



Republic of the Philippines  
**Department of Education**  
 Region XI  
**SCHOOLS DIVISION OF DIGOS CITY**

**Office of the Schools Division Superintendent**

**DIVISION MEMORANDUM**

SGOD-2024- 723

To : Assistant Schools Division Superintendent  
 Division Chiefs  
 Public Schools District Supervisors  
 Education Program Supervisors  
 Public School Heads  
 Public School Teachers

Subject : **INFORMATION DISSEMINATION ON THE CONDUCT OD MID-YEAR CONFERENCE AND WORKSHOPS**

Date : May 27, 2024

This is in reference to Regional Memorandum HRDD-2024-140 dated April 29, 2024 signed by Allan G. Farnazo, Director IV re: **Information Dissemination on the Conduct of Mid-Year Conference and Workshops.**

The IOTA PHI Counseling and Professional Honor Society Inc., Philippine Chapter of CHI SIGMA IOTA Counseling Academic and Professional Honor Society will be conducting a **Midyear Conference and Workshops** at the School of Labor and Industrial Relations (SOLAIR), Bonifacio Hall, De Guzman corner Jacinto Street, University of the Philippines, Solaire, Diliman, Quezon City on June 20-21, 2024.

From the aforementioned, participation of supervisors, principals, and school guidance coordinators is voluntary. Licensed guidance counselors and those that are still working on their licenses may opt to attend. 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.

The registration link is accessible via <https://bit.ly/37thIOTAConference>. Relevant details are found in the enclosures. For inquiries, coordinate with IOTAPHICSI Secretariat through 09165535548 09127794477 or email [iotaphicsi@gmail.com](mailto:iotaphicsi@gmail.com).

Attendance/participation is on official time only.

Immediate and wide dissemination of this Memorandum is desired.

Schools Division of Digos City

RECORDS SECTION

**RELEASED**  
 DATE: MAY 27 2024 TIME: 4:11  
 BY: [Signature]

[Signature]  
**MELANIE P. ESTACIO, PhD, CESO VI**  
 OIC-Schools Division Superintendent

Enclosed: As stated.  
 SGOD/jsa



Address: Roxas Street cor. Lopez Jaena Street, Zone II, Digos City 8002  
 Telephone No: (082)553-8396 | (082)553-8376 | (082)553-9170  
 | (082)553-8375

RECORDS

24-21267



Republic of the Philippines  
**Department of Education**  
DAVAO REGION

DepEd Schools Division Office - Davao City  
RECORDS SECTION

RECEIVED 12/732  
DATE: 23 MAY 2024 TIME 11:41  
BY: [Signature]

Office of the Regional Director

**REGIONAL MEMORANDUM**  
HRDD-2024-140

To : Assistant Regional Director  
Schools Division Superintendents

Subject: INFORMATION DISSEMINATION ON THE CONDUCT OF  
MIDYEAR CONFERENCE AND WORKSHOPS

Date : April 29, 2024

The IOTA PHI Counseling and Professional Honor Society Inc., Philippine Chapter of CHI SIGMA IOTA Counseling Academic and Professional Honor Society will be conducting a **Midyear Conference and Workshops** at the School of Labor and Industrial Relations (SOLAIR), Bonifacio Hall, De Guzman corner Jacinto Street, University of the Philippines, Solaire, Diliman, Quezon City on June 20-21, 2024.

From the aforementioned, participation of supervisors, principals, and school guidance coordinators is voluntary. Licensed guidance counselors and those that are still working on their licenses may opt to attend. 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.

The registration link is accessible via <https://bit.ly/37thIOTAConference>. Relevant details are found in the enclosures. For inquiries, coordinate with IOTAPHICSI Secretariat through 09165535548/09127794477 or email [iotaphicsi@gmail.com](mailto:iotaphicsi@gmail.com).

Immediate dissemination of this Memorandum is directed.

ALLAN G. FARRAZO  
Director

Enclosed: As Stated.

ROH3/glv

DEPARTMENT OF EDUCATION - DAVAO REGION  
RECORDS SECTION

RELEASED

DATE: 27 MAY 2024



Address: F. Torres St., Davao City (8000)  
Telephone Nos.: (082) 291-1665; (082) 221-6147  
Email Address: [region11@deped.gov.ph](mailto:region11@deped.gov.ph)  
Website: [www.depedroxi.ph](http://www.depedroxi.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

V  
J-19-24  
30684  
1:43

**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.

*/BHROD-EWD/Usman/*



Address: Room 102 Rizal Bldg., Dept. d 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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Effectivity	03.23.23	Page	1 of 1





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](https://www.facebook.com/iotaphi).

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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2024-2026**

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Fellow PCHA  
Faculty Advisor/Treasurer

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Diplomate IABMCP  
Founding President

**SPECIAL APPOINTMENTS**

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

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

Anabelle M. Saugaling, RGC  
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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 03 2024

DARLENE JOYSS LOPEZ 12:09

DEPARTMENT OF EDUCATION  
OFFICE OF THE SECRETARY

RECEIVED

By: JUNALIZA E. ... Time: 2:12  
Doc. # CO-12-2024 Rec-01-163 07

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 CONSULTING AND PROFESSIONAL HUMAN SOCIETY INC.**  
**37<sup>th</sup> NATIONAL MEETINGS CONFERENCE AND WORKSHOPS**



School of Labor and Industrial Relations (SOLAIR),  
 Bonifacio Hall, De Guzman corner Jacinto St., University of the Philippines, Solaira, 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 II 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., 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, LPT, FRIRes**  
 Former Professor  
 Technological University of the Philippines, Dasmarias, Cavite

**Fostering Resilient Mindset 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, RPh, 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, RPh, 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,RPh,S TIC,CASSSS,CSP**  
Guidance Services Specialist  
University of the Philippines, Manila
- 9:15-10:15 Achieving and Maintaining Occupational Wellness**  
**Christopher P. Hernandez, MAEd, RGC, OTR**  
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, RPh**  
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**, PhD, 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**