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**UNIVERSITY OF NAIROBI**  
**FACULTY OF ARTS**  
**DEPARTMENT OF PSYCHOLOGY**

# The Psychology Newsletter.



"NO YOU CAN'T ASK A QUESTION."

This is the "Knowledge Sharing" Issue.  
Welcome to the Department of Psychology!

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Dr. Luke Odiemo Okunya, Chairman,  
Psychology Department.

## Message from the Chairman.

I want to take this opportunity to greet all of you again. The semester has taken off successfully and now it is just a few weeks to the end of the semester examination.

The biggest highlight of the month is the successful undertakings of the Departmental research seminars. This is a forum that is rich in knowledge sharing. Colleagues and especially the post graduate students are advised to take them seriously. Students and staff

members are highly encouraged to contact the Research and Seminars Committee to take up slots to present their research findings.

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## *Psychology Department's Motto: Equality First.*

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## Editor's Note.



Ms. Susan Wamae,  
Graduate Assistant, Psychology  
Department.

All classes are underway and students are engaged in the rigors of education. We wish our students well in their academic pursuit.

The Department successfully kicked off the Staff Seminar Series. This is a forum for members of the Department and Graduate students to share information on an area of interest in Psychology. The seminar presentations thus far have been very informative and interactive. Join us in the upcoming seminars to refresh your knowledge and garner new perspectives in the profession. This issue contains a summary of the seminars presented.

Are you about to start your practicum? Are you readying yourself to supervise practicum students? Read on to find out how one student's practicum placement led to a life changing experience for him, his supervisor and children at his practicum site. A challenge to all our students: make your practicum placement a meaningful experience!

Members of the Department continue to work diligently and offer their services to the society. Read on to find out what some of our members have been up to.

Do you have information relevant to the area of Psychology, Counseling and/or Special Needs? Do you have news related to the Department of Psychology? Please share it with us and we will use this platform to share it with the rest of the world.



*Dr. Karen Odhiambo, Convener and Coordinator of the Staff Seminar Series during the inaugural seminar.*

## Department of Psychology Staff Seminar Series

In keeping with our commitment to research, generation and dissemination of knowledge, the Department initiated Staff Seminar Series. The theme of the Staff Seminar Series is “Psychological theory and knowledge, application and contemporary issues.” The Seminar Series are designed to provide a forum for the members of the Department and students at the Department to share knowledge on various areas in Psychology.

The presenters identify an area of interest in Psychology as a Profession. The presentations address the issue, research concern, interest or philosophy of the area (body of knowledge), its knowledge base and development over time. In addition, the presentation address trends, research needs and interest by academic fraternity in the area selected.

The Staff Seminar Series take place on Wednesdays, from 12:30pm to 1:30 pm in ED 213. All members of the Department and students are encouraged to attend. The attendees can carry their lunch or a snack and eat while listening to the seminar proceedings.

## New Members of the Department

The Department of Psychology is pleased to welcome the following part– time Lecturers. They bring to the Department a wealth of knowledge and experience in their areas of expertise. They will be teaching and supervising our students.

1. Dr. Angela Ndunge
2. Dr. Josephine Arasa
3. Dr. Marecia Sirera
4. Ms. Benedetta Mwikali



## Inspiration

Members of our Department continue to shine in the society due to their exemplary work. A case in point is Prof. Ndurumo, who is deaf and lectures at the Department. He was interviewed by Citizen TV and his inspiring story aired on the news. If you missed this

interview, view it on our Website: [http://psychol-](http://psychology.uonbi.ac.ke/)

[ogy.uonbi.ac.ke/](http://psychology.uonbi.ac.ke/)

or visit YouTube:

[http://](http://www.youtube.com/watch?v=CPOgcqUfKbl)

[www.youtube.com/watch?v=CPOgcqUfKbl](http://www.youtube.com/watch?v=CPOgcqUfKbl)

We are privileged to have such a distinguished role model in our Department!

## Role of Counseling on Women Suffering Domestic Violence Impact: An Intervention Study, Kenya.

In the last few decades cases related to domestic violence, gender-based violence or after conflict violence trauma, in Kenya have been on the increase.

This investigation is about the role of counseling activities in supporting women who have suffered Domestic Violence, either in the past as children or currently.

