



Curriculum Vitae

Personal Data:

Christina AMMAH (née Noi-Okwei)

Dept of Counselling Psychology, UEW, Box 25

0247686494

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<http://ORCID.org/0000-0003-1995-4982>

Ghanaian

Areas of Expertise or Professional Skills

- Counselling and Psychotherapy
- Intercultural training skills
- Psychological Assessment and Testing

Professional Qualification(s):

Rank	Supporting evidence	Period
Lecturer/Senior Lecturer	Post Graduate Diploma in Education Post Graduate Diploma in Teaching and Learning in Higher Education	2007-2013 July 2009 November 2008
	Master of Philosophy in Psychology (Clinical)	June 2006
Licensed Clinical Psychologist	GPSY 00224-74-14P	December, 2014

Professional Responsibilities:

Position	Office/Location	Period
Ag. Dean	Faculty of Applied Behavioural Sciences in Education	2023 - Date
Vice-Dean	Faculty of Educational Studies	2022 – 2023
Clinical Psychologist	University Clinic/Counselling Centre	2022 - Date
Faculty Examination Officer	Faculty of Educational Studies	2021 – 2022
External Examiner for Examination questions	Regent University of Science & Technology	2021
External Assessor for M.Phil Thesis	Department of Education & Psychology University of Cape Coast	2020
Practicum Supervisor (M.Phil & M.Ed)	Department of Counselling Psychology	2020 -Date
External Assessor for Staff Promotion	Takoradi Technical University	2019-2021
Reviewer of Academic Articles	SAGE OPEN	2019
External Assessor for Colleges of Education	Ghana Tertiary Education Commission (GTEC)	2017- 2021
Faculty Examination Officer	Faculty of Educational Studies	2016 - 2018
External Examiner for Examination Questions	School of Medical Sciences, University of Cape Cape	2015 -2016
Course Book Editor for Diploma and Post Diploma Programme for Early Childhood in Education	Institutes for Educational Development & Extension (IEDE, UEW)	2014 -2016
Academic Counsellor for Undergraduate Students	Department of Psychology & Education, UEW	2011 - 2018
Clinical Psychologist	Counselling Centre, UEW	2008 - 2018
Internal Assessor for M.Phil Thesis	Department of Counselling Psychology, UEW	2007 - 2024

Education

Qualification/Certificate	Name of Institution Attended	Dates
Ph.D Educational Psychology	University of Cape Coast	Expected 2024
Post Graduate Diploma in Education	University of Education, Winneba	July 2009
Post Graduate Diploma in Teaching and Learning in Higher Education	University of Education, Winneba	November 2008
Master of Philosophy in Psychology (Clinical)	University of Ghana, Legon	June 2006
Bachelor of Arts (Hons), Psychology with Sociology	University of Ghana, Legon	June 2000
Certificate in International Project Management	The Danish Youth Council, Copenhagen, Denmark	August 2004-September 2004
Certificate in Clinical Neuropsychology	Department of Psychology, University of Ghana	March 2004-May 2004
GCE Advanced Level Certificate	Tema Secondary School, Tema,	June 1995
GCE Ordinary Level Certificate,	Tema Secondary School, Tema,	June 1992

Career History

Position/Title/Responsibilities	Name of Institution	Period
Lecturer/Senior Lecturer Teaching Supervision of Long Essay and Thesis	University of Education, Winneba	March 2007 till date
Program Coordinator Foreign student orientation and placement in Ghanaian schools and host families	American Field Service Intercultural Programs, Ghana	June 2006-March 2007
Assistant Program Coordinator/Volunteer Desk Manager	American Field Service Intercultural Programs, Ghana	December 2004-May 2006
Volunteer trainings Designed a volunteer manual for orientations		

