Regional Memorandum
No. 420 s. 2024

INVITATION TO THE MIDYEAR CONFERENCE AND WORKSHOPS

To Schools Division Superintendents
All Others Concerned

1. Herewith is DM OUHROD 2024-08791, to which Licensed guidance counselors and those that are still working on their licenses, supervisors, coordinators, principals and anyone who are interested and are associated with the Department of Education may opt to attend said activity on June 20-21, 2024 at the School of Labor and Industrial Relations (SOLAIR), Bonifacio Hall, De Guzman corner Jacinto St., University of the Philippines, Dilliman, Quezon City.

2. The use of DepEd funds shall be subject to approval of the respective approving authorities. The same is also contingent upon its availability and adherence to the usual accounting and auditing rules and regulations.

3. Please see attached communications from the IOATA PHI Counseling and Professional Honor Society Inc., Philippine Chapter of CHI SIGMA IOTA Counseling Academic and Professional Honor Society for further details. Further inquiries can be coursed to the IOTAPHICSII Secretariat through iotaphicsi@gmail.com or mobile number 0939 6536 846/0916 553 5548/ 0912 779 4477

4. Immediate dissemination of this Memorandum is desired.

ATTY. ALBERTO T. ESCOBARTE, CESO II
Regional Director

03/ROE5

1 Invitation to Midyear Conference and Workshops

Address: Gate 2, Karangalan Village, Cainta, Rizal
Telephone No.: 02-8682-2114
Email Address: region4a@deped.gov.ph
Website: depedcalabarzon.ph
MEMORANDUM
DM-OUHROD-2024-067

TO: Regional Directors
    Schools Division Superintendents
    All Others Concerned

FROM: WILFREDO E. CABRAL
    Regional Director
    Officer-in-Charge, Office of the Undersecretary
    Human Resource and Organizational Development

ATTY. REVSEE A. ESCOBEDO
    Undersecretary for Operations

SUBJECT: INVITATION TO THE MIDYEAR CONFERENCE AND WORKSHOPS

DATE: 09 May 2024

The IOTA PHI Counseling and Professional Honor Society Inc., Philippine Chapter of CHI SIGMA IOTA Counseling Academic and Professional Honor Society will be hosting a Midyear Conference and Workshops with the theme "Worry Less, Enjoy More, Achieve More" on June 20-21, 2024, at the School of Labor and Industrial Relations (SOLAIR), Bonifacio Hall, De Guzman corner Jacinto St., University of the Philippines, Solarie, Diliman, Quezon City.

Licensed guidance counselors and those that are still working on their licenses, supervisors, coordinators, principals and anyone who are interested and are associated with the Department of Education may opt to attend the said activity. The use of DepEd funds shall be subject to the approval of their respective approving authorities. The same is also contingent upon its availability, and adherence to the usual accounting and auditing rules and regulations.

Please see the attached communication from IOTAPHICS1 for more details. Should there be further inquiries, kindly coordinate with the IOTAPHICS1 Secretariat through the email address iotaphicsi@gmail.com or mobile number 0939-6536-846/ 09165535548/ 09127794477.

[BHROD-EWD/Usman]
EXECUTIVE BOARD OFFICERS
2024-2026

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Founding President

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Assistant Secretary

Ricardo Guanzon, MD, Ed.D., Ph.D.
FPAPF, RGC
Assistant Treasurer

Annabelle M. Sanguing, RGC
Chair, Advocacy & Prof.Dev. Committee

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Chair, Program Committee

Rodolfo P. Esteves, Ph.D., RGC, RPm, Diplomate IABMCP, Fellow PCHA
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Myrna R. Batino, Ph.D., Ed.D, RGC, RPm, LPT, FRIfE
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Chair, International Linkages Committee

Leticia A. Rebilon, Ph.D., RGC
Chair, Awards Committee

March 15, 2024

HONORABLE SARA Z. DUTERTE
Vice President of the Philippines and
Secretary of the Department of Education
DepEd Complex, Meralco Avenue, Pasig, City

Honorables Duterte:

Warm Greetings from the Iota Phi Board!

The IOTA PHI Counseling and Professional Honor Society Inc., the
Philippine Chapter of CHI SIGMA IOTA Counseling Academic and
Professional Honor Society will be hosting a Midyear Conference and
Workshops with the theme "Worry Less, Enjoy More, Achieve More" on
June 20-21, 2024, at the School of Labor and Industrial Relations
(SOLAIR), Bonifacio Hall, De Guzman corner Jacinto St., University of
the Philippines, Solaire, Diliman, Quezon City.

At the end of the Conference and Workshops, the participants are
expected to:

1. gain a wholistic perspective of mental perspective of mental health
   and well being based on a bio psychosocial spiritual framework.
2. appreciate the importance of mental health, healthy outlook, and
disposition and healthy lifestyle as helping professionals.
3. acquire and demonstrate knowledge and skills in managing issues or
   problems relative to personal, social, emotional, intellectual, spiritual
   and occupational wellness.
4. gain insight on how best they can adapt and cope with adversities and
   various forms of stresses.
5. work in collaboration with other helping professionals to optimize
   their performance and services to their clients.

In this connection, may we request for the issuance of a DepEd Advisory
to enable the licensed guidance counselors and still working on their licenses,
including supervisors, coordinators, principals and who are
interested to attend and give administrative and moral support for
effective implementation of R.A. 9258.
Attached herewith is a copy of our program with the topics and workshops which will be facilitated by our team of highly respected professionals and experts in the field of mental health.

