Social Sciences
Kenyatta University
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2. Dr. Jane Nyutu
Founder Mind and Beyond Program
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3. Prof. Maina Mwangi
Former Director Research Support
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Nairobi, Kenya.
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ACKNOWLEDGEMENT: I hereby acknowledge that the above information is accurate and a true reflection of myself.