Clinical Psychology Practicum Intern	Ghana Prisons Service, Valley View Clinic, Djorwulu	June 2002-August 2004
Conducted Psychological and Intellectual assessment for children, adolescents and adults.		
Applied the use of Psychotherapy for adults and adolescents with psychological and behaviour problems.	Progressive Life Center, Accra.	
Rehabilitated stroke patients and other brain injured patients, specifically language re-training.	Accra Psychiatric Hospital	
Composed and wrote psychological assessment reports to referral sources.		
Graduate Teaching and Research Assistant	Department of Psychology, University of Ghana	September 2002-May 2004
Conducted tutorials for Level 100 to 400 students on Legon campus and the Accra City Campus		
Assisted students with their project work.		
Assisted two Professors in their respective research.- <i>Validation of the Quick Cognitive Screening Test</i>		
- <i>Establishing a Quota System for Admission to the University of Ghana</i>		
National Service Life Skills Teacher	Achimota Junior Secondary School	November 2000-July 2001
Data Entry Clerk Coded and entered data using SPSS and Ms. Access	John Young and Associates (Management Consultants)	July 2000-November 2000
National Service Retrieval of patient cards at the OPD	Abetifi Health Post. Abetifi Kwahu	November 1995-July 1996

Teaching Skills

My main teaching skills include teaching introductory and advanced courses in Psychology

Courses I Teach

Graduate Course (M. Phil Counselling Psychology)

CPSY 811 Human Life Span Development

CPSY 816	Psychopathology
CPSY 817	Neuropsychology

Undergraduate Courses

BPSY 112	Systems and Theories of Psychology
CPSY 114	Systems and Theories of Psychology
CPSY 231	Biological Foundation of Human Behaviour
EDC 241	Psychology of Human Development and Learning
CPSY 352	Biological Bases/Foundations of Behaviour
CPSY 476	Instructional Psychology

Publications, Research/Projects Conducted or Undertaken, Creative Works/Productions

Produced:

Books

Ammah, C. (2018). *Psychology for Educators; a Developmental Perspective*. Benjoy Enterprise.Kumasi.

Ammah, C. (2016). *Developmental Psychology for Educators*. Tema. Janelex Ventures Publications.

Buku, D.K., **Noi-Okwei, C.**, & Nkum Wilson, K. (2012). *Counseling skills and strategies*.Accra, SEDCO Publishing Ltd.

Noi-Okwei, C., & Namale, M.K. (2011). *Psychology of human development and education*. Accra. Janelex Ventures Publications

Chapter(s) in Book(s)

- a. Amos, P.W., Intiful, F.D., Antwi, T., **Ammah, C.**, & Pobee, R.A. (2014). Disordered eating habits among adolescents. In R. Mazzariello (Eds.), *Psychology of Habits*. Nova Science Publishers
- b. Intiful, F.D., Steele-Dadzie, R., Amos, P.M., Pobee, R., Ainuson-Quampah, J., **Ammah, C.**, Antwi, T., Wilson, K.N., & Asante, M. (2021). *The Impact of Interpersonal Relationships on Dietary Habits*. DOI: 10.5772/intechopen.95482

Peer-Reviewed Journal Articles

Mahama, I. , Danquah, S. , **Ammah, C.** , Amos, P. and Eshun, P. (2023). An Examination of Mindfulness and Academic Resilience among Higher Education Students amidst COVID-19 Pandemic in Ghana. *Psychology, 14*, 974-999. doi: 10.4236/psych.2023.146052.

Dzakadzie, Y., & **Ammah, C.** (2018). Assessing the influence of parenting styles, birth order and self-esteem on psychological wellbeing of students in Amasaman Senior High School in the Ga East Municipality. *The Social educator* 5, 35-49

Ammah, C., Amos, P. M., & Mahu, S.K. (2013). Stigmatization and social reintegration of liberated trokosi women in Ghana. *Journal of Education and Practice* 4, (11), 146-153.

Gadagbui, G.Y., Abroampa, W.K., Eshun, P., **Noi-Okwei, C.**, & Wilson, K., N. (2013). An exploration of the experiences of female student leaders in public tertiary institutions in Ghana. *Forum for African Women Educationalists (FAWE) Research Series* 3, 37-61.

Noi-Okwei, C., & Agu, N. (2012). Assessing teachers' knowledge of attention deficit hyperactive disorder (ADHD) in Ghana. *International Journal of Research and Development (IJERD)*.4, (1), 58-64.

Noi-Okwei, C. (2010). Depression and its effects on a cognitive performance test. *World Academy of Science, Engineering and Technology (WASET)*, 42, 1080-1086.

