



Stephen Asatsa (PhD)

P.O Box 954-00502, Nairobi, 00502, Kenya

Tel : +254770140889

Email : steveasatsa@gmail.com

Profile

Senior Lecturer, Researcher and accredited Counseling Psychologist, with 15 years' experience in clinical work and 5 years of university teaching, research and postgraduate students' supervision. Research interest on death, trauma, indigenous knowledge systems and nature focused mental health interventions.

Date of birth: 22/1/1977

Nationality: Kenyan

Employment History

2019 — Present: **Head of Department of Psychology, Catholic University of Eastern Africa, Nairobi**

- Setting and advancing the academic strategy of the Department in line with University strategic plans.
- Ensuring the highest levels of quality, integrity and ethics in all research undertaken.
- Managing income and expenditure in order to promote financial sustainability.

2018 — Present: **Lecturer of Psychology, Catholic University of Eastern Africa, Nairobi**

- Teaching, research, examination of theses/dissertations, supervision and mentorship of students and community service.
- Grant writing

2011 — 2015: **Consultant Psychologist, Eutyclus Group of Schools, Nairobi**

- Provision of psychotherapy to adolescents, work place counseling to staff and fami-

ly therapy to parents to facilitate social, vocational, and personal adjustment.

2015 – 2018: **Graduate Assistant, Catholic University of Eastern Africa, Nairobi**

- Teaching, research, supervision and mentorship of students and community service.

2003-2011: **Teacher, Eutychus Academy - Riruta, Nairobi**

Curriculum implementation, mentorship of the students and guidance and counseling.

Education

2014 - 2018: **Doctor of Philosophy in Counseling Psychology, Catholic University of Eastern Africa, Nairobi**

2012 - 2014: **Master of Arts (MA) in Counseling Psychology, Mount Kenya University, Thika**

2009 - 2011: **Higher Diploma in Psychological Counseling, Kenya Methodist University, Nairobi**

1999 - 2003: **Bachelor of Education (BA), Kenyatta University, Nairobi**

Membership in Professional Bodies

- Kenya Counseling and Psychological Association (KCPA)
- International Society for the Study of Behavioral Development (ISSBD)
- Society for Research in Child Development (SRCD)
- Society for Research on Adolescence (SRA)
- Cultural Evolution Society (CES)

Reviewer of Peer Reviewed Journals

- January 2020 — Present: Frontiers in Psychology
- January 2019 — Present: Frontiers in Reproductive Health
- January 2021- Present: African Journal of Clinical Psychology
- July 2022- Present: Journal of Child and Family Studies (JCFS)
- Jan 2023- Present: International Journal of Behavioral Development
- Oct 2023- Present: Interim Editor, ISSBD e-Newsletter

Community Service

- 2023- 2029 Elected to Governing Council, Society for Research in Child Development (SRCD)
- 2021- Present: Mental Health Lead Expert, Scripture Union of Kenya.
- 2017-2021: Member, Student and Early Career Council of Society for Research in

Child Development (SRCD).

- April 2019 — Present: Member of the National Governing Council for Scripture Union of Kenya
- 2015 — Present: Member of the Nairobi Regional Committee for Kenya Science and Engineering Fair (KSEF)
- 2015 – 2017: Trauma and Crisis Intervention for the Garissa University Terrorist Attack Survivors, Eldoret

Bibliographic Indexes

Google scholar (h index 5; i10 index 2, 97 citations;

<https://scholar.google.com/citations?user=nBzSCvUAAAAJ&hl=en>)

Honors

Human Relations Area Files (HRAF) Global Scholar 2023 (<https://hraf.yale.edu/hraf-global-scholar-stephen-asatsa/>)

