



09 September 2024

REGIONAL MEMORANDUM
No. 01024, s. 2024

INVITATION TO THE 37TH ANNUAL NATIONAL CONFERENCE AND WORKSHOPS

To : Assistant Regional Director
Schools Division Superintendents
All Others Concerned

- In reference to Memorandum DM-OUHROD-2024-1652 from the Office of the Undersecretary for Human Resource and Organizational Development (OUHROD), the **IOTA Phi Counseling and Professional Honor Society, Inc.**, the Philippine Chapter of the Chi Sigma Iota Counseling Academic and Professional Honor Society International will be holding its **37th Annual Conference and Workshops** with the theme **"Celebrating Life: Unleashing the Power of Mental Health Care"** from October 10 to 11, 2024 at Xavier Sports and Country Club, Xavier Estates, Fr. Masterson Ave., Upper Balulang, Cagayan de Oro.
- Teachers, licensed guidance counselors and those still working on their licenses, supervisors, coordinators, principals, and anyone interested and associated with the Department of Education may choose to attend the activity, provided their participation does not interfere with the conduct of classes in schools. The use of DepEd Funds is subject to the approval of the respective authorities and contingent upon fund availability, adhering to the usual accounting and auditing rules and regulations.
- Attached are the workshop topics and other information about the activity.
- For further details, please get in touch with the IOTA Secretariat through telephone numbers 09674817648, 09165535548, and 09127794477 or email at iota.phi.counseling@gmail.com.

BEBIANO I. SENTILLAS
Director III
Officer in-Charge
Office of the Regional Director

Encl.: As stated
To be indicated in the Perpetual Index
under the following subjects:
CONFERENCES
WORKSHOPS

HRDMS-NEAP R/rfb/nvt
09/09/2024



Address: Regional Center Site, Rawis, Legazpi City, 4500
Telephone Nos.: 0969 516 9555
Email Address: region5@deped.gov.ph
Website: <https://region5.deped.gov.ph/>



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

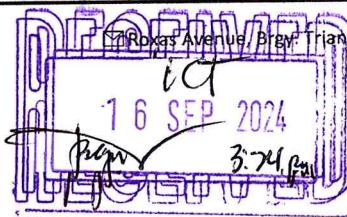
September 12, 2024

To: Assistant Schools Division Superintendent
Chief Education Supervisors
CID and SGOD Personnel
OSDS Unit Heads
Public & Private Elementary and Secondary School Heads
All Others Concerned

For information.

SUSAN S. COLLANO CESO V
Schools Division Superintendent

DM 31, s. 2019 Rider Rev. 01

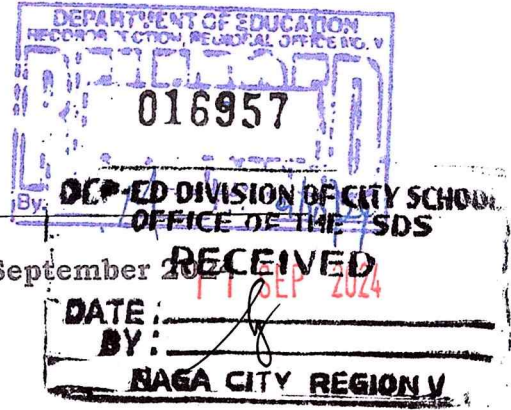


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Republic of the Philippines
Department of Education
 REGION V - BICOL



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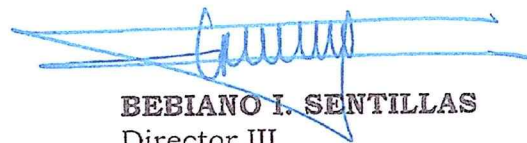
To : Assistant Regional Director
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 Director III
 Officer in-Charge
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 09/09/2024



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IOTA PHI COUNSELING AND PROFESSIONAL HONOR SOCIETY, INC.

