



Republic of the Philippines  
**Department of Education**  
 REGION VIII - EASTERN VISAYAS

May 15, 2024

**REGIONAL MEMORANDUM**

No. **567** s. 2024

**INVITATION TO THE MIDYEAR CONFERENCE AND WORKSHOPS  
 ON MENTAL HEALTH AND WELL-BEING**

To: Schools Division Superintendents  
 All Others Concerned

- Attached is Memorandum DM-OUHROD-2024-0879 from Atty. Revsee C. Escobedo, Undersecretary for Governance and Field Operations, dated May 9, 2024 relative to the invitation of the IOTA PHI Counseling Academic and Professional Honor Society Inc., Philippine Chapter of CHI SIGMA IOTA Counseling Academic and Professional Honor Society to the **Midyear Conference and Workshops** anchored on 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 who are still working on their licenses, supervisors, coordinators, principals, and anyone who is interested and is associated with the Department of Education may opt to attend the said activity.
- The use of DepEd funds by participants from DepEd shall be subject to the approval of their respective approving authorities, contingent upon their availability, and adherence to the usual accounting and auditing rules and regulations.
- The registration link, training cost, matrix of activities, and other details on the event are stipulated in the attached communication.
- For further information relative to this activity, Ms. Eden A. Dadap, Regional Program Coordinator, can be reached at 0912-6063544.
- Immediate dissemination of and compliance with this Memorandum are desired.

  
**EVELYN R. FETALVERO CESO IV**  
 Regional Director

Enclosures: As stated  
 References: As stated  
 To be indicated in the Perpetual Index under the following subject:  
 MENTAL HEALTH AND WELLBEING



ESSD-SPPS-EAD



Address: Government Center, Candahug, Palo, Leyte  
 Telephone No.: (053) 832-5738  
 Email Address: region8@deped.gov.ph  
 Website: region8.deped.gov.ph



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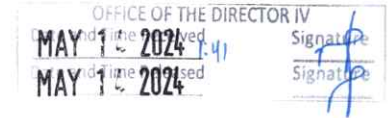
# Department of Education

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*

*Revsee*  
**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.

[BHROD-EWD/Usman]



*Usman*  
*slh/m*



Philippine Chapter  
CHI SIGMA IOTA



Counseling Academic and Professional Honor Society International

Email address: [iotaphicsi@gmail.com](mailto:iotaphicsi@gmail.com)/ fb messenger [lotaphi MoRe](https://www.facebook.com/lotaphi).

Contact nos. 09396536846/ 09165535548/09127794477

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

**EXECUTIVE BOARD  
OFFICERS  
2024-2026**

Rosenda A. De Gracia, Ph.D., Ed.D., RGC, LPT  
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† Lily Rosqueta-Rosales, Ed.D., RGC,  
Diplomate IABMCP  
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**SPECIAL APPOINTMENTS**

Myrna R. Batino, Ph.D. Ed., RGC, Rpm, LPT,  
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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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

APR 03 2024

DARLENE JOYAS, LPT 12:09

DEPARTMENT OF EDUCATION  
OFFICE OF THE SECRETARY

**RECEIVED**

By: JUNALIZA E. [Signature] Time: 2:18  
Doc. # CO-18-2024 15-04-16407

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.

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, CASSS, 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., 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**

**Myrna R. Batino**, Ph.D.,Ed, RGC, Rpm, IPT, FRIRes

Former Professor

Technological University of the Philippines, Dasmariñas, Cavite

**Fostering mental health and Antiraginity**

**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.,Diplomat: 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 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, 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

**LUNCH BREAK**

**PM**

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

- A Discovering Inner Peace**  
**Francis Wilfredo II F. Mina**, MSc.ND, RGC,Rpm,SHC,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**