

The Psychology Newsletter

Issue No.1 of June, 2013.



Welcome!

As the Head of Department, I would like to take this opportunity to welcome you to the Department of Psychology. Our services are designed to be relevant and meaningful to our clients. Throughout the week, hundreds of students congregate in various lecture halls and rooms in the university to undertake psychology related activities that can benefit their lives.

Here at the Department of Psychology we desire to be people who are caring and open so that ALL may experience real love and care.

We cannot wait to have you as a visitor or student in our department. Thanks a lot for opting to work with us. It is indeed our pleasure.

All problems get solved at the department of psychology and all the staff strive to ensure that stress is not part of our clients' life.

The department is happy to inform you that it offers a number of courses that are relevant to our students' needs of today and tomorrow. For example, Stress Management, Family and Marital Counselling, Youth Counselling, Vocational Counselling, Health Psychology, Family Psychology Addiction Counselling among others.

By the way, it is not just in the Faculty of Arts that Psychology courses are offered! The department also offers courses in other schools and colleges of the University of Nairobi. Courses in Psychology of teaching and learning, Human development, Guidance and Counselling and Special Needs Education are offered to Bachelor of Education students in the College of Education and External Studies as well as the College of Agriculture and Veterinary Sciences. Social Psychology course is offered by the Department of Psychology to the Architecture students in the College of Architecture and Engineering. Several psychology courses are taught by the department to the students of the School of Economics and School of Journalism.

The Department would like to welcome you to be part of this great experience of being a member of the privileged community of people who have dedicated their lives to the study of human behavior.

A word from the editor



This being the first issue of our Departmental Newsletter, I would like to invite all stakeholders of the Department of Psychology to use this outlet to communicate with the wider world. The newsletter will always be happy to publicise your personal contributions to the development of Psychology as a discipline. The respective issues will be published as often as possible to ensure that everybody is well inform of what is going on in the Department of Psychology. All members are free to publish their psychology-related products in this newsletter. You are therefore being encouraged to maximise the use of this outlet to develop yourself careerwise by frequently writing reports that involve activities that benefit the University of Nairobi and the country as a whole. Psychology related articles are highly welcome. On behalf the Chairperson, I warmly welcome you to ensure that the fire keeps burning in this Psychology newsletter.

Thank you very much.

Yours,

Dr. Luke Odiemo Okunya.

Upcoming Public Lecture

The Department of Psychology is happy to announce to you the upcoming lecture by Dr. Ani Kalayjian on the **1st of July, 2013**.

Dr. Kalayjian is an expert in Traumatic Stress, Disaster and Violence Prevention, Transformation, Yoga and Spirituality. She is the president of the Association for Trauma Outreach and Prevention (ATOP), a Fellow of the New York Academy of Medicine. Dr. Kalayjian is widely published in the area of traumatic stress, resilience and disaster prevention.

This lecture is being offered in the light of the newly passed UN resolution of Happiness and Wellbeing as a measurement of countries prosperity rather than their GDP.

After the lecture she will train people who are interested on the **Seven-Step Integrative Healing Model** ending with meditation and Yoga. She is a licensed Yoga expert.

Opportunities to Serve

On Tuesday the **25th of June 2013** the Psychology Club will be holding its annual election to choose new leaders to steer this vibrant Club. All bonafide members are highly welcome to compete for leadership positions. For more information please visit the Psychology Club website, departmental notice board and the office at the Gandhi Wing Room 547.

Are You Energetic and Creative?

The Psychology Club invites all interested students to register as members. This is a club that will offer you as a student opportunity to develop your skills in various aspects of life such as training in First-Aid and management of Drug and Substance Abuse problems among others.

It is actually the greatest opportunity for you as a member of the university to connect with the larger community. The Club has a number of activities lined up for its members. In the coming few days the Club will be announcing a date for Disaster Management training. Please attend meetings regularly so as not to miss out.

Below are photographs of some of the activities that the Club has afforded its members in the past.



Photographs of Psychology Club members attending a NACADA Training offered by NACADA at the University of Nairobi in late 2012.

All the students who completed the training received official certificates accredited by NACADA and the University of Nairobi. What a joy!!

The Psychology Club members have also been contributing to community development by participating in remedial education programs for the socially disadvantaged children in Kawangware informal settlement in Nairobi. Below is a photograph of one of the members facilitating learning in one of such centres. Similarly, all the participants in the project will be given certificates.



