



KENYA UNIVERSITIES PROFESSIONAL COUNSELORS ASSOCIATION

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KUPCA WORKSHOP AT THE UNIVERSITY OF NAIROBI

DATE: 28th -30th November 2023

THEME: ADDRESSING DEPRESSION IN OUR UNIVERSITIES

#“Mental health is a Universal Human Right”

DAY ONE: Tuesday 28 th November 2023		
TIME	ACTIVITY	FACILITATOR/RAPPORTEUR
8:00 am-8:30 am	Arrival and registration	Ms. Jane Ombura (KUPCA Secretary, Egerton University) and Mr. Patrick Obel (KUPCA Treasurer, USIU)
8:30 am -9.00 am	Opening prayer and devotion	Fr. Peter Kaigua (Chaplain, University of Nairobi)
9:00 am-9:30 am	Introduction and Climate Setting	Mr. Francis Gacheru (KUPCA Assistant Secretary, Chuka University).
9:30 am -10.30 am	Opening remarks	Dr. Catherine Amulundu (KUPCA Chair, University of Nairobi)
10:30 am-11:00 am	Official opening	Prof. Stephen Kiama Vice-Chancellor University of Nairobi
10.30-11.00	Health Break	University of Nairobi
11:00 am-12:30 pm	Keynote speaker: Mental Health Today and To the Future	Prof. Julius Ogeng’o (DVC Academic Affairs, University of Nairobi).
12:30noon-1:00 pm	Interactive session on the keynote address.	Ms. Susan Botto (Student Counsellor, Daystar University).
1:00 pm-2:00 pm	Lunch Break	University of Nairobi
2:00 pm-3:30 pm	Depression in our Universities (Prevalence, Signs and Symptoms)	Dr Teresia Waithira Dedan Kimathi University of Technology
3:30 pm-4:40 pm	Music Therapy, skit & interaction	Suleiman Maningi Lost State of Mind
4:40 pm-5:00 pm	Health Break	University of Nairobi



DAY TWO: Wednesday 29th November 2023

TIME	ACTIVITY	FACILITATOR/RAPPORTEUR
8.00 am-8.20 am	Prayer and devotion	Rev. Mitei Hosea (Chaplain, University of Nairobi)
8:20 am-8:30 am	Recap	Mary Otieno Student Counsellor University of Nairobi
8.30 am-9.30 am	Self-care strategies for therapists	Dr Pamela Lujalu (Student Counsellor University of Nairobi)
9.30 am-10.00 am	Spirituality and Mental Health	Fr. Peter Kaigua (Chaplain, University of Nairobi)
10:00 am-10:30 am	Health Break	University of Nairobi
10:30 am-12:00noon	Gender-based violence (GBV) in the university	John Chege GBVR Centre, Nairobi Women's Hospital
12.00-1.00 pm	Anxiety and Mood Disorders in the University	Dr. Rose Otieno Kisii University
1.00 pm-2.00 pm	Lunch Break	University of Nairobi
2.00 PM-3.00 pm	Suicide among University students	Dr Austin Omanyia KCA University
3:00 pm-4:45 pm	Team Building and Games	Dr Margaret Njiru Counsellor University of Nairobi
4:45 pm-5:00 pm	Health Break	University of Nairobi

DAY THREE: Thursday 30th November 2023

8:30-8.45 am	Prayer and devotion	Rev. Mitei Hosea (Chaplain, University of Nairobi)
8.45-9.00 am	Recap	Paul Mutune (Student Counsellor University of Nairobi)
9.00-10.00 am	The Counsellors and Psychologist ACT (No. 14 of 2014)(Revised 2019)	Bernadette Nashello Board Member, Counsellors & Psychologists Board
10:00-10:30 am	Health Break	University of Nairobi
10:30-11.30 am	Regional breakaway sessions	Moderator Ms Susan Botto, Student Counsellor Daystar University)
11:300-12:30 pm	Committee reports and regional work plans	Chairs of committees
1:00-2:00 pm	Lunch Break	University of Nairobi
2:00-4:00 pm	The way forward and official closing	Rev. Joseck Butali
4:00-4:30 pm	Tea Break	University of Nairobi
4:30-5:00 pm	Members leave at their pleasure	

RAPPORTEUR: PETER MUTHOKA MATATA- EGERTON UNIVERSITY