The impact of Cognitive Behavior Therapy as an intervention is on focus.

Mrs. Muthami, a Lecturer at the Department, got interested in this topical study, as a therapist and researcher, to be able to help individuals in need of therapy as a result of domestic violence. Most researchers studying this area do not provide clear interventions on how to reduce effects of violence or break the cycle of violence, as observed in the research.



*Mrs. Josephine Muthami giving the first seminar of the Staff Seminar Series.*

## Reading Comprehension: evidence-based practices for children with a hearing loss.

National statistics on reading comprehension for students without disabilities are dismal at best. A recent education report reveals that seven out of a hundred students in class eight cannot read a simple story in English or Kiswahili. Hearing loss has been found to have an adverse impact on communication. It causes a delay in the development of receptive and expressive communication skills. Consequently, the language deficits cause learning problems leading to reduced academic achievement. Studies show that students with a hearing loss graduate with a fourth-grade reading level. Traditional methods of teaching have failed to mitigate this problem. Numerous strategies have since been developed address the performance in reading comprehension. This presentation analyzed current, evidence-based practices that have been proven to significantly improve the reading comprehension of students. Enquiry was made into the suitability of the evidence-based practices to students with a hearing loss.

*Ms. Susan Wamae, right, giving a presentation at the Staff Seminar Series.*



## Stress Experience and Coping Strategies among University Students.

Challenges that university students face during their study on campus are diverse and include academic, accommodation, psychological, social and economic factors. These challenges may be perceived as stressors thus resulting in stress on the students. The perceived stress may have implications on the students' academic performance and psychological adjustment in the absence of appropriate coping strategies. Since students do not come from homogenous backgrounds, their stress experience may not be the same. Therefore, there is need to understand stress experiences among students so that they can be helped to go through their academic and psychosocial experiences with minimal effects of stress.



*Mr. Oketch Oboth giving a presentation during the Staff Seminar Series.*

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*“Share your knowledge. It is a way to achieve immortality.” Dalai Lama.*

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## Education and Outreach Visit.

Paul Kariuki Ngunyi, a student at the Department did his Practicum at Bahati Boys Rehabilitation Center. The Center houses disadvantaged children sourced from the streets of Nairobi. The Center, originally a County Council Hall is dilapidated. The children at the Center are in dire need of basic needs such as conducive shelter, clothing and food. Mr. Ngunyi, who developed a strong rapport with the children was moved by the plight of the children. Prof. Priscilla Kariuki, of the Department supervised Mr. Paul and was equally moved by the desperate need of the children. On one of the supervision visits, Prof. Kariuki brought the students some supplies in form of food stuff, shoes and reading materials. She also gave them a motivational talk on the importance of education and encouraged them to be diligent in their school work. Prof. Kariuki and Mr. Ngunyi interacted with the children who shared their heart wrenching stories of abandonment by their families, police harassment, begging to eke a living and bullying. They also shared their aspirations for the future. Most of them would like to be presidents, political leaders, doctors, lawyers and “high scientists”. It would be important for us to visit such institutions to give of our time, encouragement, and resources.



*Prof. Priscilla Kariuki and Paul Ngunyi at Bahati Boys Rehabilitation Center with some of the boys at the Center.*

# Department of Psychology

## Upcoming Events.

- Continuation of classes for our Diploma, B.A (Psychology), B.A. (Counseling), M.A. (Psychology) and M.Ed (Special Needs) students, from 8/9/2014-20/12/2014.
- Continuous Assessment Tests.
- Graduation Ceremony on 5th December 2014.
- End of Semester Exams as of 8th December, 2014.
- Seminar presentation by Dr. Karen Odhiambo, Lecturer at the Department.
- Seminar presentation by Dr. Sahondra Kiplagat, Lecturer at the Department.
- Departmental Retreat.

## VISION

To be a department that leads in the teaching, counselling, research and dissemination of psychological knowledge.

## MISSION

To excel in the teaching, research and training of psychologists and counsellors and in the application of psychological knowledge to address problems that individuals meet in their daily experiences.

## CORE VALUES

- Academic excellence
- Professionalism
- Ethical practices
- Collaborations and linkages
- Quality customer relations
- Responsible citizenship
- Team spirit and networking

### Department's Contacts

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