



Republic of the Philippines  
Department of Education  
NATIONAL CAPITAL REGION  
SCHOOLS DIVISION OFFICE OF MUNTINLUPA CITY

Office of the Schools Division  
Superintendent

APR 24 2024

Advisory No. 089, s. 2024

April 24, 2024

In compliance with DepEd Order (DO) No. 8, S. 2013  
This advisory is issued for the information of DepEd officials,  
personnel/staff, as well as the concerned public.

**INVITATION TO THE PGCA 59<sup>TH</sup> ANNUAL NATIONAL CONFERENCE**

Attached is a letter from Remedios C. Meog, MA, MPA, RGC, RPPm, CSCOP, National Vice President for Internal Affairs, Conference and Program Chair, dated April 21, 2024, on the above-,mentioned title, contents of which are self-explanatory, for the information and guidance of all concerned.


Participation of 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."

Moreover, schools are reminded of the "No Collection and No Selling of Tickets Policy" stipulated in DepEd Order Nos. 19 and 40, s. 2008 and RA Nos. 4206 and 5546.

FOR:

**EVANGELINE P. LADINES CESO V**  
Schools Division Superintendent

BY:

  
**VIOLETA M. GONZALEZ CESO VI**  
Assistant Schools Division Superintendent  
Officer-In-Charge  
Office of the Schools Division Superintendent

089

AD-2024-089



Student Center for Life Skills Bldg., Centennial Ave, Brgy Tunasan,  
Muntinlupa City  
(02) 8805 - 9935, (02) 8805 - 9940  
sdo.muntinlupa@gmail.com





SDO Muntinlupa &lt;sdo.muntinlupa@gmail.com&gt;

**PGCA Request Letter for Advisory/Endorsement (59th Annual National Conference)**

1 message

**pgcasecretariat@gmail.com** <pgcasecretariat@gmail.com>  
To: sdo.muntinlupa@gmail.com

Sun, Apr 21, 2024 at 10:38 PM

MS. EVANGELINE P. LADINES  
Schools Division Superintendent, DepEd - Muntinlupa City  
Laguerta St., Tensuan Site, Poblacion, Muntinlupa City

RECEIVED BY:

  
**EVELYN N. DINGAL**  
Admin Officer II - Records Unit

Date: 4-22-24 2:10 PM

Dear Ms. Ladines:

Warm Greetings from the Philippine Guidance and Counseling Association, Inc. (PGCA), the Accredited Integrated Professional Organization of the Professional Regulation Commission!

We are pleased to inform you that the PGCA will hold its PGCA 59th Annual National and 2024 International Conference with the theme "Live, Laugh, Love and Lead on May 16, 17 & 18, 2024 at the Manila Hotel Tent City and La Consolacion College Mendiola, Manila. The conference aims to bring together all guidance counselors, guidance advocates, and other allied helping and mental health professionals from across the country to share relevant knowledge and skills through plenary talks and workshops to be able to keep abreast with the current trends and innovations in the profession.

In this regard, we would like to request for your kind issuance of DepEd advisory or endorsement for the participation to this three-day conference of guidance counselors, guidance advocates, guidance supervisors/heads/directors, guidance and counseling professors as well as other college professors.

Please see the registration fees on the attached letter to help defray the cost of meals (am and pm snacks and lunch), kits and materials, certificates, venue, travel expenses and hotel accommodations of the international speakers, and honoraria for the resource speakers and workshop facilitators for this Annual Conference.

For further information, clarification and assistance, you may call our secretariat office at telephone no. (02) 5310-4374 and mobile no. +639179676346 or email at [pgcasecretariat@gmail.com](mailto:pgcasecretariat@gmail.com) copy furnish [rem.pgca@gmail.com](mailto:rem.pgca@gmail.com).

We, in the PGCA, sincerely appreciate your kind support to our endeavors.

Attached are the invitation letter for participants, abstracts, program and PGCA SEC.

Thank you.

 **Letter for MS. EVANGELINE P. LADINES - PGCA 59th Annual Conference.pdf**  
13381K





## PHILIPPINE GUIDANCE AND COUNSELING ASSOCIATION, INC.

The Accredited Integrated Professional Organization of the Professional Regulation Commission

Room 107 Philippine Social Science Center, Commonwealth Ave., Diliman, Quezon City

[www.pgcainc.com](http://www.pgcainc.com) | [pgcasetariat@gmail.com](mailto:pgcasetariat@gmail.com) | Tel: 5310-4374

### BOARD OF DIRECTORS 2023-2024

**ADELAIDA C. GINES**  
PhD, RGC, RPsy  
President

**REMEDIOS C. MOOG**  
MA, MPA, RGC, RPm, CSCOP  
Vice-President for Internal Affairs

**CARMENCITA H. SALONGA**  
PhD, RGC, RPsy  
Vice-President for External Affairs

**MA. HONEY BELLE B. VICENCIO**  
MAGC, RGC, LPT  
Secretary

**ANNABELLE M. SANGALANG**  
MAEd, RGC  
Treasurer

**BENNY S. SOLIMAN**  
PhD, RGC, LPT, RPm, RPsy  
Auditor

**CHARITY P. ORENSE**  
RGC, RPsy  
P.R.O.

**SHEILA MARIE G. HOCSON**  
PhD, RGC, RPsy, RPm, LPT  
Business Manager

### MEMBERS OF THE BOARD

**MARK ANTHONY V. BERCANDO**  
MAEd, RGC, RPm, LPT

**MARIA LAARNI CARLA C. PARANIS**  
PhD, RGC

**FRANCIS RAY D. SUBONG**  
MEd, RGC

**CHRIS JOHN S. BEDORIA**  
PhD, RGC, RPsy, RPm  
Assistant Secretary

**MARIA TERESITA F. MENDOZA**  
MEd, RGC  
Assistant Treasurer

### NATIONAL SECRETARIAT

**JHUVIE ANN C. DE LEON**  
Bookkeeper

**SHERLEY R. DE TORRES**  
Admin Staff

03 April 2024

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Dear \_\_\_\_\_:

Greetings from the Philippine Guidance and Counseling Association, Inc. (PGCA)!

The **PGCA 59th Annual National and 2024 International Conference** is a highly anticipated gathering of scholars, professionals, leaders, and experts in guidance and counseling, as well as those in helping and mental health professions. This will be held on **May 16, 17 & 18, 2024** at the Manila Hotel Tent City and La Consolacion College Mendiola, Manila. The theme of this year's conference, **"Live, Laugh, Love and Lead,"** focuses on the importance of living a fulfilling life while embracing leadership roles. These four verbs epitomize the essence of our roles as guidance counselors and mental health professionals, underscoring the profound impact we wield in the lives of our clients.

During this conference, we will have the opportunity to engage in insightful discussions, attend informative workshops, and collaborate with fellow professionals who share our passion for guiding and empowering individuals and communities. Together, we can explore innovative strategies, best practices, and evidence-based approaches that will further enhance our knowledge, skills and abilities as guidance counselors, helping and mental health professionals.

