



Republic of the Philippines  
**Department of Education**  
REGION IV-A CALABARZON



29 May 2024

**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 2024-0879<sup>1</sup>, 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, Diliman, 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 IOTAPHICSI Secretariat through [iotaphicsi@gmail.com](mailto: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

<sup>1</sup> Invitation to Midyear Conference and Workshops



Address: Gate 2, Karangalan Village, Cainta, Rizal  
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Republika ng Pilipinas

# Department of Education

OFFICE OF THE UNDERSECRETARY

HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT

**MEMORANDUM**

**DM-OUHROD-2024-0679**

**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, Solaire, 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 IOTAPHICSI for more details. Should there be further inquiries, kindly coordinate with the IOTAPHICSI Secretariat through the email address [iotaphicsi@gmail.com](mailto:iotaphicsi@gmail.com) or mobile number 0939-6536-846/ 09165535548/ 09127794477.

[BHR0D-EWD/Usman]



Address: Room 102 Rizal Bldg., DepEd Complex, Meralco Ave., Pasig City, Metro Manila

Telephone Nos.: 8633-7206; 8631-8494

Email Address: [usec.hrod@deped.gov.ph](mailto:usec.hrod@deped.gov.ph) | Website: <https://www.deped.gov.ph>

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Philippine Chapter  
CHI SIGMA IOTA

Counseling Academic and Professional Honor Society International

Email address: [iotaphicsi@gmail.com](mailto:iotaphicsi@gmail.com) / fb messenger iotaphi MoRe

Contact nos. 09396536846/ 09165535548/09127794477

Office Address: Holy Child Colleges of Butuan, 2<sup>nd</sup> St., Guingona Subdivision, Butuan City, Philippines



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Myrna R. Batino, Ph.D. Ed., RGC, RPm, LPT,  
FRIRes  
Assistant Secretary

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Fellow PCHA  
Chair, International Linkages Committee

Leticia A. Rebillon, 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

Honorable 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.

APR 03 2024

DARLENE JOY S. LOYOLA 12:04

DEPARTMENT OF EDUCATION  
OFFICE OF THE SECRETARY

**RECEIVED**

By: JUNALIZA E. [Signature] Time: 2:18  
Doc. # CO-12-2024 MS-04-16407

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**( Php2,800.00) will be charged each participant.

For inquiries and reservation please contact the IOTA Secretariat via email at [iotaphi.counseling@gmail.com](mailto:iotaphi.counseling@gmail.com), or through Facebook Messenger (Iotaphi Csi). You reach us also 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. ROSENDA A. DE GRACIA , RGC**  
President , IOTA Phi



**IOTA PHI COUNSELING AND PROFESSIONAL HONOR SOCIETY INC.**

**37<sup>th</sup> NATIONAL MIDYEAR CONFERENCE AND WORKSHOPS**

School of Labor and Industrial Relations (SOLAIR),

Bonifacio Hall, De Guzman corner Jacinto St., University of the Philippines, Solaire, Diliman, Quezon City.

June 20-21, 2024



**Theme: "WORRY LESS, ENJOY MORE, ACHIEVE MORE"**

**Day 1**

June 20, 2024 Thursday

Officer of the Day: *Oscar M. Gomez, RGC*

Master of Ceremony: *Francis Wilfredo Il Mina, MSc.ND, RGC,Rpm,S HC,CASSSS,CSP*

**AM**

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., EdD., 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 Palmera P. Nadera**, MD, MSc, 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. Batino**, Ph.D.Ed, RGC, Rpm, LPT, FRIRes

Former Professor

Technological University of the Philippines, Dasmarias, Cavite

11:15-12:15

**Fostering mental health and Antifragility**  
**Lorelei R. Vinluan, Ed.D., RGC**  
Professor  
College of Education  
University of the Philippines, Diliman, Quezon City

**LUNCH BREAK**

**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, Rpm, 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, Rpm, 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 II F. Mina, MSc.ND, RGC,Rpm,S IIC,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, Rpm**  
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

LUNCH BREAK

**PM**

1:00 – 5:00 **SIMULTANEOUS WORKSHOPS**

- A **Discovering Inner Peace**  
**Francis Wilfredo II F. Mina**, MSc.ND, RGC, Rpm, S HC, CASSSS, CSP
- B **Work Life Balance**  
**Richard P. Monteverde**, PhDc, 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

**Rodolfo P. Esteves**, Ed.D., Diplomate IABMCP, Fellow PCHA, LPT, Rpm, RGC  
Faculty Adviser/Treasurer, IOTA PHI

Awarding of Certificates

Closing Song

If We Hold on Together