Afful-Broni, A., & **Noi-Okwei, C.**(2010). Factors influencing the choice of tertiary education in a sub-Saharan African country. *Academic Leadership, the Online Journal* 8(2) 1-8.

Bonney, E., & **Noi-Okwei, C.** (2009). Parental socio-economic status, school environment and alcohol consumption rates among senior high school students. *Ghana Journal of Education and Teaching, (GHAJET)*, 8,154-165.

Dampson, D.G., & **Noi-Okwei, C.** (2009). The impact of the school feeding programme: A comparative study of rural versus urban schools in Ghana. *International Journal of Educational Leadership (IJEL)*, 1, 49-55.

Afful-Broni, A., **Noi-Okwei, C.**, & Dampson, D.G. (2007). A comparative study of the effect of the capitation grant on urban versus rural schools. *South-South Journal of Culture and Development*. 9, (2), 48-63

Unpublished Manuscripts

- i. Mahama, I., Agordzo Edoh-Torgah, N., Miezah, D., **Ammah, C.** (2004). The predictive relationship internet addiction and curiosity among Tertiary Students in Ghana.
- ii. Agyei, A., **Ammah, C.** (2024) Navigating the college experience: Exploring the roles of belonging, academic stress, academic motivation and demographics among college students. Submitted to Journal of Psychology and Education
- iii. Wilson, K.N., **Noi-Okwei, C.**, Dampson, D.G., & Abroampa, W.K., (2012). *Teaching load and lecturer efficiency: Challenges and issues in public universities in Ghana*. Research financed by the Educational Research Network for West and Central Africa (ERNWACA) with project

support from UEMOA Regional Centre of Excellence and Ministry of Foreign Affairs of the Netherlands.

- iv. **Noi-Okwei, C.** (2009). *Vocational education, the result of low academic ability or low socioeconomic background*. Unpublished PGDE thesis, University of Education, Winneba, Winneba, Ghana.
- v. **Noi-Okwei, C.** (2000). *Burnout among nurses*. Unpublished B.A long Essay. University of Ghana, Legon, Ghana.

Professional Development:

Training Sessions:

Course Title	Location	Period
Psychiatric Assessment and the use of screening tools	The Mental Health Nurses Group via Zoom	October 2022
Portia Abla Tornu Health Tutor and mental Health Advocate		
ProQuest Resource Training for Library users	ProQuest Education Hub for West Africa Via Zoom	March 2022
1. Optimize your Ebook Central Resources		21 March 2022
2. Explore the ProQuest Platform to Enhance your Research		22 March 2022
3. Plagiarism Unpacked		23 March 2022
4. Authoring Where to Start Your Research Journey		25 March 2022
Posttraumatic Stress Disorder, Overview, Assessment, Psychological Interventions and Pharmacological Intervention For PTSD (Participant)	37 Military Hospital. Virtual Seminar	July 21, 2021
Training on Publishing in High Impact Journals and Grant Proposal writing for Female Lecturers in UEW	University of Education, Winneba	September 2017
Training on Structural Equation Modelling (SEM)	University of Education, Winneba.	June 2013

MOODLE training and Courseware Development	University of Education, Winneba.	June 2013
Training in Crisis Intervention.	Summer Institute of Intercultural Communication, Reed College, Portland – Oregon, USA	June 2012
Scholarly Writing Workshop	University of Education, Winneba	October 2009
Training in Radio Lecture Delivery	University of Education, Winneba	February 2009
Writing Workshop Retreat for UEW Female Senior Members	University of Education Winneba	September 2008
Mentoring workshop for UEW Female Senior Members	University of Education, Winneba	June 2007

Seminars and Workshops:

Course Title	Location	Period
Managing culture shock in Ghana for international students from Germany, Liberia and Ghana (Facilitator)	ODSA conference room. Students Center, UEW	February 20 th 2024
Managing culture shock in Ghana for international students from Finland and Norway (Facilitator)	ODSA conference room. Students Center, UEW	January 18 th 2024
Workshop for Academic Counsellors of the Faculty of Social Science Education (Facilitator)	FSSE, UEW	January 17 th 2024
Managing culture shock in Ghana for international students from the United Kingdom (Facilitator)	ODSA conference room. Students Center, UEW	July 7 th 2023
Managing culture shock in Ghana for international students from	ODSA conference room. Students Center, UEW	February 9 th 2023