In this regard, we are pleased to invite you to be part of the said conference.

Here are the registration fees:

	<b>Early Bird Rate</b> until March 31, 2024	<b>Regular Rate</b> until April 30, 2024	<b>Onsite Rate</b> May 16, 2024 (limited slots only)
<b>PGCA Member</b>	₱ 6,000.00	₱ 6,500.00	₱ 7,500.00
<b>Non-Member</b>	₱ 6,500.00	₱ 7,000.00	
<b>Graduate Students (Member)</b>	₱ 5,400.00	₱ 5,850.00	₱ 6,750.00
<b>Graduate Students (Non-Member)</b>	₱ 5,850.00	₱ 6,300.00	
<b>PWD and Senior Citizen (Member)</b>	₱ 4,800.00	₱ 5,200.00	₱ 6,000.00
<b>PWD and Senior Citizen (Non-Member)</b>	₱ 5,200.00	₱ 5,600.00	

The registration fee will include certificate of participation, conference kit, am and pm snacks and lunch during the three day conference.



## PHILIPPINE GUIDANCE AND COUNSELING ASSOCIATION, INC.

*The Accredited Integrated Professional Organization of the Professional Regulation Commission*

Room 107 Philippine Social Science Center, Commonwealth Ave., Diliman, Quezon City

[www.pgcainc.com](http://www.pgcainc.com) | [secretariat.official@pgcainc.com](mailto:secretariat.official@pgcainc.com) | [pgcasecretariat@gmail.com](mailto:pgcasecretariat@gmail.com) | Tel: 5310-4374 | CP: 0916-655-3507

### BOARD OF DIRECTORS 2023-2024

ADELAIDA C. GINES  
PhD, RGC, RPsy  
*President*

REMEDIOS C. MOOG  
MA, MPA, RGC, RPsM, CSCOP  
*Vice-President for Internal Affairs*

CARMENCITA H. SALONGA  
PhD, RGC, RPsy  
*Vice-President for External Affairs*

MA. HONEY BELLE B. VICENCIO  
MAGC, RGC, LPT  
*Secretary*

ANNABELLE M. SANGALANG  
MAEd, RGC  
*Treasurer*

BENNY S. SOLIMAN  
PhD, RGC, LPT, RPsM, RPsy  
*Auditor*

CHARITY P. ORENSE  
RGC, RPsy  
*P.R.O.*

SHEILA MARIE G. HOCSON  
PhD, RGC, RPsy, RPsM, LPT  
*Business Manager*

### MEMBERS OF THE BOARD

MARK ANTHONY V. BERCANDO  
MAEd, RGC, RPsM, LPT

MARIA LAARNI CARLA C. PARANIS  
PhD, RGC

FRANCIS RAY D. SUBONG  
MEd, RGC

CHRIS JOHN S. BEDORIA  
PhD, RGC, RPsy, RPsM  
*Assistant Secretary*

MARIA TERESITA F. MENDOZA  
MEd, RGC  
*Assistant Treasurer*

### NATIONAL SECRETARIAT

JHUVIE ANN C. DE LEON  
*Bookkeeper*

SHERLEY R. DE TORRES  
*Admin Staff*

Modes of payment can be made through the following:

#### Bank of the Philippine Island (BPI)

Account Name: Philippine Guidance and Counseling Association, Inc  
Account Number: 2283-1077-04

#### Philippine National Bank (PNB)

Account Name: Philippine Guidance and Counseling Association, Inc.  
Account Number: 1086-7000-3964

#### E-Wallets (i.e. GCash, PayMaya)

Please use **PGCA, Inc.** as the account name whenever you deposit via bank transfer.

Kindly register through this link: [https://bit.ly/Registration\\_PGCA\\_ANC2024](https://bit.ly/Registration_PGCA_ANC2024)

You may also access the registration form through this QR Code:




For further information, clarification and assistance, you may call our secretariat office at telephone no. (02) 5310-4374 or email at [pgcasecretariat@gmail.com](mailto:pgcasecretariat@gmail.com).


Let us come together to Live, Laugh, Love and Lead this May.

See you there!

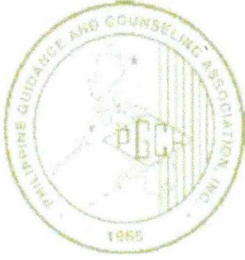
Sincerely yours,

  
**REMEDIOS C. MOOG, MA, MPA, RGC, RPsM, CSCOP**  
*National Vice President for Internal Affairs  
Conference and Program Chair*

Noted by:

  
**ADELAIDA C. GINES, PhD, RGC, RPsy**  
*National President  
Overall Chair*





**PGCA 59<sup>th</sup> Annual National and 2024 International Conference**  
**“Live, Laugh, Love and Lead”**  
**May 16, 17 & 18, 2024**  
**The Manila Hotel Tent City**  
**La Consolacion College Manila**

**PROGRAM**

<b>Day 1 - May 16, 2024</b> <b>Venue: The Manila Hotel Tent City</b> <b>1 Rizal Park, Ermita Manila 0913 Metro Manila</b>		
<b>Attire: Filipiniana//Barong Tagalog</b> <b>Master of Ceremonies: Carmencita H. Salonga, PhD, RGC, RPsy</b> <b>Officers of the Day: Annabelle M. Sangalang, MAEd, RGC and Maria Laarni Carla C. Paranis, PhD, RGC</b>		
6:00 AM - 7:15 AM	Registration	Secretariat
7:15 AM - 8:00 AM	<b>Opening Program</b>	
	Entrance of Colors	
	Parade of Chapters	<b>Carmencita H. Salonga, PhD, RGC, RPsy</b> <i>PGCA National Vice President for External Affairs</i>
	Interfaith Doxology and National Anthem	<b>Reggil A. Villasis, MA, RGC</b> <i>Public School Guidance Counselor</i> <i>San Isidro National High School, DepEd - Division of Antipolo City</i>
	Introduction of Participants	<b>Ma. Honey Belle B. Vicencio, MA, RGC, LPT</b> <i>PGCA National Secretary</i> <i>Guidance Senior Supervisor, Guidance Services Office</i> <i>National University</i>
	Welcome Address	<b>Adelaida C. Gines, PhD, RGC, RPsy</b> <i>PGCA National President</i> <i>Overall Chair</i>
	Greetings and Messages from the:	
	Manila City Government	<b>Honorable Mayor Maria Sheilah "Honey" H. Lacuna-Pangan, MD, FPDS</b> <i>Mayor, City of Manila</i>
	Professional Regulatory Board of Guidance and Counseling	<b>Honorable Luzviminda S. Guzman, EdD, RGC</b> <i>Chair, Professional Regulatory Board – Guidance and Counseling</i>
	Conference Overview and Program Orientation	<b>Remedios C. Moog, MA, MPA, RGC, Rpm, CSCOP</b> <i>PGCA National Vice President for Internal Affairs</i> <i>Conference and Program Chair</i> <i>University Counselor, Office of Counseling and Career Services</i> <i>De La Salle University Manila</i>
8:00 AM - 9:30 AM	Plenary Session 1 – Live to Listen	<b>Fr. Teodulo P. Gonzales, SJ, PhD, RGC</b> <i>President,</i> <i>Ruben M. Tanseco, S.J. Center for Family Ministries Foundation, Inc. (RMT-CEFAM)</i>