Expanded BA degree Programme in Psychology

On Monday the 17th of June 2013 the Senate approved a number of courses that can now be offered in Psychology as part of the Bachelor of Arts degree program. For more information, you are kindly requested to visit the Department of Psychology in GW 547.

Improved Diploma in Counselling Psychology Programme

In addition to the above BA degree program courses, the Senate also approved a number of courses that will become part of the Diploma in Counselling program offered by the Department of Psychology. For more information please contact the Psychology Departmental office at GW 547.

Upcoming Departmental Retreat

The Department of Psychology is planning a retreat to review the current programs, develop new ones and examine its Strategic Plan as a way of improving the quality of our academic services. The Department therefore welcomes any views or suggestions from stakeholders about any aspect of psychology of interest to them. Suggestions can be delivered physically in the department or electronically. We value your participation in our activities.

Promotions and New Appointments

The Department of Psychology is pleased to announce the promotion of Dr. Michael Ndurumo to the position of Associate Professor. He will henceforth be known as Professor Michael Ndurumo. Professor Ndurumo is a specialist in Special Needs Education and Educational Psychology.

He is widely experienced having worked in a number of institutions of higher learning such as Moi University, Kenya Institute of Education among other others. Professor Ndurumo has a wide international experience in this job. He studied and worked in the USA before returning to serve his country.

Professor Mukuria, who has been serving the department on part time basis, has been appointed on permanent and pensionable basis as an Associate Professor in the department. Professor Mukuria is a specialist in Special Needs Education among other areas of Psychology. He has vast international teaching and research experience having worked in the USA for several years.

Dr. Sahondra Kiplagat, a temporary lecturer in the department, has also been appointed as a fulltime lecturer. Dr. Kiplagat is a British educated Environmental Psychologist. She is widely experienced in this job and has a broad international experience with regard to working as a lecturer and a researcher in the University.

All the appointments were confirmed as a result of the respective persons having satisfied a panel of rigorous interviewers composed of highly competent professors of the University.

We want to congratulate them and welcome our new members of staff in the department.

Upcoming Disability Resource Centre

Each one of us has experienced some form of disability either ourselves, friends, neighbors and relatives. I am sure everybody knows how challenging it can be to live with disability. Now *annuntio vobis gaudium magnum!!* (we announce you a great joy!!) The university management has approved the construction of a disability and resource centre to be funded by National Council for Persons with Disabilities (NCPWD) and managed by Department of Psychology.

The department would like to specifically appreciate the efforts made Professor Ndurumo, who was its representative in discussions with NCPWD, in ensuring that the University of Nairobi was given the honor of hosting this centre.

The centre will provide a number of services related to disability studies and needs. It will host lecture theatres, staff offices, residential facilities for students with special needs, cubicles for postgraduate students, a resource centre, library on special needs education, a child study centre, conference centre, cafeteria among other good things. It will be located in Kenya Science Campus. We look forwards to the completion of noble task.

Awards Presented to Staff Members

Professor Ndurumo was recently awarded the Notable Educator of the Year Award by Malaika Trust. The award was given in recognition of his achievements in educational development in the country. It was awarded at Safari Park Hotel early 2013. We highly congratulate him for this achievement!

New Public Appointments

Professor Priscilla Kariuki, who is also the Chairperson of the Department of Psychology, was re-appointed as the Chair of the Governing Council of Keriri Women's University of Science and Technology in Nairobi for a period of 3 years starting February, 2013.

She has also been appointed by the Ministry of Education as a member of the council of the Kenya Institute for Special Education (KISE) for a period of 3 years.

We congratulate her too for this achievement!

Announcements

Are you associated with the Department of psychology in anyway? Are you active out there or within the university taking part in activities that are useful to humanity? Be it in church, scouting event, community work, fundraising etc. Then the Department of Psychology kindly requests you for the following items for publication:

- (a) A photograph of your participation in the respective activity
- (b) A short description of the event you were taking part in. Remember when presenting this short write-up, the following questions must be answers clearly: **who, where, what, when, which, why and how** of the activity you were engaged in.

You can visit the department in GW 547 and deliver these documents.

Welcome and we hope you will enjoy your time with the department of psychology now and forever more!