Philippine Chapter of
CHI SIGMA IOTA

Counseling Academic and Professional Honor Society International

Email address: [iotaphi.counseling@gmail.com/](mailto:iotaphi.counseling@gmail.com)

Contact nos. 09674817648/ 09165535548/09127794477

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



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2024-2026**

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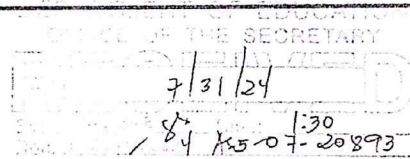
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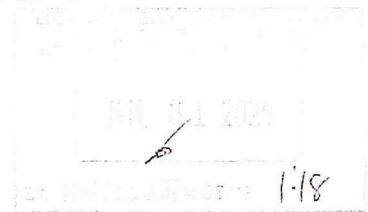
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July 29, 2024



HONORABLE JUAN EDGARDO "SONNY" M. ANGARA
Secretary of the Department of Education
DepEd Complex, Meralco Avenue, Pasig, City



Dear Hon. Sec. Angara,

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 INTERNATIONAL based in North Carolina, USA, will be holding its 37th Annual National Conference and Workshops on October 10-11, 2024, at Xavier Sports and Country Club, Xavier Estates, Fr. Masterson Ave, Upper Balulang, Cagayan de Oro, with the theme, "CELEBRATING LIFE: UNLEASHING THE POWER OF MENTAL HEALTH CARE".

As an honor society of counseling professionals we are committed to advancing the counseling profession through leadership, research, advocacy, and clinical excellence.

In line with our advocacy for Wellness, we aim to achieve the following objectives during this 2-day Conference:

1. Provide a platform for participants to collaborate and exchange ideas on best practices in mental health care;
2. Conduct interactive workshops that enhance practical knowledge among participants focusing on evidenced-based interventions and therapies;
3. Raise participants awareness about the mental health continuum through discussions and presentations of experts in the field of mental health;
4. Facilitate networking among participants to encourage partnerships that contribute to the advancement of mental health services and support systems.

Relative to the above, may we request for the issuance of a DepEd Advisory to enable the licensed guidance counselors and those who are still working on their licenses, including teachers, homeroom advisers,

guidance coordinators, principals and supervisors 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 such as venue rental, honorarium for speakers and workshop facilitators, conference kit, lunch and snacks for two days, as well as other operational costs, a minimal registration fee of three thousand and five hundred pesos (Php3,500.00) will be charged each participant. Registration maybe done online using this link:

<https://bit.ly/IotaPhi37thAnnualConvention>

For inquiries and reservation ,interested participants may contact the IOTA Secretariat via email at iotaphi.counseling@gmail.com , or via mobile phone nos. 09674817648 / 09165535548/09127794477.

Again, on behalf of the IOTA PHI Board, I am extending our heartfelt gratitude for your usual support and kind approval of this request.

Sincerely yours,


ROSENDA A. DE GRACIA , Ed. D., Ph.D.,RGC. LPT
President, IOTA PHI

IOTA PHI 37th ANNUAL NATIONAL CONFERENCE AND WORKSHOPS

October 10-11, 2024

Theme: "CELEBRATING LIFE: UNLEASHING THE POWER OF MENTAL HEALTH CARE"

GEN. OBJECTIVE:

To equip participants with knowledge, skills, and resources needed to navigate the path to mental health care.

SPECIFIC OBJECTIVES:

1. Provide a platform for participants to collaborate and exchange ideas on best practices in mental health care;
2. Conduct interactive workshops that enhance practical knowledge among participants focusing on evidenced-based interventions and therapies;
3. Raise participants awareness about the mental health continuum through open discussions and presentations by experts in the field;
4. Facilitate networking among participants to encourage partnerships that contribute to the advancement of mental health services and support systems.

PLENARY TOPICS:

1st Day

1. **Inner Strengths for Mental Health Care**
Description: This topic explores the many types of psychological strengths human beings have, such as talents, skills, interests, and other resources. These inner resources play a crucial role in helping people navigate life's challenges and cope with stress and achieve personal growth and well being.
2. **Building Bridges: The power of Human Connectedness**
Description: This topic highlights the importance of human connections and how it impacts mental health, work and society. When a person is actively involved with another person, object, group or environment, that involvement promotes a sense of comfort, well being and anxiety reduction. Relationship can act as a buffer in difficult times. When things get tough, it helps to have the support of people who care about us, or at least know enough to listen and empathize.
3. **Creating Healthy Relationship in the Workplace for Inner Peace and Wellbeing**
Description: This topic highlights the need for workplace for promoting mental health in the workplace. It Addresses mental health needs issues in the workplace and discusses

strategies for creating psychologically safe and supportive work environment. It explore workplace programs and practices that promote mental health, share case studies of successful workplace interventions in fostering a mentally healthy workplace.

