

STUDENTS AFFAIRS DEPARTMENT



Name of Staff: Benedict M. Musyoka

Designation/Rank: Students Counsellor III

Department: Students Affairs

Email: bmusyoka@laikipia.ac.ke

A. Educational Background/Qualification

1. Bachelor of Psychology, Laikipia University, Kenya (2019)
2. Certificate in Basic Productivity and Digital skills (Ministry of ICT Authority, Kenya (2023)
3. Mental Health, Recovery and Community Inclusion (Ministry of Health, Quality Rights Kenya, (2022)
4. KCSE, Mbondoni Secondary School, Embu, Kenya (2014)
5. KCPE, Msingi Bora Academy, Embu, Kenya (2010)

B. Professional Courses

1. Application of DSM V TR & ICD-10 in clinical assessment, (KCPA, July, 2023)
2. Introduction to Adverse Childhood Experiences (ACEs) & Early Trauma.
3. Suicide Prevention in Resettlement, Asylum & Integration Setting, (IRC, Kenya, 2022)
4. Developing, Mentoring & Supporting Youth Leadership- (YALI Africa, 2022)
5. Basics of HIV/AIDS Counselling – (Emocare & Global Trainers, Coaches and Counsellors Org, 2022)
6. Basics on Major Depressive Disorder – (Emocare & Global Trainers, Coaches and Counsellors Org, 2022)
7. Outpatient Alcohol Withdrawal Management: A tool for Global Practice Setting, (ISSU-P, 2022)
8. Early Prevention of Drug Use, (International Society of Substance Use Professionals-ISSUP, 2022)

C. Brief Auto-biography

Benedict is a highly motivated, self-driven and result oriented young professional, with close to 5 years working with young adults in areas of Mental Health and Psychosocial Support, (MHPSS) and Counselling,

Mentorship and Leadership. He is a registered Member of the Kenya Counselling and Psychological Association (KCPA). He has experience in both public and private sector. He has worked with people with different difficulties in all walks of life helping them manage depression, substance use disorders, trauma, anxiety among other mental health disorders, both on individual, and group settings. His practice is biased on working with young adults and the youth.

Benedict is a dedicated and reliable therapist who values uniqueness of every individual. He has proven to be a problem solver, good mentor and a counsellor whose motivation comes from the success of others. He believes in creating a conducive environment where every individual can build resilience and get support. He has proven to be a key young adults' mentor, reliable team leader and player. He is passionate about achieving and exceeding his targets both in a team and as an individual.

D. Trainings /Seminars/ Conferences Attended

1. Kenya Universities Professional Counsellors Association, (KUPCA) Workshop, University of Nairobi (28th to 30th November, 2023).
2. Kenya Universities Professional Counsellors Association (KUPCA) Workshop, Laikipia University, (May, 2022)