9:30 AM-11:00 AM	Plenary Session 2 - Laugh to Joy	<b>Paolo Martin L. Trinidad</b> <i>Founder Pinoy Laughter Yoga</i>
11:00 AM - 12:00 NN	Keynote Address - Live, Laugh, Love and Lead	<b>Honorable Senator Joel Villanueva</b> <i>Majority Floor Leader 19th Congress Senate of the Philippines</i>
12:00 NN - 1:00 PM	<b>Business Meeting</b>  President's Report  Treasurer's Report   PGCA Awarding Ceremony   Presentation of Election Committee and Nominees for the PGCA Board of Directors 2024- 2025  Special Oath Taking of New Guidance Counselors  Awarding of Certificate of Appreciation	<b>Adelaida C. Gines, PhD, RGC, RPsy</b> <i>PGCA National President</i>  <b>Annabelle M. Sangalang, MAEd, RGC</b> <i>PGCA National Treasurer</i>  <b>Maria Laarni Carla C. Paranis, PhD, RGC</b> <i>PGCA National Board Member Chair, Awards Committee</i>  <b>COMELEC Chair</b>  <b>Professional Regulation Commission</b>  <b>Adelaida C. Gines, PhD, RGC, RPsy</b> <i>PGCA National President</i>
	Lunch Break	
1:00 PM - 3:00 PM	Panel Discussion on Mental Health in the Global Context	<b>Capt. Rusli Bujang</b> <i>President, Brunei Darussalam Counseling Association Brunei</i>  <b>Sethul Hoer, MA</b> <i>President, Cambodia Association of Counselors and Psychologists Cambodia</i>  <b>Ipah Saripah, PhD</b> <i>Head of Study Program of Guidance and Counseling Faculty of Education, Universitas Pendidikan Indonesia</i>  <b>Prof. Dr. Mansor Abu Talib, FASc</b> <i>Director, Wellbeing Research Center UCSI University Vice President, PERKAMA International Malaysia</i>  <b>Adelaida C. Gines, PhD, RGC, RPsy</b> <i>President, Philippine Guidance and Counseling Association, Inc. Philippines</i>



		<p><b>Andy Lam, GDip, MSocSc, RegCLR, RegClinSup, RSW, MMSAC</b>  <i>Incoming President,  Singapore Association for Counseling (SAC)  Singapore</i></p> <p><b>Marid Kaewchinda, Ph.D</b>  <i>Head, Department of Educational Psychology and Guidance  Faculty of Education, Kasetsart University  Bangkok, Thailand</i></p> <p><b>Moderator</b>  <b>Mark Anthony V. Bercando, MAEd, RGC, Rpm, LPT</b>  <i>PGCA Board Member  Chief Human Resources Specialist, Civil Service Commission - NCR</i></p>
3:00 PM - 4:00 PM	Plenary Session 3 - Love to have Meaning	<p><b>Carla Siojo, MA</b>  <i>Acting President,  Association of Placement Practitioners of Colleges and Universities  (APPCU)</i></p>
4:00 PM - 5:00 PM	Plenary Session 4 - Lead to Inspire	<p><b>Jose Alberto S. Reyes, PhD, RPsy</b>  <i>Full Professor, Department of Counseling and Educational Psychology  Br. Andrew Gonzalez FSC College of Education  De La Salle University</i></p>

**Day 2 - May 17, 2024**  
**Venue: La Consolacion College Manila**  
 8 Mendiola Ext. San Miguel Manila 1005, Metro Manila

Attire: **PGCA Polo Shirt /T-shirt or Smart Casual**

Officers of the Day:

**Mark Anthony V. Bercando, MAEd, RGC, RPm, LPT and Charity P. Orense, MA, RGC, RPsy**

**Schedule of Renewal of Membership / Request for COGS**

**Secretariat and Membership Committee:**

**Ma. Honey Belle B. Vicencio, MAGC, RGC, LPT and Chris John S. Bedoria, PhD, RGC, RPsy, RPm**

**6:30 AM - 8:00 AM; 12:00 NN - 1:00 PM; 5:00 PM - 6:00 PM**

**Concurrent Workshops**

**Morning Session 8:00 AM – 12:00 NN; Afternoon Session 1:00 PM -5:00 PM**

LEVEL	WORKSHOP TOPIC	WORKSHOP FACILITATOR/ RESOURCE SPEAKER
Basic	"iLead, iLaugh: Workplace Wellness & Culture Enhancement through Humor in Leadership"	<b>Carolyn D. Fiñones, MAEd, RGC, RPm</b> Director, Student Services Office, Manila Adventist College Pasay, Metro Manila
Basic	A Thriving Student-Athlete in Our Community	<b>Maxin B. Laurel, MA, RGC, LPT</b> Guidance Counselor, University of Santo Tomas Manila
Basic	Nurturing Women's Mental Health through 4Ls (Living, Laughing, Loving, and Leading)	<b>Joana Fe B. Panganiban, MAEd, RGC</b> Director, Office of Student Affairs and Services Manuel S. Enverga University Foundation, Lucena City, Quezon
Basic	Learning Awareness through Mindfulness Practice (LAMP): Journey to the Inner Self	<b>Dianne G. Rodriguez, MAEd, RGC</b> Guidance Counselor, University of the East Manila
Basic	Know Your "Emotion": A Practical Guide Towards Emotional Fitness	<b>Ipah Saripah, PhD</b> Head of Study Program of Guidance and Counseling Faculty of Education Universitas Pendidikan, Indonesia
Basic	Laughter Therapy: "Daily Laughter Exercises for Health, Happiness, and Peace of Mind"	<b>Jhonna G. Toledo, PhD, LPT</b> Certified Laughter Yoga Leader, Laughter Yoga International BS Psychology Coordinator Central Philippine Adventist College, Negros Occidental
Intermediate	Mind, Brain and Education (MBE) Literacy	<b>Jaime R. Bolusan, PhD, RGC</b> Chief Guidance Counselor HRDC DIRECTOR - Aldersgate College, Nueva Vizcaya
Intermediate	Core Connection: Journey into Heart-Centered Wisdom	<b>Capt Rusli Bujang</b> President, Brunei Darussalam Counseling Association Brunei
Intermediate	Nurturing Students' Well-being through the BLOOMS-Inspired Thriving Intervention	<b>Nerizza V. Cristobal, PhD, RGC</b> Senior Counselor, University of Santo Tomas Manila
Intermediate	Exploring Buddhist Philosophical Principles for Mental Health Enhancement: A Pathway to Mindfulness and Well-being	<b>Sethul Hoer, MA</b> President, Cambodia Association of Counselors and Psychologists, Cambodia
Intermediate	Leading the Charge: Guidance Counselors as Architects of Corporate Wellbeing	<b>Brinson James P. Franco, MA, RGC, LPT</b> Manager II for Wellbeing Concentrix Corporation