University of Hamburg
(Facilitator)

Host family orientation for families to host international students
(Facilitator) ODSA conference room. Students Center, UEW January 18th 2023

Counselling issues, social media Bulling and gender empowerment On sexual harassment (Time with Quality Assurance) [**Presenter**] Radio Windy Bay February 29, 2024

How do I cope or live a purposeful Life after retirement (**Presenter**) Effutut Municipal Education Directorate retirees send off (Winnesec) February 8, 2024

Stress and Stress Management for Staff of Peal House Academic
(Facilitator) Peal House Haven January 9, 2024

Managing culture shock in Ghana for international students from Finland (**Facilitator**) ODSA conference room. Students Center, UEW January 18th, 2024

Workshop for Academic Counsellors of Faculty of Applied Behavioural Sciences in Education (FABSE) and School of Education and Life Long Learning (SELLL)
(Co-Facilitator) Seminar room 2 Students Center, UEW November 8th 2023

Workshop for retirees:
1. Preparing for Retirement: Meeting the Uncertainties and Challenges
2. Managing Friends and Family during retirement
(Facilitator) Human Resource Division of University of Education, Winneba. Registrar's conference room September, 19th -20th, 2023

A. Handling "difficult colleagues: Drawing the line between character flaw and mental disorder
Prof. Akwasi Osei
(CEO Mental Health Authority) Psychiatric Association of Ghana/ World Mental Health Awareness month MDC CPD Accredited Webinar October 2022

B. How to Handle doctors with mental health challenges
:Crises intervention & prevention
D. Owusu antwi
(Pres Psychiatric Association of Ghana)

C. Fitness to practice
Prof. Sammy Ohene

(Chair, Faculty of Psychiatry, GCPS. Member. MDC Practice Committee)

World Bipolar Day-Bipolar Disorder	Ghana Neuroscience Society Via Zoom	March 2022
Orientation on Managing Culture Shocks in International Students Orientation (Facilitator)	ODSA conference room, 2 nd floor University of Education, Winneba	February 2022
Training for interviewing Suicide survivors for Research	Department of Psychology, University of Ghana Via Zoom	December 2021
Dissolution of Marriage and Distribution of Spousal Property	Kuukua Legal consult Via Zoom	July 2021
Workshop on drawing of new Programmes for the Department of Counselling Psychology	Volta Hotel-Akosombo	May 2021
One day workshop on Academic counsellors and setting up of a Counselling center for college tutors (Facilitator)	Mount Mary College of Education, Somanya.	March 2021
Orientation for International students on Culture shock and adjustment(Facilitator)	School of Creative Arts conference room	February 2020

Orientation for International students on Culture shock and adjustment(Facilitator)	Pecku conference room	November, 2019
Orientation for International students on Culture shock and adjustment(Facilitator)	Registrar’s conference room	September 2018
Two-day seminar on “Retirement Preparation and Life in Retirement”. (Facilitator)	Registrar’s conference room, Peku Annex. University of Education, Winneba	August 2018
Suicide, Causes, Risk factors and intervention for Assemblies of God Church, Winneba Easter convention (Presenter)	Christian Liberty Assemblies of God Church, Winneba	March 2017
Enhancing quality teaching, learning and service delivery: The role of the Faculty of Educational Studies.	Pempamsie Hotel, Cape Coast	June, 2017
Two-day seminar on “Retirement Preparation and Life in Retirement”. (Facilitator)	Registrar’s conference room, Peku Annex. University of Education, Winneba	June 2017
Seminar for Counselling First Aiders (Co-facilitator)	Jophus Anamuah-Mensah Conference Centre. University of Education, Winneba	11 th April, 2017
Seminar for Counselling First Aiders (Co-facilitator)	Jophus Anamuah-Mensah Conference Centre. University of Education, Winneba	10 th April, 2017
Workshop for Academic Counsellors (Resource Person)	University of Education, Winneba Human Resource Division for Faculty of Science Education. Faculty Block, South Campus	18 th October, 2016
Workshop for Academic Counsellors (Co-Resource Person)	University of Education, Winneba Human Resource Division for School of Creative Arts. Amu Theatre, Central Campus.	11 th October, 2016

