

ESTHER GACEKE GACHARA, PHD

1.0 PERSONAL PROFILE

POSITION : lecturer
CONTACT ADDRESS : 43844-00100, Nairobi.
EMAIL : gachara.esther@ku.ac.ke
SPECIALIZATION : Counseling Psychology
RESEARCH INTEREST : Addiction Prevention and Treatment, Behavior modification, Youth Empowerment, child care and protection
ORCID ID : <https://orcid.org/0000-0002-2412-277X>
GOOGLE SCHOLAR: <https://scholar.google.com/citations?hl=en&user=O60AulYAAAAJ>

2.0 *Academic and Professional Qualifications*

2024 -2015: Certificate, International Career Writing Program, British Academy
2020: International Certified Addiction Professional -Treatment (ICAP 1)

2019: PhD in Counseling Psychology, Kenyatta University,
2018: Certificate, Research Administration and Grant Writing, P-HERT

2018: Certificate, Child Care and Protection, (ACCIK)

2017: Certificate in Universal Treatment Curriculum for Substance Use Disorders, Colombo Plan – Kenyatta University
2017 : Certificate in Occupational First Aid, Kenya Red Cross
2012: Certificate in Counseling Supervision, Kenyatta University
2009: Certificate in Trainers of Trainers/Facilitators (TOT/F), Maranatha Professional College of Counselling and Training Centre

2007: MA (Counseling Psychology) Kenyatta University
2005: Certificate, Practical Counseling Skills Applications, Maranatha Professional College of Counselling and Training Centre
1996: Bachelor of Education (ARTS) University of Nairobi

3.0 ADMINISTRATIVE RESPONSIBILITY

- 2025 to Date: Member, Curriculum Development Committee
- 2021 to Date: Departmental Coordinator, Quality Management Systems
- 2019 - 2021: Department Examinations Co-Ordinator, Department of Psychology
- 2015 - 2019: Assistant Examinations Coordinator, Department of Psychology
- 2018 - 2019: Academic Advising Coordinator, Department of Psychology
- 2015: Coordinator Department Undergraduate Research Project Coordinator for the academic year 2015/2016

4.0 RESEARCH AND PUBLICATIONS

Samson Oteyo, Esther Gachara, Eunice Mvungu, Helen Henningham, Simon Onywere, Dorothy Naivasha, Judith Waudu, James Onditi, Teresa Mwoma, Hudson Ouko, Margret Mwangi. Administration And Scoring Of Measurement Tools for The Three and Four-Year Old's And Women Before The RCT Baseline Survey in Tharaka Nithi County, Kenya. *Kenyatta University Women's Economic Empowerment (KU-WEE) Journal*, 1(1), 314–333.

Teresa Mwoma, Simon Onywere, Fred Okeyo, Dorothy Naivasha, Judith Waudu, James Onditi, Hudson Ouko, Margaret Mwangi, Margaret Mwangi, Joseph Iguna, Samson Oteyo, Eunice Mvungu, Esther Gachara, Costas Meghir, Helen Henningham. (2024) Caregiving and Children's Preschool Attendance: A Case of Tharaka Nithi Preschool Randomized Controlled Trial Intervention Project. *Kenyatta University Women's Economic Empowerment (KU-WEE) Journal*, 1(1), 274–292.

2024-On going: Assessment of Children in the KU -WEE HUB for the study entitled 'A Randomized Evaluation Of The Effects Of a Pre-School Intervention On Child Learning And Women Economic Empowerment In Tharaka Nithi County, Kenya'

Gachara Esther. (2020) Perceptions on quality of life among persons recovering from alcohol use in Kirinyaga County, Kenya. *African Journal of Alcohol and Drug Abuse*.4:12-26

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.

5.0 Modules

Gachara,E.(2020) Teaching Interactive Module. Ethics For Addiction Professionals. Digital School of Virtual and Open Learning

Gachara,E.(2020) Teaching Interactive Module. Emotion, Personal Meaning and Counseling. Digital School of Virtual and Open Learning

Gachara,E.(2017) Teaching Module. School Psychology. Digital School of Virtual and Open Learning

Gachara,E.(2017) Teaching Module. Psychology of Politics. Digital School of Virtual and Open Learning

6.0 Thesis

Gachara,E.(2019) Relationship between Locus of Control and Rehabilitation Outcomes among Persons Revovering from Drugs and Alcohol Addiction in Kirinyaga County, Kenya. PhD. Thesis

Gachara, E.(2007) An Assessment of Factors Related to the Effectiveness of Government Rehabilitation Schools for Delinquent Adolescents in Nairobi and Kiambu. M.A. Project

7.0 CONFERENCES/SEMINARS/WORKSHOPS

2024: 2ND International Conference on Women Economic Empowerment 24th -26th July, Kenyatta University Conference Center (KUCC) at Kenyatta University. Standardization of Application of Assessment tools for three year olds in Tharaka Nithi County, Kenya

2019: The Kenya Guidance, Counseling and Psychological Association(KGCPA) 2ND International Conference on Mental Health 20TH -22ND November,2019. *Relationship between Locus of Control and Adherence to Alcohol Anonymous Meetings among Persons Recovering from Substance Abuse in Nairobi County Kenya*

2018: 1ST National Symposium in Kenya on Child Care and Protection 16th -18th May,2018 (Multi Media University) *Good lives Model: Application to Rehabilitation of Delinquent Adolescents in Nairobi County, Kenya*

2018: First Regional Multidisciplinary Conference on Drug Demand Reduction and Supply Suppression
21st-23rd February (Kenyatta University)

Relationship between Locus of Control and Abstinence among Persons Recovering from Drugs and Alcohol Addiction in Kirinyaga County. Kenya

2009: Kenya Association of Professional Counselors (KAPC)

10th Annual Conferences (2009)

Rehabilitation of Delinquent Adolescents in Kenya: challenges and Implications for Counseling.

8.0 COMMUNITY OUTREACH

8.1 SCHOOL BOARD MEMBERSHIP

2022 ongoing: Board Member: Mangu High School

2019 to 2022: Board Member: Muguga Technical Training Institute

8.2 SEMINARS FACILITATION

16th March 2024: Peer Counsellors Seminar, Mangu High School

March 2020: Substance use and abuse to music trainers for choirs in Archdiocese of Nairobi ,St Francis of Assisi Parish, Ruiru.

8.3 TELEVISION TALKS

12th July 2020: The Impact of School Calendar Being Declared Null and Void on Learners. Kenyatta University (KU) TV. <https://youtu.be/NV8P79J6vQs>

8.4 WEBINARS

21ST May,2024: Behavioral and Chemical Addictions. <https://meet.google.com/ebk-zsfq-hip>

9.0 PROFESSIONAL/CONSULTANCY

2020 up to Date: Mental Health Champions Program: Consultant Counselor

2011-2015 : Youth Empowerment Kenya (Y.E.K). Behavior modification and Empowerment Programs

10.0 MEMBERSHIP TO PROFESSIONAL BODIES

2007 to Date: Member Kenya Counseling and Psychological Association

2019 to date: Member, The Kenyan Guidance, Counselling and
Psychological Association (KGCPA)

2017 to date: Member, Kenya Red Cross Society