Intermediate	BOOGSH: Exploding Your Self-Sabotaging Behaviors and Igniting Your Inner Strength	<b>Jervis M. Lumanlan, MA, RGC, LPT</b> Guidance Counselor, City College of Angeles, Pampanga
Intermediate	Strengthen your inner self with stabilization techniques	<b>Marid Kaewchinda, PhD</b> Head, Department of Educational Psychology and Guidance Faculty of Education, Kasetsart University, Thailand
Intermediate	Lead to Inspire: Purpose-Driven Leadership	<b>Anicia M. Valtersson, MA, RGC</b> Consultant, Intouch Philippines
Advance	Nurturing the Person of the Counselor: Integrating Self-Compassion and Self-Care in the Realities of Work-Life	<b>Michele S. Alignay, PhD, RGC, RPsy</b> Director, Light of Jesus Pastoral Care Center Faculty, Dept. of Psychology, Miriam College Quezon City, Metro Manila
Advance	MOTIVATE Model: The UNPACKING and REPACKING the Helping Professional into an Inspirational Leader	<b>Nhorly U. Domenden, EdD, RGC</b> Director, Wundt Psychological Institute Dagupan, Pangasinan
Advance	Discovering myself as a leader of counselling, for counselling, of counselling through counselling!	<b>Frederick Poi Kee Low, DPS</b> Associate Professor, James Cook University Singapore
Advance	Am I in Love? (Marital Counseling)	<b>Fr. Arsenio A. Lumiqued, Jr., MSC, PhD, RGC</b> Marital and Family Counselor Faculty--RMT CeFaM and DLSU RMT-Center for Family Ministries, AdMU / Fr. Teodulo Gonzales SJ
Advance	U.S.A.L.: A Counseling Intervention for Teenage Depression	<b>Myla Pilar S. Pamplona, PhD, RGC, RPsy, Rpm</b> University Counselor, De La Salle University President, Humid Inc./ Mindspeaks
Advance	Multifolds of Community Counseling Works	<b>Ana Lou A. Panganiban, PhD, RGC, RPsy</b> Guidance Head Technological University of the Philippines (TUP) Visayas Talisay City, Negros Occidental
Advance	Be a Counselor Leader: Strengthening the Professional Identity of Filipino Counselors	<b>Maria Laarni Carla C. Paranis, PhD, RGC</b> PGCA National Board Member Education Program Supervisor, Field Technical Assistance Division, Department of Education - NCR
Advance	Live, Laugh, Love, and Lead for All: Developing Innovative Program for Vulnerable Population in Higher Education Institutions	<b>Benny S. Soliman, PhD, RGC, LPT, Rpm, RPsy</b> PGCA National Auditor Director, Office of Student Services and Development Tarlac Agricultural University
Advance	*Solution Focused Brief Therapy with Suicidal Clients	<b>Prof. Mansor Abu Talib FASc, PhD</b> Director, Wellbeing Research Center, UCSI University Vice President, PERKAMA International, Malaysia
<b>5:00 PM - onwards Tour in Malacañang Palace/Museum</b>		

**\* Morning Session Only**

**Day 3 - May 18, 2024**  
**Venue: La Consolacion College Manila**  
 8 Mendiola Ext. San Miguel Manila 1005, Metro Manila

Attire: **Any PGCA Polo Shirt /T-shirt or Smart Casual**  
 Officer of the Day: **Carmencita H. Salonga, PhD, RGC, RPsy**

**Schedule of Renewal of Membership / Request for COGS**  
**Secretariat and Membership Committee:**  
**Ma. Honey Belle B. Vicencio, MAGC, RGC, LPT and Chris John S. Bedoria, PhD, RGC, RPsy, RPm**  
**6:30 AM - 8:00 AM and 12:00 NN - 1:00 PM**

**Concurrent Workshops**  
 Morning Session **8:00 AM – 12:00 NN**; Afternoon Session **1:00 PM -5:00 PM**

LEVEL	WORKSHOP TOPIC	WORKSHOP FACILITATOR/ RESOURCE SPEAKER
Basic	Totoong Buhay at Pelikula sa Mata ng Guydang Kawnsektor	<b>Eduardo C. Caligner, PhD, RGC, RPsy, RPm, LPT</b> Psychologist, SIVANA Heart of Psychological Services Professor, University of Santo Tomas
Basic	<b>**RACE</b> Against Suicide: A Gatekeeper Training Toolkit for Suicide Prevention in School	<b>Sheila Marie G. Hocson, PhD, RGC, RPsy, RPm, LPT</b> Immediate Past President, PGCA Business Manager, PGCA Director, Guidance and Counseling Far Eastern University Manila and Makati
Basic	Lead with Passion and Compassion	<b>Donalyn G. Lastima, PhD, RGC, RPsy</b> CEO President, Hearticulate Psychological Center, Bacolod City
Basic	Unveiling Inner Strengths: A Seminar-Workshop on Harnessing Character Strengths for Well-Being	<b>John Michael M. Revilla, MAEd, RGC, RPm, LPT</b> Guidance Counselor, Ateneo de Naga University
Basic	IKIGAI to Buhay	<b>Carmen R. Sunico, MA, RGC, RPm</b> Guidance Counselor, University of Santo Tomas Manila
Intermediate	Allies for Queers: A Workshop on Basic Attending Skills for LGBTQ+ Students through Affirmative Therapy	<b>Matt Calvin S. Dadivas, MAEd, RGC, RPm</b> Guidance Counselor Ateneo de Manila University-Senior High School Quezon City
Intermediate	How Applying Integrating Choice Theory-Reality Therapy in Your Life Can Make You Happier	<b>Sheila Marie P. Dela Pena, MAEd, RGC, RPm, LPT</b> Faculty Counselor, Philippine Normal University Manila
Intermediate	Take the Lead: Adapting the Five Practices of Exemplary Leadership Model in Student Welfare Programs	<b>Zedric A. Lorzano, MAEd, RGC, RPm</b> Guidance Counselor Calayan Educational Foundation Inc. Lucena City, Quezon
Intermediate	Eight Easy Steps in Developing Happiness Programs in Different Setting	<b>Niño Jose Mateo, PhD, RGC, RPsy</b> Director, Wellnesentials Psychological Services Taguig City, Metro Manila
Intermediate	Enneagram Types: Thriving in the New Normal	<b>Maria Paz Monica O. Ortiz, PhD, RGC</b> Retired Guidance Counselor Ateneo De Manila University Junior High School Quezon City
Intermediate	SITUATIONSHIPS: Counseling Gen Z's in Navigating the Gray Areas of Modern Romance	<b>Charity P. Orense, MA, RGC, RPsy</b> PGCA National P.R.O Guidance Services Specialist



