



Republic of the Philippines  
**DEPARTMENT OF EDUCATION**  
Region VII, Central Visayas  
**SCHOOLS DIVISION OF NEGROS ORIENTAL**  
**Office of the Schools Governance and Operations Division**  
Capitol Area, Dumaguete City

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February 28, 2018


**DIVISION MEMORANDUM**

No. 198 s. 2018

**"18<sup>th</sup> ANNUAL ASSEMBLY AND PROFESSIONAL DEVELOPMENT OF PHILIPPINE GUIDANCE AND COUNSELLING ASSOCIATION, INC., (PGCA)"**

To: Chiefs (CID & SGOD)  
Division Education Supervisors & Division Coordinators  
Education Program Specialists  
District Supervisors/District In-Charge  
All Elementary and Secondary School Heads  
All Guidance Specialists, Guidance Counselors and Designates  
All Others Concerned

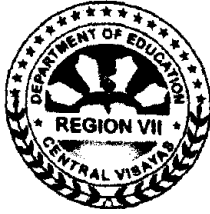
1. Attached is Regional Memorandum No. 0105, s. 2018 re: **18<sup>th</sup> Annual Assembly and Professional Development of Philippine Guidance and Counselling Association, Inc., (PGCA)** on March 7-9, 2018 at Big Hotel Park Mall Dr, Mandaue City, Cebu.
2. All Guidance Counselors and Guidance Specialists are encouraged to attend the said assembly.
3. Attendance to this training is on **OFFICIAL TIME ONLY**.
4. For more information, you may contact Ms. Iryll Mae S. Macahig of the SGOD Office.
5. For the information and guidance of all concerned.

  
SALUSTIANO T. JIMENEZ, CESO VI  
DIC- Office of the Assistant Regional Director  
Concurrent, Schools Division Superintendent

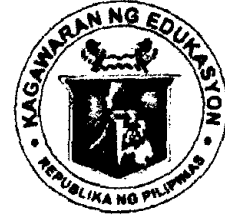
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28 FEB 2018

DR. MCARDAL



REPUBLIKA NG PILIPINAS  
REPUBLIC OF THE PHILIPPINES  
KAGAWARAN NG EDUKASYON  
DEPARTMENT OF EDUCATION  
REHIYON VII, GITNANG VISAYAS  
REGION VII, CENTRAL VISAYAS  
Sudlon, Lahug, Cebu City



FEB 08 2018

REGIONAL MEMORANDUM

No. 0105, s. 2018

18<sup>th</sup> ANNUAL ASSEMBLY AND PROFESSIONAL DEVELOPMENT OF  
PHILIPPINE GUIDANCE AND COUNSELLING ASSOCIATION, INC., (PGCA)

To: Schools Division Superintendents

1. This office is hereby disseminating the communication from Ms. Luzlin P. Ekullado, President, Philippine Guidance and Counseling Association, Inc., (PGCA)-Cebu Chapter, on the conduct of the 18<sup>th</sup> Annual Assembly and Professional Development on March 7-9, 2018 at BIG Hotel Park Mall Dr, Mandaue City Cebu.
2. The communication and other related documents are herewith attached for further references.
3. Immediate dissemination of this memorandum is directed.

*Juliet A. Jeruta*  
JULIET A. JERUTA, Ph. D., CESO IV  
Director III  
Officer-in-Charge

JAJ/STJ/EBE/vfp  
CLMD

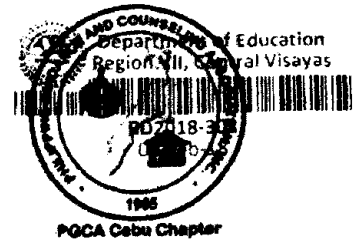
Office of the Director (ORDir), Tel. Nos.: (032) 231-1433; 231-1309; 414-7399; 414-7325; Office of the Assistant Director, Tel. No.: (032) 255-4542  
Field Technical Assistance Division (FTAD), Tel. Nos.: (032) 414-7324 Curriculum Learning Management Division (CLMD), Tel. Nos.: (032) 414-7323  
Quality Assurance Division (QAD), Tel. Nos.: (032) 231-1071 Human Resource Development Division (HRDD), Tel. No.: (032) 255-5239  
Education Support Services Division (ESSD), Tel. No.: (032) 254-7062 Planning, Policy and Research Division (PPRD), Tel. Nos.: (032) 233-9030;  
414-7065 Administrative Division, Tel. Nos.: (032) 414-7326; 414-4367; 414-7366; 414-7322; 414-4367  
Finance Division, Tel. Nos.: (032) 256-2375; 253-8061; 414-7321

