



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

Advisory No. 52, s. 2024
April 29, 2024

In compliance with DepEd Order (DO) No. 8, s. 2013
This advisory is issued not for endorsement per DO 28, s. 2001,
but only for the information of DepEd officials,
personnel/staff, as well as the concerned public.
(Visit deped.in/region8.deped.gov.ph)

**IOTA PHI COUNSELING AND PROFESSIONAL HONOR SOCIETY
MID-YEAR CONFERENCE AND WORKSHOPS**

Attached is a communication from the Iota Phi Counseling and Professional Honor Society, Inc, inviting participants to attend the Mid-Year Conference and Workshops on June 20-21, 2024 at the School of Labor and Industrial Relations (SOLAIRE), University of the Philippines, Diliman, Quezon City to help address mental health issues and concerns.

The activity is anchored on the theme, **“Worry Less, Enjoy More, Achieve More.”**

The activity aims to help the participants:

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

The target participants are guidance counselors (licensed and those working towards licensure), supervisors, coordinators, school principals, guidance advocates, counselor educators, teachers, administrators, life coaches, psychologist, and all other interested helping professionals.

Participation of both public and private schools shall be subject to the *no-disruption-of-classes policy* stipulated in DepEd Order No. 9, s. 2005 entitled *Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith*.

The registration fee and online registration links are indicated in the attached communication.

More information may be inquired from:

Dr. Francis Mina
Mobile No.- 09161176197
Email Add- w2fmina@upm.edu.ph

Ms. Annabelle Sangalang
09209073264
annabellesangalang08@gmail.com

Considering that this is an Advisory, Schools Division Superintendents are given the discretion to act on this matter.

ESSD-SPPS-EAD





IOTA PHI COUNSELING AND PROFESSIONAL HONOR SOCIETY, INC.

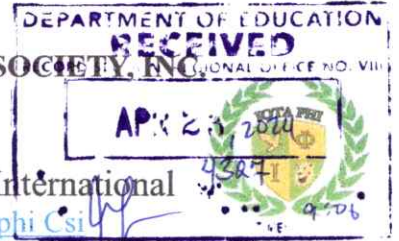
**Philippine Chapter
CHI SIGMA IOTA**

Counseling Academic and Professional Honor Society International

Email address: iotaphicsi@gmail.com/ fb messenger [Iotaphi Csi](#)

Contact nos. 09396536846/ 09165535548/09127794477

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



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February 15, 2024

DR. EVELYN R. FETALVERO
Regional Director
Region VIII – Eastern Visayas
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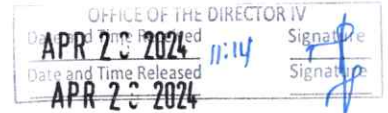
Dear Dr. Fetalvero,

Warm Greetings from the IOTA PHI Board.!

In response to the need of addressing the increasing rate of mental health issues and concerns not only in the Philippines but worldwide, as well as the need to promote the overall well being of individuals, IOTA PHI Counseling and Professional Honor Society, Inc, Philippine Chapter of CHI SIGMA IOTA Counseling Academic and Professional Honor Society International based in the USA, 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 (SOLAIRE), University of the Philippines, Diliman, Quezon City.

Towards the end, participants are expected to –

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



Handwritten note:
Oscar Gomez
4/23/24

In light of the above, we kindly request your endorsement of this program within your Region. We invite all guidance counselors (licensed and those working towards licensure), supervisors, coordinators, principals, guidance advocates, counselor educators, teachers, administrators, life coaches, psychologists, and all other interested helping professionals to join us. Additionally, we seek administrative and moral support for the effective implementation of RA 9258, R.A.11036, and the K-12 Enhanced Basic Education Program. We also request permission for participants to be considered on official business, if possible.

Please refer to the attached tentative program which includes the conference and workshop topics to be handled by highly respected professionals and experts in the field of mental health.

To cover expenses for venue rental, honorarium for speakers and workshop facilitators, workshop materials, meals and snacks, as well as other operational costs, a minimal registration fee of Php 2,800.00 will be charged to each participant. Payments may be made thru bank or Gcash.

BDO Account
Name: Felomino A. Gargar
Acct. No. 1730120723

GCash Account
Name: Maria Emma T. Daga
Acct. No. 09956632545

Interested participants may register using this link: <https://bit.ly/37thIOTAConference>.

For further inquiries and reservations, please contact the IOTA Phi Secretariat at iotaphi.counseling@gmail.com, or Iotaphi Csi at Facebook Messenger . You may also call or email any of the following members of the Program Committee:

Dr. Francis Mina
Mobile No. - 09161176197
Email Add - w2fmina@upm.edu.ph

Ms. Annabelle Sangalang
09209073264
annabellesangalang08@gmail.com

On behalf of the Iota Phi Board, I extend my heartfelt gratitude for your continued support.

Warm regards,


ROSENDA DE GRACIA, Ed. D., Ph.D.,RGC
President, Iota Phi



IOTA PHI COUNSELING AND PROFESSIONAL HONOR SOCIETY INC.
37th NATIONAL MIDEAR 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, MAEd., RGC*

Master of Ceremony: *Wilfredo Il Francis F. Mina, RGC, RPm, ND, PhD, FIIPA*

AM

7:00 - 8:00 **REGISTRATION**

8:00 – 8:15 **OPENING CEREMONIES**

Processional
 Invocation
 Philippine National Anthem
 IOTA PHI Hymn

Welcome Remarks
 Statement of Purpose

Rosenda A. de Gracia, Ph.D., EdD., RGC, LPT
 President, IOTA PHI

Acknowledgement of Participants

Maria Emma T. Daga, LPT, RGC
 Secretary, IOTA PHI

Message

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

Introduction of the Keynote Speaker

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

8:15 – 9:15

KEYNOTE ADDRESS and LECTURE
“Bio-psychosocial and Spiritual Approach to
Mental Health Promotion”

Carolina Uno - Rayco, Ph.D., RGC, RPm
 Executive Director
 Philippine Mental Health Association, Inc.
 East Ave, Diliman, Quezon City

PLENARY SESSIONS

9:15 – 10:15

Self-Care and Personal Resilience

Felomino A. Gargar, Ed.D., RGC, RPm, 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
 University Professor (Ret.)
 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., RGC, RPm, 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*, MAED, 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**
Wilfredo Il Francis F. Mina, RGC, RPm, ND, PhD, FIIPA
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**
Lucila O. Bance, Ph.D., RGC, RPSY
Guidance Specialist
Former Director, Counseling Career Center (CCC)
University of Santo Tomas
- 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**
Wilfredo Il Francis F. Mina, RGC, RPm, ND, PhD, FIIPA

- 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

SHARING OF WORKSHOP OUTPUTS

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

Closing Remarks

Rodulfo P. Esteves, Ph.D., Diplomate IABMCP, Fellow PCHA, LPT, RPm, RGC
Faculty Adviser/Treasurer, IOTA PHI

Awarding of Certificates

Closing Song

If We Hold on Together