		Office of Counseling and Guidance University of the Philippines Diliman Quezon City
Intermediate	Cultivating Compassion for Counselors	<b>Mary Grace S. Orquiza, PhD, RPsy</b> Clinical Psychologist, Director for Research and Program Development, GrayMatters Psychological and Consultancy, Inc. Alabang and Makati Branch  <b>Joanne Rachelle D. Valle, MA, RPsy</b> Clinical Psychologist, Director for Operations, and Program Services, GrayMatters Psychological and Consultancy, Inc. Alabang and Makati Branch
Intermediate	Hindi Nanay Lang, Kundi Nanay Din: Valuing Maternal Mental HealthCare to Sustain Resilience	<b>Karen V. Rendeza, PhD, RGC, RPm, LPT</b> Faculty, College of Education, Bulacan State University Malolos, Bulacan
Intermediate	Flowing Minds, Inspiring Hearts, Nurturing Earth: Integrative Workshop on Environment and Well-being	<b>Oliver B. Sta Ana, PhD, RGC, RPm, LPT</b> Head, Academic Services Maynilad Water Academy
Intermediate	Pawsitive Partnerships: Exploring Animal-Assisted Interventions	<b>Ma. Honey Belle B. Vicencio, MAGC, RGC, LPT</b> PGCA National Secretary Guidance Senior Supervisor, Guidance Services Office, National University Manila
Advance	Inspiring Leadership: Designing a School Guidance Curriculum to Empower Basic Education Learners	<b>Mark Anthony V. Bercando, MAEd, RGC, RPm, LPT</b> PGCA National Board Member Chief Human Resources Specialist, Civil Service Commission - NCR
Advance	Bloom Wherever Planted: Recovery-Focused Counseling Program for Students Experiencing Suicidality	<b>Angelie D. Bautista, PhD, RGC</b> Guidance Counselor, University of Santo Tomas Manila
Advance	Unleashing and Cultivating the Leader Within: Advancing the Counseling Profession	<b>Luzlin P. Elcullada, DevEdD, RGC, LPT</b> Head, Counseling and Development Center University of San Carlos, Cebu City
Advance	A Road Map to Healing Early Trauma	<b>Jerry J. Jurisprudencia, PhD, RGC, RPsy</b> Professor, Miriam College
Advance	Adapting Minds: An Exploration of the Core Principles of Acceptance and Commitment Therapy (ACT) to Foster Psychological Flexibility	<b>Ruchela P. Gamao, MEDC, RGC, LPT</b> Assistant Professor/Guidance Counselor University of Southeastern Philippines, Davao City
Advance	The Cattell-Horn-Carroll Theory as Framework of Intelligence Assessment	<b>Rachel C. Reyes-Laureano, PhD, RGC, RPsy</b> Department Chairperson, Psychology Department, Miriam College
Advance	Forensic Psychology in the Philippines: Praxis, Trends, and Future Directions	<b>Argel B. Masanda, PhD, RGC, RPsy, RPm, LPT</b> Full Professor I, National University Clark Pampanga
Advance	Strengthening Resilience through Emotional Agility with Dialectical Behavior Therapy (DBT) Skills	<b>Marissa C. Pascual, MA, RGC</b> University Counselor, De La Salle University Manila Director for Academic Linkages, MHPro Counseling and Well-Being Center
Advance	Being Present: The Neuropsychology of Focus and Attention	<b>Lordy Angelo C. Santos, MA, RPsy, RPm</b> Psychologist, St. Luke's Medical Center

**\*\* Whole Day Session**



**WORKSHOP ABSTRACTS**

**DAY 2 - May 17, 2024**

**BASIC LEVEL**

Workshops are open to all conference participants

**Workshop 1**

***iLead, iLaugh: Workplace Wellness and Culture Enhancement through Humor in Leadership***

**Carolyn D. Fihones, MAEd, RGC, RPhM**  
 Director, Student Services Office, Manila Adventist College  
 Pasay, Metro Manila

This workshop will explore the potential transformative power of humor in leadership. Participants will learn the positive impact of laughter on mental health, learn how to integrate humor into their leadership styles, and uncover strategies to create a cheerful, positive, and lighthearted workplace culture. Participants are expected to participate in interactive exercises and discussions, and will gain practical insights that can be applied in their professional roles.

**Workshop 2**

***A Thriving Student-Athlete in Our Community***

**Maxin B. Laurel, MA, RGC, LPT**  
 Guidance Counselor, University of Santo Tomas  
 Manila

Student-athletes are included in our unique population in our community. They have added pressure in their life, which makes this special population susceptible to stress, low self-esteem, and other mental health concerns or needs. The workshop will discuss in-depth the unique needs of student-athletes and how to help this special population in their balanced pursuit of excellence in academics, athletics, and personal development. Moreover, the workshop will equip the counselors or mental health professionals to understand student-athletes and guide them to a better path. Also, participants will have confidence in making programs with different academic levels and in exploring AI tools in helping this population.

**Workshop 3**

***Nurturing Women's Mental Health through 4Ls (Living, Laughing, Loving, and Leading)***

**Joana Fe B. Panganiban, MAEd, RGC**  
 Director, Office of Student Affairs and Services  
 Manuel S. Enverga University Foundation  
 Lucena City, Quezon

In today's fast-paced world, women often find themselves juggling numerous responsibilities while striving to maintain their mental well-being. This workshop offers a relaxing experience focused on nurturing women's mental health through the powerful concept of the 4Ls: Living, Laughing, Loving, and Leading.



The framework of the 4Ls for women revolves around: Living: Embracing all facets of life, setting boundaries, and pursuing passions. Laughing: Finding joy, cultivating humor, and fostering connections with others. Loving: Prioritizing self-care, building healthy relationships, and embracing diversity. Leading: Empowering oneself and others, advocating for change, and challenging stereotypes. This framework empowers women to thrive, navigate challenges, and make a positive impact in their lives and communities.

Through engaging discussions, interactive activities, and practical strategies, participants will explore how to integrate these four pillars into their daily lives to enhance their overall well-being. They will learn to embrace the present moment, find joy in laughter, cultivate self-love, and compassion, and harness their leadership abilities to navigate life's challenges with resilience and grace. Drawing from the latest research in psychology and personal development, this workshop provides a supportive space for women to connect, reflect, and empower one another. Participants will leave with a renewed sense of purpose, a toolkit of practical techniques, and a deeper understanding of how to prioritize their mental health while living fulfilling lives.

**Workshop 4**

***Learning Awareness through Mindfulness Practice (LAMP): Journey to the Inner Self***

**Dianne G. Rodriguez, MAEd, RGC**  
 Guidance Counselor, University of the East  
 Manila

The Learning Awareness through Mindfulness Program is designed to help participants gain self-awareness and understanding through the practice of mindfulness. The workshop includes background about the Mindfulness movement and Mindfulness-Based Stress Reduction (MBSR) and the scientific results from research on its benefits in developing overall well-being, stress management, emotion regulation, and meta-cognition. Mindfulness practices and meditation will be introduced and practiced for the participants to experience how they can be mindful and how they can practice it in their everyday lives. The last part of the workshop is for the participants to design their mindfulness practice.