Awards and Grants

- April 2023: Cultural Evolution Society ACE grant for scholar mobility(USD 6000)
- March 2023: ICUDDR Travel Grant (NIDA/ CPDD Conference in Denver Colorado June 17-21)
- Feb 2023: ICUDDR Travel Grant (ICUDDR Conference in Chiang Mai Thailand August 9-11, 2023.
- August 2022: Cultural Evolution Society Cultural Transformation Grant (GBP 89 200)
- June 2022: John Templeton Travel Grant (Templeton Annual Meeting, Bahamas)
- May 2022: SRA Covid-19 Network Early Career Scholars Fellowship (\$ 8500)
- May 2022: ICUDDR Travel Grant (ISSUP Conference Abu Dhabi)
- Feb 2022: National Institute of Drug Abuse (NIDA) Small Grant (\$ 5000)
- April 2022: ISSBD Travel Grant (Greece Biennial Meeting)
- Oct 2021: The Global Academy of Liberal Arts network Early Career Programme
- Sep 2019: SRCD- Jacob Foundation Series on Social Learning
- Feb 2017: ISSBD Travel Fund (South East Asia regional workshop, Thailand)
- Feb 2016: ISSBD Developing Country Fellowship (2016-2018)

Ongoing Research Projects

- ***Traditional Luhya Mourning Rituals: A Cultural Evolutionary Approach to Understanding Community Wellbeing, Cooperation, Cultural Transmission and Cultural Resilience in a Kenyan Indigenous Community*** (Funded by Templeton Foundation/ Cultural Evolution Society)- <https://ces-transformationfund.org/our->

projects/traditional-luhya-mourning-rituals/

- ***The role of macro-, meso-, and micro-level factors in work addiction and related health problems*** (Funded by National Science Centre in Poland (project number 2020/39/D/HS6/00198)- <https://workaddiction.org/>)
- ***The Impact of Covid-19 Experiences on Emotional Regulation among Adolescents and the Mediating Role of Religiosity and Character Strengths in Six Countries*** (Funded by SRA/ Templeton Foundation) – <https://www.fjcolab.org/sra-covid-19-early-career-global-scholars-program>
- ***Covid-19 Pandemic-Related Impacts and Severity of Substance Use Disorder Symptoms among Patients in Selected Rehabilitation Centers in Nairobi, Kenya.*** (Funded by NIDA/ICDDUR)
- ***The Africa Long Life Study: A Longitudinal Exploration of the Psychological Development of Young Adults in Kenya*** (Funded by Swiss National Foundation and The University of Zurich)- Ongoing collaborative study (<https://www.uzh.ch/blog/africalonglifestudy/team/>)

Publications

Wairimu, A, **Asatsa, S** & Njiru, L (2022). The Role of Conformity to Masculinity Norms on Alcohol Use among Male Teachers in Public Secondary Schools in Murang'a County, Kenya. *African Journal of Alcohol & Drug Abuse* : Volume 8

Kerebi, E. & **Asatsa, S**, (2022). The Role of African Traditional Marriage Rites on Marital Stability: A Case of The Abagusii People, Kenya. *Journal of African Studies and Sustainable Development*, 5 (3) DOI: 10.13140/RG.2.2.23939.78889.

Njoroge, W. M. **Asatsa, S.** & Njoroge, M.M (2022). “Traumatic Stress in Diagnosis and Treatment of Breast Cancer amongst Women in Nairobi County, Kenya.” *African Journal of Clinical Psychology. Vol. 4 Issue 3.*

Bekit, T., **Asatsa, S.**, & Muriithi, J. (2022) "Impact of Pre-Migration Traumatic Events On Resilience Among Eritrean Refugees In Khartoum, Sudan” *International Journal of Social Science and Economic Research*, vol 7, no. 2, DOI: 10.46609/IJSSER.2022.v07i07.002.

Bekit, T., **Asatsa, S.**, & Muriithi, J. (2022) "Prevalence of Trauma Symptoms among Eritrean Refugees in Jiref, Khartoum, Sudan” *International Journal of Humanities Social Sciences and Education (IJHSSE)*, vol 9, no. 7, 2022, pp.73-78. DOI: <https://doi.org/10.20431/2349-0381.0907008>.

Asatsa, S., Kahuthia, N & Karanu, N.D (2021). It's Okay not to be Okay: Scripture Union Manual on Mental Health and Wellness. Scripture Union. Nairobi.