Four-day seminar on “Retirement Preparation and Life in Retirement” (Resource person)	Home Economics Demonstration Theatre, North Campus, Winneba	June 2016
Four-day seminar on “Retirement Preparation and Life in Retirement” (Resource person)	Home Economics Demonstration Theatre, North Campus, Winneba	September 2015
Workshop for Academic Counsellors (Resource Person)	J.N Aryeetey Auditorium, South Campus, Winneba	September 2014
“Cyber fraud (Sakawa) and its effect on the psychosocial life of the youth” Presenter	Mankesim Secondary Technical School for Post Diploma 2 Guidance and Counselling practical work	March 2012
“Challenges of university education” Presenter	Mfantsipim School, Guidance and Counseling day, Cape-Coast.	January 2012
“Intercultural conflict styles” and Crisis intervention using the Substantive demand, Attunement frame, Face, and Emotional distress (SAFE) Model” Presenter/Facilitator	Volunteers workshop for AFS/IEP regional chapter executives. Accra, Ghana	October 2011
“The psychological implications of living with cerebral palsy(CP) condition among families, community members, service providers, policy makers and other stakeholders within the Agona East district”. Presenter	Vodafone World of Difference CP Educational Campaign Project at the Salvation Army Health Center, Duakwa.	September 2011
Intercultural learning, culture shock, adjustment strategies and the exchange student. Resource Person	American Field Service Intercultural exchange students’ orientation, Legon, Accra, Ghana	August 2011
“Psychological perspectives in mass media communication” Presenter	Media and Communications Studies Department Colloquium, University of Education,	March 2011

Winneba

Workshop on current trends in the school guidance and counseling programme and effective classroom instruction: workshop for staff of sunflower (Co-facilitator)	Sunflower school, Accra	April 2010
“Challenges of university education”. (Presenter)	Wesley Girls High School, Guidance and Counseling Day, Cape-Coast.	March 2009
“Stress and stress management among the police” for Police recruits(Facilitator)	Winneba Police Training School	October 2007

Conference(s)

<i>Name of Conference</i>	<i>Location</i>	<i>Presentations (if any)</i>	<i>Period</i>
Mental Health Authority First International Research Conference	Institute of Statistical, Social and Economic Research. University of Ghana, Legon	1. “He is tying one yam” Exploring the understanding of mental illness among street children in Ghana 2. Understanding students’ perception of mental health illness in Ghana	October 27 th and 28 th 2022
12 th African Regional Workshop Committee for International Society for the Study of Behavioural Development (ISSBD) in Ghana.	University of Education, Winneba. Ghana	Planning committee member	November, 6 th -9 th 2017
International Society for the Study of Behavioural Development (ISSBD) 10 th regional research workshop for early career scholars.	Pretoria, South Africa.	Parenting styles and Ghanaian adolescents depression, self-concept and self esteem	September 24 th -27 th 2013
International Conference on Applied Psychology (ICAP).	Paris, France	Depression and its effects on a cognitive performance test	June 23 rd to 25 th

Mentorship

<i>Area(s) of Development</i>	<i>Number of Staff Mentored</i>
Teaching	4
Assessment procedures	3
Course Outline and course content Preparation	2
Preparation of Assistant lecturers in FES and FABSE for confirmation of Appointment Interview	21
Supervised Counselling and Psychotherapy practicum	2

Membership of Professional Association:

Name of Association	Position held	Period
Educational Research Network for West and Central Africa (ERNWACA)	Member	2012- present
International Society for the Study of Behavioural Development (ISSBD)	Member	2010 - Present
Planning Committee member for the 12 th ISSBD Worskshop/Conference in Ghana.	Member	Jan – Dec. 2017
University Teachers Association of Ghana (UTAG)	Member	2007- Present
Ghana Psychological Association (GPA)	Member	2018 till present
Ghana Psychological Council (GPC)	Member	2014 till present