**Workshop 5**

***Know Your "Emotion": A Practical Guide Towards Emotional Fitness***

**Ipah Saripah, PhD**  
 Head of Study Program of Guidance and Counseling  
 Faculty of Education, Universitas Pendidikan  
 Indonesia

The life challenges experienced by individuals today are increasing, which can result in difficulties in managing healthy emotions. Like physical fitness, individuals are also required to be able to develop emotional fitness. Emotional fitness can be seen from an individual's ability to demonstrate emotional strength, flexibility and agility. These three things can be trained through practical exercises and reflection on the EMOTION aspect, namely Empathy, Mindfulness, Optimality, Tenacity, Integrity, Openness, and Nurturing.



**Workshop 6**

***Laughter Therapy: "Daily Laughter Exercises for Health, Happiness, and Peace of Mind"***

**Jhonna G. Toledo, PhD, LPT**  
 Certified Laughter Yoga Leader, Laughter Yoga International  
 BS Psychology Coordinator  
 Central Philippine Adventist College  
 Negros Occidental

This workshop aims to introduce participants to the transformative power of laughter therapy in promoting mental, emotional, and physical well-being. Through a series of interactive exercises and discussions, participants will learn practical techniques for incorporating daily laughter practices into their lives. The workshop will explore the benefits of laughter therapy for stress reduction, mood enhancement, and overall resilience and provide guidance on implementing laughter exercises for optimal health and happiness.

**INTERMEDIATE LEVEL**

Workshops are intended for mental health professionals, graduate students, and other allied professionals. License number is optional during registration.

**Workshop 7**

***Mind, Brain and Education (MBE) Literacy***

**Jaime R. Bolusan, PhD, RGC**  
 Chief Guidance Counselor  
 HRDC DIRECTOR - Aldersgate College  
 Nueva Vizcaya

The mind is a powerful tool that is available to humans anytime, anywhere and anyhow. Napoléon Hill stated that whatever the mind can conceive and believe, the mind can achieve. The brain is the very essence of one's personality, individuality and abilities. Exploring how the brain works enables us to understand the basis of human behavior and actions. Healthy human brain shares the same basic structure and functions. However, each brain is distinct and no two individuals have exactly the same brain structure even though they are identical twins.

Mind, Brain, and Education (MBE) is at the intersection of various fields, such as neuroscience, cognitive science, and educational psychology, to explore human learning and development and understand how research in these fields can improve teaching, learning, and education. The proliferation from this important research for education is "neuroplasticity" or "brain plasticity." Neuroplasticity refers to the brain and nerves' moldable structure resulting from changes in neural pathways and synapses. In other words, the issue of Nature vs nurture is no longer debated; "nature" is dynamic and complex.

Learning and teaching affect the brain and its capacities to grow. Thus, the ultimate goal of MBE is to improve learning outcomes for all learners. Creating a nexus between neuroscience, cognitive science, and educational psychology leads to better performance in educators and students.



**Workshop 8**

***Core Connection: Journey into Heart-Centered Wisdom***

**Capt Rusli Bujang**  
 President, Brunel Darussalam Counseling Association  
 Brunel

This session invites participants to embark on a transformative journey delving into the depths of their core essence and the profound wisdom residing within their hearts. Through a holistic approach, attendees will engage in practices aimed at fostering a profound understanding of their innermost being while uncovering invaluable insights emanating from their hearts. Through experiential exercises and reflective inquiry, participants will establish a meaningful connection with their true selves, accessing the reservoir of wisdom within their hearts to navigate life's challenges authentically and with clarity. This session promises an illuminating expedition of self-discovery and growth centered around the heart. Join us on this enriching journey to unlock the boundless potential within and cultivate a deeper connection to the wisdom inherent in our hearts, fostering personal insight and transformation.

**Workshop 9**

***Nurturing Students' Well-being through the BLOOMS-Inspired Thriving Intervention***

**Nerizza V. Cristobal, PhD, RGC**  
 Senior Counselor, University of Santo Tomas  
 Manila

This interactive workshop aims to develop necessary skills of counselors and mental health professionals in enhancing the well-being and successful thriving of students as they face the challenges in their daily lives. Primarily, this session will focus on the BLOOMS-Inspired Thriving (BIT) Intervention, developed for Filipino University students which is anchored on the BLOOMS Model of Well-being (Cristobal & Bance, 2021). The activities for this workshop aim to equip the helping professionals with effective tools and techniques that promote holistic well-being among students essential to help them become flourishing individuals in the future. It will also provide meaningful activities that can aid them to deepen their learning about well-being as well as engage them in trying out healthy self-care strategies that can help maintain their mental health. The importance of positive social relationships will also be highlighted and techniques in strengthening connection and communication will be discussed. Finally, mental health professionals will be encouraged to share their feedback, best practices and learning in enhancing well-being in their own schools and communities.

**Workshop 10**

***Exploring Buddhist Philosophical Principles for Mental Health Enhancement: A Pathway to Mindfulness and Well-being***

**Sethul Houer, MA**  
 President, Cambodia Association of Counselors and Psychologists  
 Cambodia

Buddhism does not believe in the existence of a god-it is a philosophy that can be learned by anyone. In this study aims to understand Buddhist philosophy to apply in mental health intervention. According to the Buddha, life is an impermanent journey that is full of suffering. To





PGCA 59<sup>th</sup> Annual National and 2024 International Conference  
 "Live, Laugh, Love and Lead"  
 May 16, 17 & 18, 2024  
 The Manila Hotel Tent City  
 La Consolacion College Manila

avoid suffering, we must accept the four noble truths. Firstly, suffering is an inevitable truth. Secondly, the cause of suffering is also an undeniable fact. Thirdly, there is an end to suffering, which is also an absolute truth. Lastly, it is true that we can free ourselves from suffering by following the right pathway. Happiness and sadness are inherently related. Something that makes us happy when we are satisfied can also be sad when we are dissatisfied. The core principles of Buddhist approaches to mental health included mindfulness, being present in the moment, and adapting to new behaviors. Practicing mindfulness, meditation, and vipassana can help calm our minds and lead to a more satisfying life.

**Workshop 11**

**Leading the Charge: Guidance Counselors as Architects of Corporate Wellbeing**  
 Brinson James P. Franco, MA, RGC, LPT  
 Manager II for Wellbeing Concentrix Corporation

This workshop focuses on empowering guidance counselors to assume leadership roles in shaping corporate wellbeing initiatives. By exploring specific strategies and best practices, counselors will learn how to effectively architect and implement programs that foster employee health and happiness within corporate settings.

**Workshop 12**

**BOOGSH: Exploding Your Self-Sabotaging Behaviors and Igniting Your Inner Strength**  
 Jervis M. Lumanlan, MA, RGC, LPT  
 Guidance Counselor, City College of Angeles  
 Pampanga

In this enlightening talk, we delve into the intricate realm of self-sabotage behavior, seeking to unravel its underlying mechanisms and empower individuals to break free from its grasp. Self-sabotage, a pervasive challenge faced by many, encompasses a range of behaviors that impede personal growth, hinder success, and undermine well-being. Our exploration begins by dissecting the roots of self-sabotage, drawing from psychological and emotional perspectives to illuminate the triggers and patterns that give rise to self-destructive tendencies. Through engaging narratives and relatable examples, attendees will gain insight into the common threads that weave through self-sabotage scenarios, fostering a deeper understanding of its impact on various aspects of life.