Anyango, J., **Asatsa, S** & Muthami, J. (2021). Relationship between Family Cohesion and Teenage Sexual Behaviour in Public Secondary Schools in Kajiado County, Kenya. *International Journal of Research and Innovation in Social Science (IJRISS)* volume-5-issue-9, pp.177-187

Asatsa, S. (2021) "Correlates of End of Life Planning Across Life Span in Nairobi County, Kenya." *African Journal of Clinical Psychology* 3 (3).

Asatsa, S. (2021) "Posttraumatic Growth as a Multidimensional Buffer to Severe Death Anxiety: A case of Survivors of the Garissa University Terrorist Attack", *Kenya African Journal of Clinical Psychology* 4 (1).

Usunobun, A. H, **Asatsa, S.**, Macharia, E (2021). "Influence of Posttraumatic Growth on Posttraumatic Stress Disorder among Refugees in Nairobi County, Kenya." *Journal of Research Innovation and Implication in Education* SSN 2520-7504 (Online) Vol.5, Iss.3, 2021 (pp. 1 - 12).

Sodi, T., Modipane, M., Oppong Asante, K., Quarshie, E. N.-B., **Asatsa, S.**, Mutambara, J., & Khombo, S. (2021). "Mental health policy and system preparedness to respond to COVID-19 and other health emergencies: a case study of four African countries." *South African Journal of Psychology*. <https://doi.org/10.1177/00812463211012177>

Asatsa S. (2020) "Death Attitudes as Possible Predictors of Death Preparedness across Lifespan among Nonclinical Populations in Nairobi County, Kenya," *Indian J Palliat Care*; 26:287-94. 10.4103/IJPC.IJPC_127_19.

Ascharia, S. P & **Asatsa, S** (2020). "Integration to families of origin and the psychosocial adjustment of orphans in Bagamoyo, Tanzania," *International Journal of Indian Psychology*, 8(1), 1030-1042. DIP:18.01.130/20200801, D01:10.25215/0801.130.

Nyagah, W. V, Mutisya, S, Ntabo, A. J, **Asatsa, S** (2019). "Demographic Differences in Online Social Networking Addiction among Undergraduate University Students in Nairobi County, Kenya," *African Journal of Clinical Psychology*, 2(3).

Asatsa, S, Mutisya, S & Owuor, B (2018). "Counseling as a Predictor of Posttraumatic Growth among the Garissa University Terrorist Attack Survivors," *African Journal of Clinical Psychology*, 1 (3) 1-23.

Asatsa, S, Mutisya, S & Owuor, B (2018). "Relationship between Initial Trauma Processing Strategies and Posttraumatic Growth among Survivors of Garissa University Terrorist Attack, Kenya," *International Journal of Indian Psychology*, 6(3), 1-14. DIP:18.01.041/20180603, D01:10.25215/0603.041.

Asatsa S., & Ekechukwu, O. R. (2018). "An Evaluation of the Crisis Counseling Offered to Garissa University Terrorist Attack Survivors, Kenya," *International Journal*

of Humanities Social Sciences and Education (IJHSSE), 5 (8) pp. 119 -128. Doi:
http://dx.doi.org/10.20431/2349_0381.0_5_08014

Asatsa, S. (2017). "Grief Trauma Processing through Traditional Mourning Rituals: A comparison of Luhya and Luo Mourning Rituals," In E. N. Okpalaenwe (Ed.), *Trauma Healing Handbook for Africa*, (pp 137-150). Nairobi. CUEA Press.