Name of Committee(s) and/or Board(s)	Position held	Period
Investigative committee involving a UEW Vehicle and a Taxi Cab	Chairman	Jan. 2024-Date
UEW Alumni Reorganization Committee	Member	Nov. 2023-Dat

Investigative Committee on alleged abuse	Member	July 2023 – Date
Executive Committee	Member	2023-Date
Joint Academic Board	Member	2023-Date
Harmonisation of Institutional Ethical Review	Member	June - Nov. 2023
CODEL Board	Member	2023 - Date
Academic Board	Member	2022 – Date
Centre for International Programmes Board	Member	2023 - Date
Committee on the review of Post-Diploma (Guidance and Counselling) programme and development of 4-year B.Ed in Guidance and Counselling.	Member	July, 2017
12 th African Regional Workshop Hosting Committee for International Society for the Study of Behavioural Development (ISSBD)in Ghana.	Member	Jan -Nov.2017
Departmental Welfare Committee (Chairman/ member)	Member	2008/2009
Departmental Academic Standards' Committee	Member	2016/2017
Committee for colloquium on quality teaching and learning, jointly organized by Faculties of Education of UEW and UCC.	Member	December 2011
AFS/IEP Intercultural Learning Responsible	Member	Jan. 2011-14
Committee for Writing a Proposal for a Sandwich Program to Upgrade Diploma Graduates from Teacher Training Colleges to Graduate Status.	Member	Mar-June 2009
National Union of Presbyterian Student–Ghana, UEW Branch. (Patron)	Patron	Sept. 2009- Date
Participant Crisis Support American Field Service Intercultural Exchange Program, Ghana	Chairman	2005-2014

Community Service:

Name of Association/Organisation	Position held	Period
12 th African Regional Workshop Committee for International Society for the Study of Behavioural Development (ISSBD) in Ghana.	Member	Jan- Nov, 2017
Ghana Psychological Association Journal	Reviewer	April, 2008-2009
International Journal of Educational Research and Development	Reviewer	June 2013 - 2014
University of Education, Winneba	Part-time Counsellor	August 2011-Date
International Society for the Study of Behavioural Development (ISSBD)	Member	January, 2011-Date

13*. Grants, Honours and Awards:

Name/Type of Award	Awarding Institution or Organisation	Period
Conference hosting grant co-recipient. Fifty thousand USD (\$50,000). International Society for the Study of Behavioural Development 12 th African Regional Workshop for Early Career Scholars	International Society for the Study of Behavioural Development (ISSBD)	6-9th November, 2017
“Excellent Poster” award and a Van Schaik Book Token Gift Card valued at R. 500 at the International Society for the Study of Behavioural Development (ISSBD) 10 th regional research workshop for early career scholars in Pretoria, South Africa.	International Society for the Study of Behavioural Development (ISSBD)	September, 2013
Travel and Accommodation Grant to the International Society for the Study of Behavioural Development (ISSBD)10 th regional research	International Society for the Study of Behavioural Development (ISSBD)	September, 2013

workshop for early career scholars
in Pretoria, South Africa)

AFS Summer Institute for
Intercultural Communication
Tuition and Supplemental
Scholarship

AFS Intercultural International.

July 2012

Forum for African Women
Educationalists, Gender in Africa
Research Grant.

Forum for African Women
Educationalists (FAWE)

2012

ERNWACA 2011 Research grant
recipient. Three million CFA
(3,000,000)

Educational Research Network for West
and Central Africa (ERNWACA)

June, 2011-July,
2012.

Graduate Teaching and Research
Assistant Award,

University of Ghana, Legon

September
2002-May 2004

AFS Intercultural Year abroad
program scholarship

American Field Service Intercultural
Exchange program, Ghana.

July 1992-July
1993

15. Referees:

Prof. Mawutor Avoke
Department of Special Education
University of Education, Winneba
P.O.Box, 25, Winneba

Prof. Kofi Asonaba Addison
Department of Basic Education
University of Education, Winneba
P. O. Box 25, Winneba

Prof. Yaw Nyadu Offei
Department of Special Education
University of Education, Winneba
P. O. Box 25, Winneba