**Workshop 13**

**Strengthen your Inner Self with Stabilization Techniques**  
 Marid Kaewchinda, PhD  
 Head, Department of Educational Psychology and Guidance  
 Faculty of Education, Kasetsart University  
 Thailand

Our brain always learns to adapt new experiences and integrate them into the self. However, sometimes negative incidents happen and our brain tries to protect us by creating a blockage to those negative ones in the adaptive processing system. The process leaves somatic symptoms and



PGCA 59<sup>th</sup> Annual National and 2024 International Conference  
 "Live, Laugh, Love and Lead"  
 May 16, 17 & 18, 2024  
 The Manila Hotel Tent City  
 La Consolacion College Manila

psychological symptoms which disturb their daily living. Let us learn how to support our client, reduce those negative symptoms, and strengthen their inner self to make their life easier.

**Workshop 14**

**Lead to Inspire: Purpose-Driven Leadership**  
 Anicia M. Valtersson, MA, RGC  
 Consultant, Intouch Philippines

Are you a leader? If yes, what kind of leadership are you modeling? Do you need to be a Leader in our field; Counseling and Mental Health Professional? If so, then this workshop will open an awareness for you to become The Purpose Driven Leader who encourages others to create, see and realize Visions and Missions that make contributions, impact and innovations so that there is collaboration and cooperative support from your organization forming common team efforts to achieve its goals and beyond.

**ADVANCE LEVEL**

Workshops are strictly intended for counseling professionals.  
 License number is required during registration. (RGC and RPsy ONLY)

**Workshop 15**

**Nurturing the Person of the Counselor:  
 Integrating Self-Compassion and Self-Care in the Realities of Work-Life**  
 Michele S. Aliguay, PhD, RGC, RPsy  
 Director, Light of Jesus Pastoral Care Center  
 Faculty, Dept. of Psychology, Miriam College  
 Quezon City, Metro Manila

Counselors are confronted with various demands in their work, including human complexities that overlap with their own emotional state, personal concerns and well-being. At the time of increasing mental health challenges of clients, administrative matters, and personal challenges they need to deal with, some demands may be too much. Many helping professionals are passionate about their work and mission, and in the process, they find it hard to put proper boundaries, they are challenged about how they nurture their inner life and well-being. They are not excused from challenges, are at risk with burnout, compassion fatigue, and even mental health concerns.

In the session, the person of the counselor and their well-being will be put on focus. It will explore one's personal perspective about their work that affects their coping with the realities of a counselor's life by reflecting about their stress factors, demands of their work, personal realities and how they cope with all these.

The counselor's well-being is one's responsibility. In the work where the default is to help others, counselors need to ensure that they support themselves first to be better effective in their roles. From this, practical, doable and evidence-based practices will be discussed to assist the professionals in crafting their own toolkit on self-compassion practices and self-care strategies. As much as we cannot change the situation of others or the circumstances outside, each counselor needs to support their own wellbeing while they navigate the demands of work-life.



PGCA 59<sup>th</sup> Annual National and 2024 International Conference  
 "Live, Laugh, Love and Lead"  
 May 16, 17 & 18, 2024  
 The Manila Hotel Tent City  
 La Consolacion College Manila

**Workshop 16**

**MOTIVATE Model: The UNPACKING and REPACKING the  
 Helping Professional into an Inspirational Leader**  
 Nhorly U. Domenden, EdD, RGC  
 Director, Wundt Psychological Institute  
 Dagupan, Pangasinan

This workshop delves into the UNPACKING of the helping professional's leadership potentials and REPACKING him/her into an influential, intentional and inspirational leader. It guides the helping professional in self-discovery and self-regulated personal and professional development as embodied in the principle of leadership epigenesis. Further, this acquaints the helping professional with the MOTIVATE Model, a powerful process of integrating the professional's and the clients unique experiences, interests, values, attitude, and goals.

**Workshop 17**

**Discovering Myself as a Leader of Counseling,  
 for Counseling, of Counseling through Counseling!**  
 Frederick Poi Kee Low, DPS  
 Associate Professor, James Cook University  
 Singapore

The participants should come to discover the leadership qualities within themselves through an examination of their practice and 'self'. They should devote quality time with fellow counselors to reflect on their desire to lead, set goals, and build plans to make an impact in their own circle, in their own way, and at their own pace. Peer sharing will help them broaden their ideas, sharpen their plans, and put them into action.

**Workshop 18**

**Am I in Love? (Marital Counseling)**  
 Fr. Arsenio A. Lumiqued, Jr., MSC, PhD, RGC  
 Marital and Family Counselor  
 Faculty-RMT CcFaM and DLSU RMT-Center for Family Ministries, AdMU / Fr. Teodoro Gonzales SJ  
 Quezon City, Metro Manila

Preparing couples for marriage requires a thorough understanding of various facets that contribute to a successful and fulfilling union. It is a comprehensive approach focusing on four critical areas: Maturity, Authentic Love, Compatibility, and Value System. Maturity stands as the cornerstone of a healthy marital relationship. It involves two areas—Self-esteem and Sex & sexuality. Couples are encouraged to assess their levels of maturity and work towards personal growth to meet the demands of marriage. Authentic Love is the ability to extend oneself for the good of the other (Peck, 2003). Cultivating authentic love fosters a strong bond that withstands the trials and tribulations of married life. Compatibility encompasses various aspects, including shared interests, goals, and lifestyle preferences. Couples are encouraged to assess compatibility in areas such as communication styles, financial management, and family dynamics. Acknowledging and addressing potential areas of discord fosters harmony and mutual understanding in the relationship. A congruent value system forms the bedrock of marital harmony. Couples are prompted to reflect



PGCA 59<sup>th</sup> Annual National and 2024 International Conference  
 "Live, Laugh, Love and Lead"  
 May 16, 17 & 18, 2024  
 The Manila Hotel Tent City  
 La Consolacion College Manila

on their core beliefs, priorities, and ethical frameworks. Aligning values ensures a shared vision and purpose, facilitating collaborative decision-making and mutual support.

In conclusion, preparing couples for marriage involves a holistic approach that delves into the realms of maturity, authentic love, compatibility, and value systems. By addressing these fundamental areas, couples can lay a solid foundation for a resilient and fulfilling marital journey.

**Workshop 19**

**U.S.A.L.: A Counseling Intervention for Teenage Depression**  
 Myla Pilar S. Pamplona, PhD, RGC, RPsy, RPhM  
 University Counselor, De La Salle University  
 President, Humid Inc / Mindspeak

The aim of the workshop is to train mental health professionals in using U.S.A.L. as a counseling intervention for teenage depression. The workshop intends to help young people cope with depressive symptoms by utilizing USAL as a counseling intervention. USAL was conceptualized using three frameworks: CBT, Spiritual Counseling and Ismag Apayao Ritual. USAL can be used as an assessment tool focusing on four areas: U - unawa (thought content); S - sintoma (physical symptoms); A - asal (behavior) and L - luha (emotions). During the intervention phase USAL can be utilized by using the following tools: U - unawa (case conceptualization); S - Salita ng Diyos (Word of God/Stories from the Bible) and L - L.U.H.A. (Life Lessons using Heart and Hand Activities).