“ ESK 2015: Karapatan ng Lahat, Pananagutan ng Lahat ”

# Philippine Guidance and Counseling Association, Inc. Cebu Chapter

February 5, 2018

JULIET A. JERUTA  
Director III  
Office of the Regional Director  
Region 7, Central Visayas, Sudlon, Lahug, Cebu City



Dear Hon. Jeruta:

Peace!

The Philippine Guidance and Counseling Association, Inc., (PGCA)- Cebu Chapter an Accredited Professional Organization by the Professional Regulation Commission is pleased to announce its 18<sup>th</sup> Annual Assembly and Professional Development on **March 7-9, 2018** at **BIG Hotel Park Mall Dr, Mandaue City, Cebu** with the theme **"Mental Health Care: Concepts, Emerging Practices and Evidences"**. It is a fact that mental concerns in schools and universities have been growing. It necessitates proactive response from the Counselors, other mental health care providers and professionals and the whole community. Thus the workshops that we have designed will surely equip them with skills and enhance their own mental health. This will entitle each participant to earn CPD points.

In this connection, I would like to invite your Guidance Counselors and Designates to this conference. Furthermore, to support their professional development I humbly ask your good office for a support in allowing the sending school to sponsor the registration fee of the attendee/s to be taken from their MOOE. The registration fee will include conference kits, workshop materials, lunch, snacks and certificate. Registration rate are as follows:

*If registered on or before February 28, 2018:*

- Php 4,000.00 – PGCA Cebu members
- Php 4,500.00 – Non-PGCA Cebu Members

*If Registered after February 28, 2018 (Onsite):*

- Php 4,500.00 – PGCA Cebu members
- Php 5,000.00 – Non- PGCA Cebu members


Payments can be made through Bank of the Philippine Islands (BPI):

Account Name: **Phil Guidance & Counseling Association Inc. Cebu**

Account Number: **9201-0018-86.**

Please be advised that Registration Committee will only accept payments made in cash for onsite registrants. Payments made in check are advised to deposit it earlier at our account mentioned above. Please email to **pgca\_cebu2010@yahoo.com** filled-up confirmation slip & deposit slip if payment has been made through the bank. Registration will start at 7:00 till 8:30 a.m on March 7, 2018. Furthermore, we will have the renewal of membership and ID taking during the assembly. For inquiries you can call or text the undersigned with this number: 2531000 loc 195 or 09227387981. Attached is the confirmation slip and workshop abstract. Your support will greatly contribute to the skills development of our DepEd Counselors and Designates.

Respectfully yours,

  
LUZLIN P. ELCULLADA, RGC, MSFP  
President

**CONFIRMATION SLIP  
PGCA Cebu Chapter**

18th Assembly and Workshops BIG HOTEL  
Park Mall Dr, Mandaue City,  
Cebu March 7- 9, 2018

**Theme: "Mental Health Care: Concepts, Emerging practices and Evidences"**

PRINT NAME: \_\_\_\_\_  
                        Family Name                        First Name                        Middle Name

School/ Agency Affiliation: \_\_\_\_\_  
Address: \_\_\_\_\_

Designation: \_\_\_\_\_

Postal Address (reliable in the next 5 years) :  
\_\_\_\_\_  
\_\_\_\_\_

Contact Numbers: Landline: \_\_\_\_\_ Cellphone(s): \_\_\_\_\_

E-mail address/es: \_\_\_\_\_

Fax Number: \_\_\_\_\_

License # (if applicable) \_\_\_\_\_ Expiration Date: \_\_\_\_\_  
Data of last Membership Payment: When: \_\_\_\_\_ OR # \_\_\_\_\_