To cover expenses for conference and workshops, venue rental, honorarium for speakers, workshop, seminar kit, food for two days, as well as other operational costs, a minimal registration fee of two thousand eight hundred pesos (Php 2,800.00) will be charged each participant.

For inquiries and reservations, please contact the IOTA Secretariat via email at iotaphi.counseling@gmail.com, or through Facebook Messenger (Iotaphi Csi). You can also reach us by mobile phone nos. 09396536846 / 09165535548/09127794477. Registration is accessible through this link: https://bit.ly/37thIOTAConference.

On behalf of the Iota Phi Board, may I extend my heartfelt gratitude for your unwavering support and approval of this request.

Sincerely yours,

DR. ROSENCIA A. DE GRACIA, RGC
President, IOTA Phi
7:00 - 8:00 REGISTRATION

8:00 – 8:15 OPENING CEREMONIES

Processional
Invocation
Philippine National Anthem
IOTA PHI Hymn

Welcome Remarks and Statement of Purpose
Rosenda A. de Gracia, Ph.D., Ed.D., RGC, LPT
President, IOTA PHI

Acknowledgement of Participants
Maria Emma T. Daga, MAED, LPT, RGC
Secretary, IOTA PHI

Message
Hon. Luzviminda V. Guzman, Ed.D., RGC
Chairman-PRB Guidance & Counseling

Introduction of the Keynote Speaker
Felomino Gargar, Ed.D., Diplomate IABMCP, Fellow PCHA
Immediate Past President, IOTA PHI

8:15 – 9:15 KEYNOTE ADDRESS and LECTURE

"Bio-psychosocial and Spiritual Approach to Mental Health Promotion"
Dinah Palma P. Nadera, MD, MSE, FPPA
Faculty
Ateneo de Manila School of Medicine
Former University Psychiatrist of University of the Philippines Health Service
Diliman, Quezon City

PLENARY SESSIONS

9:15 – 10:15 Self-Care and Personal Resilience
Felomino A. Gargar, Ed.D., Diplomate IABMCP, Fellow PCHA
Co-Founder / Vice President, Holy Child Colleges of Butuan, Butuan City

10:15-11:15 Creating Healthy Boundaries in Relationship
Myrna R. Baño, Ph.D., Ed.D, RGC, RPhn, LPT, FRHRcS
Former Professor
Technological University of the Philippines, Dasmariñas, Cavite


PM
1:00 - 5:00 SIMULTANEOUS WORKSHOPS

A  Quality Self Care Techniques for Counselors
    Felomino A. Gargar, Ed.D., Diplomate, IABMCP, Fellow PCHA

B  "I'm OK, You're OK" (Maintaining Healthy Relationship Boundaries)
    Myrna R. Batino, Ph.D.Ed, RGc, RPhm, LPT, FRIRes

C  Developing an Antifragile Mindset
    Lorelei R. Vinluan, Ed.D., RGc

SHARING OF WORKSHOP OUTPUTS

Day 2
June 21, 2024 Friday
Officer of the Day: Myrna R. Batino, Ph.D.Ed, RGc, RPhm, LPT, FRIRes
Master of Ceremony: Annabelle M. Sangalang, RGc

AM
8:00 – 8:15am  Warm up Exercise  "LET'S GET PHYSICAL"

PLENARY SESSIONS

8:15 - 9:15  Spirituality, Mental Health and Well-being
            Francis Wilfredo Il F. Mina, MSc.ND, RGc, RPhm, BHC, CASSSS, CSP
            Guidance Services Specialist
            University of the Philippines, Manila

9:15 - 10:15  Achieving and Maintaining Occupational Wellness
              Christopher P. Hernandez, MAEd, RGc, OTPR
              Guidance Services Specialist
              University of the Philippines, Diliman, Quezon City

10:30 - 11:30  Managing Suicidal Ideation and Self-Harm Behavior
               Dr. Carolina Uno - Rayco, Ph.D., RGc, RPhm
               Executive Director
               Philippine Mental Health Association, Inc.
               East Ave, Diliman, Quezon City

11:30 - 12:00  Career Progression and Specialization Program
               Hon. Carmelita A. Pabiton, Ed.D., RGc
               Member, PRB Guidance and Counseling
PM
1:00 – 5:00 SIMULTANEOUS WORKSHOPS

A  Discovering Inner Peace
   Francis Wilfredo Il F. Mina, MSc, ND, RGC, Rpm, S 11C, CASSSS, CSP

B  Work Life Balance
   Richard P. Monteverde, PhD, CCC, CMHFR, LPT, RGC
   Professor
   College of Education
   University of the Philippines, Diliman, Quezon City

C  Psychotherapeutic Interventions for Self Harm
   Lucila O. Bance, Ph.D., RGC, RPSY
   Guidance Specialist
   Former Director, Counseling Career Center (CCC)
   University of Santo Tomas

SHARING OF WORKSHOP OUTPUTS

5:00- 5:30 INITIATION OF NEW MEMBERS and CLOSING CEREMONIES

Closing Remarks
   Rodulfo P. Esteves, Ed.D., Diplomate IABMCP, Fellow PCHA, LPT, RPM, RGC
   Faculty Advisor/Treasurer, IOTA PHI

Awarding of Certificates

Closing Song
   If We Hold on Together