



Republic of the Philippines
Department of Education
REGION V - BICOL

DEPARTMENT OF EDUCATION
REGIONAL OFFICE NO. 009126
DEP-ED DIVISION OF CITY SCHOOL
OFFICE OF THE SDS
RECEIVED
DATE: MAY 24, 2024
BY: [Signature]
NAGA CITY, REGION V

REGIONAL MEMORANDUM

No. s. 2024
00604-

INVITATION TO THE MIDYEAR CONFERENCE AND WORKSHOPS

To : Schools Division Superintendents
CID Chiefs
SGOD Chiefs

1. The Department of Education (DepEd) Human Resource and Organizational Development and Office of the Undersecretary for Operations are inviting participants to the 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.
2. Expected participants are licensed guidance counselors and those that are still working on their licenses, supervisors, coordinators, principals and anyone who are interested and associated with DepEd.
3. The use of DepEd funds in attendance to this activity shall be subject to the approval of the respective approving authority, subject to the usual auditing rules and regulations.
4. Hereto attached is the basic memorandum for reference purposes.
5. For information and guidance.

[Signature]
GILBERT Y. SADSAD
Regional Director

Clmd/scb

DEPED DIVISION OF NAGA CITY
RECORDS SECTION
RELEASED
24050913
DATE: 30 MAY 2024
BY: [Signature]



Republika ng Pilipinas
Kagawaran ng Edukasyon
REHIYON V
TANGGAPANG PANSANGAY NG MGA PAARALAN NG LUNGSOD NAGA

May 30, 2024

To: Assistant Schools Division Superintendents
Chief Education Supervisors
CID and SGOD Personnel
OSDS Unit Heads
Public School Heads
All Others Concerned

For information and guidance.

[Signature]
SUSAN S. COLLANO CESO V
Schools Division Superintendent

DM 31, s. 2019 Rider Rev. 01

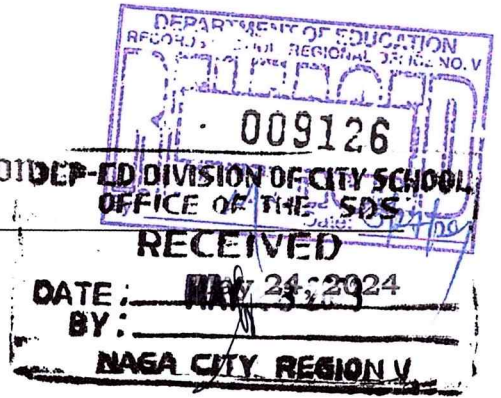


☐ Roxas Avenue, Brgy. Triangulo, Naga City, Camarines Sur
☎ 0981 630 0070
✉ naga.city@depd.gov.ph





Republic of the Philippines
Department of Education
 REGION V - BICOL



REGIONAL MEMORANDUM
 No. 00604 s. 2024

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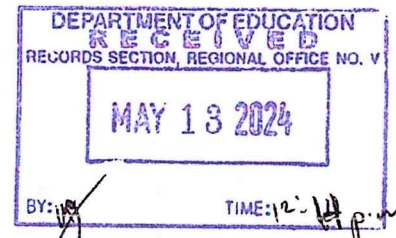

GILBERT T. SADSAD
 Regional Director

Clmd/scb
 5/24/2024

24050913



Regional Center Site, Rawis, Legazpi City 4500
 0969 516 9555
 region5@depd.gov.ph



Republika ng Pilipinas

Department of Education

OFFICE OF THE UNDERSECRETARY

HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT

MEMORANDUM

DM-OUHROD-2024-0879

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 or mobile number 0939-6536-846/ 09165535548/ 09127794477.

[BHRD-EWD/Usman]

24050913





Philippine Chapter
CHI SIGMA IOTA



Counseling Academic and Professional Honor Society International

Email address: iotaphicsi@gmail.com/ fb messenger iotaphi MoRe.

Contact nos. 09396536846/ 09165535548/09127794477

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

**EXECUTIVE BOARD
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2024-2026**

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Fellow PCHA
President-Elect

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Oscar M. Gomez, RGC
Auditor

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Rodolfo P. Esteves, Ph.D., RGC, RPh,
Diplomate IABMCP,
Fellow PCHA
Faculty Adviser/Treasurer

† Lily Rosqueta-Rosales, Ed.D., RGC,
Diplomate IABMCP
Founding President

SPECIAL APPOINTMENTS

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FRIRes
Assistant Secretary

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

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

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Chair, Program Committee

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FRIRes
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Diplomate IABMCP,
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 05 2024

DARLENE JOYESS LOYOLA 12:04

DEPARTMENT OF EDUCATION
OFFICE OF THE SECRETARY

RECEIVED
By: JUNALIZA EC / Time: 2:18
Doc. # CO-1A-2024 / AC5-04-16407

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IOTA PHI COUNSELING AND PROFESSIONAL HONOR SOCIETY INC.

37th 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, CASSS, CSP*

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 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
Myrda R. Batino, Ph.D., Ed, RGC, Rpm, LPT, FRIRes
 Former Professor
 Technological University of the Philippines, Dasmarinas, Cavite

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11:00-12:00

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 LABMCP,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 Il 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

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LUNCH BREAK

PM

1:00 – 5:00 SIMULTANEOUS WORKSHOPS

- A **Discovering Inner Peace**
Francis Wilfredo Il 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
Rodulfo 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

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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, 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

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