Category of Membership (pls. check) \_\_\_\_\_ REGULAR  
  \_\_\_\_\_  
  ASSOCIATE

Amount deposited : \_\_\_\_\_ Date deposited: \_\_\_\_\_

Important:  
Please check on Workshop to be attended on March 8, 2018:  
Workshop # 2 (    )        Workshop # 3 (    )  
(Max of 60 participants)

\_\_\_\_\_  
Signature

Note : Kindly email this registration form to [pgca\\_cebu2010@yahoo.com](mailto:pgca_cebu2010@yahoo.com) along with your deposit slip.

**#1: Workshop Title:** Responsive Mental Health Programs Through Multi-Disciplinary and Systems Level Approaches

**Resource Person/Facilitator:** Sheila Marie G. Hocson, PhD,RGC,RP,RPm

**Topic Abstract:**



In this times of globalization, disruption and complexities that is happening in the environment, advocacy for mental health programs through the use of various guidance and counseling and psychological services, tools, techniques and strategies in collaboration with different stakeholders from the school, industry and community settings play a substantial role in the awareness and prevention of mental health problems. it is a must for all guidance counselors, psychologists, psychometricians and other professional advocates and responders to be equipped in knowing how to make and facilitate responsive, accountable, evidence-based and effective mental health programs that are all for the welfare of the psychological well being of children, youth, employees, families, and communities.

**#2: Workshop Title:** Counseling with Reality Therapy: From Assessment to Intervention

**Resource Speaker/ Facilitator:** Niño Jose Mateo, Ph.D., RGC, RPsy

**Topic Abstract:**



This workshop will introduce participants to the basics of Reality Therapy, a counseling approach based on William Glaser's Choice Theory. Participants will learn the necessary knowledge and skill in relation to setting up a conducive counseling environment to develop a strong therapeutic alliance with the client. It will then focus on the use of the Reality Therapy process. This includes determining what clients want, the total behavior they are currently employing to get it, and their evaluation of how effective these behaviors are. Through lectures, demos and simulation of the counseling process, participants will acquire the strategies and techniques that will guide their clients to have better control of their own behaviors.

**#3: Workshop Title:** Spotting, Assessing, Intervening and Referring Clinical/Crisis Cases

**Resource Speaker/ Facilitator:** Dr. Rene M. Samaniego

**Topic Abstract:**



This workshop aims to equip the participants with fundamental and essential skills on assessment and identification of the more common psychiatric conditions and psychiatric emergencies in the outpatient (i.e., school settings) backdrop. Specifically, suicidality, homicidality, clinical depression, bipolar disorder, psychosis and schizophrenia, and anxiety disorders (panic disorder and generalized anxiety disorder) will be explored via clinical case discussions. Furthermore, the participants will be coached on what specific symptoms or aspects to be on the lookout for; their official diagnostic criteria; how to handle these patients as you are interviewing them; what specific questions to ask; what not to ask; etc. Lastly, I will be discussing with you strategies on how to engage your client and be able to negotiate a treatment plan, as well as how to increase the chances of adherence.

Moreover, this workshop aims to equip the participants with the knowledge of the cognitive model and the fundamental principles of CBT. Participants will also be taught how to structure a CBT session as well as the specific parts of a session. The cognitive model of depression and anxiety will be explored. The basic techniques on working with dysfunctional thoughts and beliefs, which is the core of CBT, will be enumerated and applied via case discussions and group exercises.

P. 178

# 4: Workshop Title: Mental Health for Professionals  
Resource Speaker/Facilitator: EARNEST L. TAN, R.G.C.  
Topic Abstract:



Mental Health Providers are often candidates for burn-out and compassion fatigue. To combat these from happening, it is a must that counsellors, psychologists, psychometricians, counselor designates learn the art and skill of self-care. Self-care can be misconstrued as selfishness. But it is actually the ability to desist from allowing oneself to be consumed by one's roles. This entails learning the following: articulating needs, setting boundaries, striving for holistic health and wellness and enhancing intimacy and support systems.