International Conferences

- Thailand Addiction Scientific Conference, Chiang Mai University, Thailand, August 9-11, 2023
- College on Problems of Drug Dependence (CPDD) conference, Denver, Colorado, United States, from June 17-21, 2023
- International Society for the Study of Behavioral Development, Rhodes, Greece June 19-23, 2022
- International Society for Substance Use Professionals Conference, Abu Dhabi, May 12- 16, 2022.
- Society for Research on Adolescence Biennial Meeting, New Orleans, USA, March 3-5, 2022.
- Society for Research in Child Development Social Learning Workshop, Amsterdam, Netherlands September 2019.
- The 25th Biennial International Society for the Study of Behavioral Development Conference, Gold Coast, Australia July 2018
- 1st Pan African Psychology Union Congress, Durban, South Africa, September 2017.
- South East Asia International Society for the Study of Behavioral Development Regional Workshop, Prince of Songkla University, Hat Yai, Thailand February 2017
- The 24th Biennial International Society for the Study of Behavioral Development Conference, Radisson Blue Hotel, Vilnius, Lithuania, July 2016.
- The 8th Annual Pan-African PCAF Psychotrauma Conference Held at the Catholic University of Eastern Africa Learning Resource Center Nairobi, Kenya. Nairobi, Kenya
- July 2015
- Eastern Africa Regional Conference of Psychology, Silver Spring Hotel, Kampala, Uganda November 2013.

International Guest Lectures

May 10, 2023: *Colloquium on Trauma and Death*, University of Zurich, Switzerland

June 21-27, 2023: *Crossing Borders International staff week*, Antwerp University of Applied Sciences, Belgium

Postgraduate Students Supervision

Teklemariam Bekit (PhD) Migration Traumatic Experiences and Their Influence on Resiliency among Eritrean Refugees in Jiref Khartoum, Sudan. **Completed**

Egunjobi Joyzy (PhD) Personal Therapy as a Mandatory Requirement for Counseling Students and Its Outcomes in Selected Universities in Nairobi County, Kenya. **Completed**

Maria Ntaragwe (PhD). Emotional Intelligence and Career Adaptability of Academic Staff in Selected Universities in Nairobi County, Kenya (**Completed**)

Magdalene Mwele (PhD) Assessment of Psychosocial Correlates of Deviance among Teachers in Public Secondary Schools in Nairobi County, Kenya (**Completed**)

Masters Students

Mary Kamara (MA); Drug Abuse and Its Influence on Psychological Well-being of Students in Public Secondary Schools in Molo Sub- county, Nakuru Kenya; The Catholic University of Eastern Africa, **Completed**

Suzanna Kipapy (MA); Influence of internet on university students' moral development: in Iringa region- Tanzania;The Catholic University of Eastern Africa, **Completed**

Imelde Ndayisaba (MA); Post- Immigration Living Conditions and Psychosocial Adjustment Among Refugees in Kawangware Area in Dagoretti Subcounty, Nairobi Kenya; The Catholic University of Eastern Africa, **Completed**

Saviour Apiku (MA); Nuclear Family Functioning and Adolescent Decision Making Style in Arua District, Uganda: The Catholic University of Eastern Africa, **Completed**

Obed Karobia (MA); Post-Election Violence and Psychotrauma Outcomes among Children inDagoretti Subcounty; The Catholic University of Eastern Africa, **Completed**

Francisca Kameli (MA); Widowhood experiences among women and their psychological wellbeing in Kibwezi east sub county, Makueni County Kenya; The Catholic University of Eastern Africa, 2017-2020 **Completed.**

Rainer Kwara (MA); Selected social networking sites use and adolescents self-concept in mixed day secondary schools in Kajiado; The Catholic University of Eastern Africa, **Completed**

Henry Kathuri (MA); Psychological wellbeing of differently abled children in Embu west sub-county: a comparative study of family and institutional care; The Catholic University of Eastern Africa, **Completed**

Lucia Mutuku (MA) Emotional Intelligence and Adjustment to Community Living among Consecrated Women Religious in ChemiChemi ya Uzima Institute Karen, Kenya (**Completed**)

References

Prof. Samuel Nyanchoga

Director Research

The Catholic University of Eastern Africa

Email : research@cuea.edu

Mobile: 0725216501

Dr. Anne Kanga

Senior Lecturer

Faculty of Education

The Catholic University of Eastern Africa

Email: ankanga@cuea.edu

Mobile: 0723017418

Dr. Sabina Mutisya

Senior lecturer

Department of Psychology

The Catholic University of Eastern Africa

Email: smutisya@cuea.edu

Mobile: 0701789407