2nd Day

1.The Transformative Power of Dance in Emotional Health and Wellbeing

Description: Dance is a profound form of expression that has the power to improve various aspects of our lives. Aside from physical benefits, dance has the incredible ability to uplift spirits, relieve stress, and improve mental health. Dance provides a creative outlet for self-expression, allowing individuals to release emotions and channel their energy positively. It is indeed a powerful tool for self-expression and personal growth. The shared passion for dance also creates bonds of friendship and promotes social connections. Overall, it is a transformative art that improves our well being holistically.

2.Integrating Mental Health Support into School Counseling Programs

Description: This topic explores strategies for embedding mental health support within school counseling framework. It discusses best practices for identifying and addressing mental health issues among students, collaborating with other school professionals, and implementing effective school strategies.

3.Trauma-Informed Counseling Strategies and techniques

Description; This topic examines trauma -informed practices that guide counselors in supporting clients who have experienced trauma, recognize signs of trauma, create safe spaces, and implement trauma sensitive interventions to promote healing and resilience.

4. Emerging Trends in Suicide Prevention

Description: This session focuses on notable findings and developments in suicide prevention research and in particular, strategies to detect persons at risk for suicide as well as strategies to reduce suicide risks among the general population and specific risk groups.

WORKSHOP TOPICS

1st Day

1. Empowering You: Developing your Inner Strengths

Description: This workshop focuses on the power of inner strengths and ways developing it. In order to navigate life's challenges with integrity, grace and determination. While achieving external goals can bring happiness and sense of achievement, inner success is more lasting and sustainable.

Developing inner self is a process that requires commitment and dedication.

2. Building Bridges not Walls: Creating Meaningful Connection

Description: Making healthy connections goes beyond simply avoiding feelings of loneliness and isolation. Relationships impact all dimensions of well-being, including physical and mental health and even the ability to flourish at work and in every facet of life. Unfortunately, the role that relationships play in our lives and our well being is often undervalued. Modern -day "connectivity" appears less concerned with making genuine connections. Thus, there is a need for cultivating meaningful and deeper connections. These connections expose one to new ideas and perspective, fosters empathy and self-awareness among others.

3. Creating a Healthy Headspace

Description: The importance of having a healthy head space, i.e., the opportunity to think clearly without interference is extremely significant in today's fast-paced society. Stress can hamper one's emotional growth and prevent people from doing their best work. Too much of it can cause more sick days, burnout, feelings of disengagement and strained relationship with colleagues. Thus, learning how to balance one's head space is important.

2nd Day

1. Collaborating with Families and Community Resources for Mental Health

Description: Examines the importance of collaboration between counselors, families, and community resources to support student mental health. Emphasizes effective communication strategies, partnership with external organizations, e.g. mental health agencies, youth services, and ways to engage families in promoting students emotional Well being and academic success.

2.. Healing from Trauma: Wellness Interventions and Coping Strategies

Description: Emotional and psychological trauma result from extraordinary events that shatter one's sense of security, creating feelings of helplessness in a dangerous world. Whatever the cause of trauma is, an individual can make healing changes and move on in life. There are steps to overcome the pain, learn trust and connect to others again resulting to a sense of emotional balance.

3.Evidenced-based Suicide Prevention Interventions and Strategies

Description: Practicing evidenced based prevention involves the use of the best available research and data throughout the process of planning and implementing suicide prevention efforts. These suicide prevention efforts are believed to be more likely to succeed if they are guided by the best evidence available. For suicide prevention, relevant outcomes are reductions in suicidal thoughts and behaviors or changes in suicide -related risks and protective factors.