


Daystar University Staff Profile Template

1. Name:	<ul style="list-style-type: none">• Winnie W. Waiyaki,• Doctor in Clinical Psychology• Lecturer
2. Passport photo:	
3. Job Title and Responsibilities:	<ul style="list-style-type: none">• Lecturer• Teaching, supervising student's thesis, mentoring students• School of Human and Social Sciences, Psychology Department
4. Biography:	<p>I was a practitioner at law for a period of for 15 years when I realized that my passion and calling was in mental health. I trained by doing an MA and a PhD in various disciplines of psychology. I also realized that this would be the way to fulfil my passion and potential for teaching. I have taught at University level from 2007 to date, firstly in a part time capacity, but became full-time in 2016. In the time of my career as a psychologist I have taught and mentored students in their personal and academic journeys. I have a passion also in finding out the contextual presentation of psychological and emotional concepts with a view to finding an integrated authentic approach to understanding and management of emerging issues.</p> <p>I am a member of the Kenya Psychologists and Counselors Association in good standing and of the Law Society of Kenya in abeyance.</p> <p>I also see a number of clients with a variety of psychological issues. This works well to undergird my teaching as I give my students an experiential slant. I believe a good teacher is also a good practitioner</p> <p>Upon invitation I also address church groups, professional bodies and</p>

	other for as an advocate for mental health.
5. Academic Qualifications:	<p>2016 PhD in Clinical Psychology, Daystar University</p> <p>Dissertation: Efficacy of cognitive behavioral therapy on depression and anxiety disorders among caregivers of kidney patients on dialysis in Nairobi County</p> <p>June 2010 Masters in Counseling Psychology at Daystar University</p> <p>Opted for practicum instead of a research as I wanted to hone my therapeutic skills</p> <p>January 2004 Postgraduate Diploma in Human Resource Management (Kenya National Examinations Council)</p> <p>1993-1994 Obtained a Diploma in Law from the Kenya School of Law thus qualifying to practice as an advocate.</p> <p>1989-1992 Attended the University of Nairobi and graduated with a Bachelor of Laws Degree (LL.B Upper Second Division).</p>
6. Research Interests:	<p>Research Interests</p> <p>Mental disorders in various contexts in Kenya and Africa, issues of parenting in our context, youth problems and marriage and family in general.</p> <ul style="list-style-type: none"> ▪ • Ndegwa, S. & Waiyaki, W. (2017). Parental Awareness: The First Step in Protecting Children against Online Violence. ▪ Waiyaki, W.W. (2016). Efficacy of Cognitive behavioural therapy cognitive on depression and anxiety disorders among caregivers of kidney patients on dialysis in Nairobi county (Doctoral Research)

Awarded Research Grant

- Principle Investigator in a project titled: *Parenting and Youth Problematic Behaviour: A Case Study of University Students* by Waiyaki, W. & Ndegwa, S. funded by the Research and Publication Bureau, Daystar University.

Non-Academic Publication:

Worked with my student on a paper in the Conversation entitled, Assessing psychological effects of political tensions and conflict among children.

<https://theconversation.com/kenyas-post-election-violence-the-harm-thats-been-done-to-children-82266>

Journal Publications

- Waiyaki, W., Khasakhala, L., & Oladipo, R. (2017). Factors associated with elevated depression in family caregivers of End Stage Kidney Disease patients in Nairobi County, Kenya. *African Journal of Clinical Psychology, 1*(1), 118-134.
- Waiyaki, W. (2018). Efficacy of cognitive behavioural therapy for depression on family caregivers of end stage kidney disease patients in Nairobi County. *African Journal of Clinical Psychology, 1*(3), 1-14 .
- Waiyaki, W. (2017). Anxiety in family caregivers of dialysis patients in Nairobi County, Kenya. *African Journal of Clinical Psychology, 1*(2),1-18 .
- Changorok, S., Yugi, P., Waiyaki, W., Munene, A.(2018). The efficacy of Cognitive Behavioural Therapy on Opposition Defiance Disorder in selected primary schools in Nairobi, Kenya. *International Journal of Current Research, 10*(10), 74026-74038.
- Changorok, S., Yugi, P., Waiyaki, W., Munene, A.(2018). Risk factors associated with Oppositional Defiance Disorders among students in selected primary schools in Nairobi, Kenya. *Elixir Social Studies, 122*, 51872-51881
- Okumu, S.A., Nzyuko, S., Waiyaki, W. (2018). Effectiveness of NET in the treatment of PTSD and Depression among bereaved adolescents in selected children's homes in Kajiado County, Kenya.

	<i>Elixir Psychology, 123, 52055-520-62</i>
7. Publications:	<p>Conference Presentations</p> <ul style="list-style-type: none"> • Ndegwa, S. & Waiyaki, W. (2017). Parental Awareness: The First Step in Protecting Children against Online Violence. 4th Regional Parenting Conference in Malawi (24th – 27th October, 2017). • Waiyaki, W. (2016). Depression Among Family Caregivers of Patients on Dialysis in Nairobi. The Annual International Research Conference in Kenya Methodist University, Meru (21st-22nd Nov., 2016). • Waiyaki, W. & Ndegwa, S. (2016). Peace: Minimizing the Risk of PTSD in Kenya General Election of 2017. KCPA 4th Annual Scientific Conference in KICD, Nairobi (10th-11th Nov., 2016). • Waiyaki, W. (2018). Treating Depression in Family Caregivers of Patients with End Stage Kidney Disease in Nairobi County. KCPA 5th Annual Scientific Conference in KICD, Nairobi
8. Classes you teach:	<ul style="list-style-type: none"> •Psychology courses: Introduction to psychology, Ethics in Psychology (all levels), Introduction to Clinical Psychology, Psychology of learning, Advanced Psychotherapy, Assessment, Pre-Practicum, Addictions, Personality Theories
9. Other relevant links:	<ul style="list-style-type: none"> • For example, ResearchGate, Google scholar, etc.
10. Official Contact Details:	<ul style="list-style-type: none"> • Email: wwaiyaki@daystar.ac.ke • Telephone number(s): 0722555001