

IRENE NAKIYINGI, MBChB

Mental Health & SRHR Practitioner | Trauma-Informed Wellness Support | Behavioural & Psychoeducation Facilitator
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PROFESSIONAL SUMMARY

Compassionate medical doctor, digital health practitioner, and mental wellness advocate with extensive experience offering psychoeducation, youth counselling, SRHR support, group facilitation, digital mental health guidance, and community-based behavioural support. Skilled at working with adolescents and young adults, creating safe and inclusive spaces, delivering wellness conversations, and supporting individuals through trauma-informed approaches grounded in empathy, active listening, confidentiality, and evidence-based behavioural tools.

Experienced in SRHR counselling, mental health awareness sessions, crisis handling in community settings, and providing supportive listening and wellness coaching through digital platforms and outreach programs. Strong foundation in trauma-informed communication, behavioural activation strategies, CBT-aligned psychoeducation, and client-centred support models.

Currently undergoing continuous professional development in digital health, data-driven behavioural care, youth-focused mental wellness, and human-centred communication.

CORE COMPETENCIES

Trauma-Informed Practice

- Creating safe, non-judgmental spaces for vulnerable clients
- Grounding techniques, emotional safety planning, distress tolerance
- Trauma-sensitive language and communication
- Psychoeducation on trauma responses, regulation and coping

Behavioural & Cognitive Support

- Behaviour modification basics
- CBT-aligned psychoeducation (thought reframing, behaviour activation)
- Motivational interviewing principles
- Youth behaviour support and responsible decision-making

Counselling & Support Skills

- SRHR counselling
- Adolescent & youth wellness support
- Support group facilitation
- Confidential chat-based guidance
- Crisis-sensitive communication
- Empathetic and reflective listening

Life & Wellness Coaching

- Goal setting & accountability
- Emotional wellness guidance
- Wellness planning and behaviour change support
- Self-awareness training and decision-making coaching

Digital Mental Health Skills

- Chat-based consultations
- Digital wellness content creation
- Remote counselling support
- Health communication & psychoeducation materials
- Digital SRHR and mental health program implementation

RELEVANT EXPERIENCE

SRHR & Mental Wellness Practitioner (Volunteer) – Wekume Initiative : 2023 – *Present*

- Delivered mental health and SRHR sessions for youth aged 12–24 including topics on emotional wellbeing, trauma responses, consent, boundaries, stress management, and responsible decision-making.
- Led the April 2025 SOS Children’s Village mental health workshop, facilitating discussions on navigating emotions, healthy relationships, and self-awareness.
- Conducted internal staff trainings on youth engagement, trauma-sensitive communication and SRHR counselling approaches.
- Supported adolescents through private wellness conversations, providing psychoeducation and coping strategies.
- Developed safe engagement guidelines and participated in community outreach sessions in Namasuba, Sai Pali, and SOS.

Virtual Wellness Consultant (Volunteer) – ZabiReproHealth (Nigeria, Remote) : Feb 2025 – *Present*

- Facilitated one-on-one virtual consultations focusing on SRHR, emotional wellbeing, and stress management.
- Provided counselling support for young people navigating anxiety, life transitions and sexual health concerns.
- Designed a 6-month mental health and SRHR discussion schedule for the platform’s counsellors.

Community Health & Behavioural Support (Volunteer) – SUYAWI : 2023 – 2024

- Conducted SRHR education, menstrual health awareness, youth coaching and behavioural guidance in underserved communities.
- Supported young mothers and adolescents with counselling-level discussions and emotional support.
- Delivered group sessions on resilience, self-worth, boundaries, and navigating difficult life environments.

Medical Officer & Clinical Counsellor : *Various Facilities*

- Provided patient-centered communication, crisis-sensitive interactions, and emotional support during clinical encounters.
- Managed cases involving distress, anxiety, trauma exposure, and psychosocial concerns.

- Educated families and individuals on coping strategies, behavioural routines, and mental wellness resources.

Digital Health Writer (Volunteer) – Digital Health Africa : 2024 – Aug 2025

- Created mental health awareness content about emotional health, trauma effects, digital mental health tools, and self-care approaches.
- Contributed to public wellness education reaching over 25,000+ readers.

CERTIFICATIONS & TRAINING

- *AYA Innovation - Physician-Coach-Counselor Program : Oct 2025 - Present*

Blended program (first Ugandan cohort) to prepare physicians to serve holistically as counsellors, wellness practitioners and health coaches within medical and mental health settings.

Trained in trauma- related mental health concerns, chronic illness and social adversity. Digital health service provision training.

- *Human Subjects Research – CITI Program*

Covers ethics, informed consent, psychological safety, confidentiality.

- *Good Clinical Practice (GCP)*

Framework for safety, trust, and ethical engagement with vulnerable individuals.

- *Digital Marketing in Public Health – WHO + TechChange*

Includes mental health communication, behavioural health messaging, and wellbeing campaigns.

- *Research & Development Management – CREMES*

Training in qualitative interviewing, sensitive data handling, and community interactions.

- *Femme Lead Africa (Mentorship Program)*

Personal branding, emotional intelligence, and coaching communication skills.

EDUCATION

- MBChB – Bachelor of Medicine & Bachelor of Surgery
Makerere University (cGPA 3.93)
- BSc. Data Science – (Ongoing)
IU International University of Applied Sciences

Final year focus on health data science.

- Diploma in Journalism – High distinction (91%)

SELECTED WORKSHOPS, PRESENTATIONS & MENTAL HEALTH ENGAGEMENTS

- Mental Health & SRHR Workshop — SOS Children's Village (April 2025)
- Internal SRHR + MH Training for Wekume Team (2025)
- Responsible Decision-Making for Youth — SRHR Outreach (Wekume & SUYAWI)
- Emotional Wellness Sessions — Wekume Community Programs
- Mental Health Awareness Campaign — Digital Health Africa (2024–2025)
- Facilitator: Youth Engagement Sessions (Namasuba, Gomba, Kalangala)

LANGUAGES

English (Fluent)
Luganda (Native)

Lugisu (Conversational)
French (Conversational)

REFERENCES

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