**Workshop 20**

**Multifolds of Community Counseling Works**  
 Ana Lou A. Panganiban, PhD, RGC, RPsy  
 Guidance Head  
 Technological University of the Philippines (TUP) Visayas  
 Talisay City, Negros Occidental

Community counseling is a generic name used in doing professional counseling outside that is focused on helping communities who may be struggling with an increased amount of shared psycho-social concerns. These concerns may be the result of traumatic events that may have taken place within the community that may have affected its members.

This may involve different people like homeless, widow, aged, sexually abused, alcoholic, victims of any conflicts, physically challenged, mentally challenged, mothers and young people. Community counseling is generally conducted to prevent a problem and assist in setting prevention programs in different communities.

Thus, this module will help enlighten the participants on the multifold form of community counseling works and the role that counselors play in developing programs that may be of help to prevent problems and assist in setting prevention programs within the community.



PGCA 59<sup>th</sup> Annual National and 2024 International Conference  
 "Live, Laugh, Love and Lead"  
 May 16, 17 & 18, 2024  
 The Manila Hotel Tent City  
 La Consolacion College Manila

**Workshop 21**

**Be a Counselor Leader:  
 Strengthening the Professional Identity of Filipino Counselors**

**Maria Laarni Carla C. Paranis, PhD, RGC**  
 PGCA National Board Member  
 Education Program Supervisor, Field Technical Assistance Division, Department of Education  
 National Capital Region

In response to social, educational, political and economic trends, counseling practices emerged and continue to evolve. Despite the variety of roles counselors play in different settings, they are often overlooked as leaders. Leadership for counselors does not necessarily equate with a position or membership on a leadership team. Hence, counseling professionals have become increasingly interested in leadership development.

This aims to empower the counselors as leaders by developing their mindset. This workshop presents concepts of leadership skills that are critical in strengthening the professional identity of Filipino counselors. This will help them revisit their knowledge, attitude, values and skills while performing leadership roles.

**Workshop 22**

**Live, Laugh, Love, and Lead for All:  
 Developing Innovative Program for Vulnerable Population  
 in Higher Education Institutions**

**Benny S. Soliman, PhD, RGC, LPT, RPh, RPsy**  
 PGCA National Auditor  
 Director, Office of Student Services and Development  
 Tarlac Agricultural University

The International Covenant on Civil and Political Rights of the United Nations mandates States Parties to ensure that rights of all persons will be respected without discrimination on any ground such as sex, gender identity and expression, age, race, ethnicity, religion, disability, physical features, among others. According to the United Nations (2015), inequalities based on sex, gender, age, disability, income, sexual orientation, class, ethnicity, and religion continue to persist globally. This inequality hinders social and economic development, blocks poverty reduction and harms the sense of fulfillment and self-worth of people. Hence, one of the 17 Sustainable Development Goals of the United Nations adopted in 2015 by 193 countries focused on reducing inequalities within and among countries.

In the Philippines, the national government through Executive Order No. 51, Series of 2023 reinforced the institutionalization of Diversity and Inclusion Program (DIP) in local and national government agencies. Likewise, the Philippine Commission on Higher Education through CMO 9, Series of 2013 orders higher education institutions in the country to design programs and activities which aim at providing equal opportunities to indigenous people, persons with disabilities, solo parents, and other vulnerable groups. Hence, a workshop to help practitioners develop diversity and inclusion programs is essential.

This workshop aims to provide opportunities for participants to enhance their competencies on the following areas:



PGCA 59<sup>th</sup> Annual National and 2024 International Conference  
 "Live, Laugh, Love and Lead"  
 May 16, 17 & 18, 2024  
 The Manila Hotel Tent City  
 La Consolacion College Manila

- a. assessing the needs of marginalized students;
- b. designing inclusion and diversity program for students;
- c. implementing the program; and
- d. evaluating the program.

To achieve the above mentioned objectives, an interactive discussion will be employed by the facilitator. To further enhance the insight to be gained by the participants, a structured learning experience will be facilitated and processed.

**Workshop 23**

**Solution Focused Brief Therapy with Suicidal Clients**

**Prof. Mansor Abu Talib FASC, PhD**  
 Director, Wellbeing Research Center, UCSU University  
 Vice President, PERKAMA International  
 Malaysia

This presentation discusses on counselling a suicidal client using the Solution Focused Brief Therapy (SFBT) approach. It will first describe the profiles of clients with symptoms of suicidal ideation or behaviors and identification of red flags. This includes its risk and protective factors using the bio-psycho-social-spiritual model. Then, discussion will focus on principles of SFBT and goal of counseling by placing more importance on deliberation on solutions rather than problems. It is then followed by conceptualization of cases using SFBT. A difference of strategy between problem solving and solution building will be discussed. It will be followed by stages in SFBT and several techniques to help counselors manage clients in their counseling session. Presentation will be concluded with consideration on ethics and safety measures for both the clients and counselors.

**DAY 3 - May 18, 2024**

**BASIC LEVEL**

Workshops are open to all conference participants

**Workshop 1**

**Totoong Buhay at Pelikula sa Mata ng Guydang Kawmselor**

**Eduardo C. Caliguer, PhD, RGC, RPsy, RPh, LPT**  
 Psychologist, SIVANA Heart of Psychological Services  
 Professor, University of Santo Tomas

Ita ay kuwentuhan lamang tungkol sa aking karanasan bilang Isang Guydang Kawmselor. Kung paano ako naging isang konsultant sa paggawa ng isang tele-novela at isang makabuluhang pelikula. Ang pelikulang ito ay ang John Denver Trending. Kuwento ng isang kabataan sa probinsya ng Antique at kung paano humantong sa isang marubdob na kaganapan-ang pagpapatiwakal. You've my Home. Bida dito si Richard at si Dawn. Higit sa lahat, bibida rin ako!



PGCA 59<sup>th</sup> Annual National and 2024 International Conference  
 "Live, Laugh, Love and Lead"  
 May 16, 17 & 18, 2024  
 The Manila Hotel Tent City  
 La Consolacion College Manila

**Workshop 2**

**RACE Against Suicide: A Gatekeeper Training Toolkit for Suicide Prevention in School**

**Sheila Marie G. Hocson, PhD, RGC, RPsy, RPh, LPT**  
 Immediate Past President, PGCA  
 Business Manager, PGCA  
 Director, Guidance and Counseling  
 Far Eastern University Manila and Makati

The scarcity of mental health professionals in the country and the stressors of the pandemic and day to day concerns have triggered a wide range of mental health problems and there is an emerging evidence of self-harm and suicides related to the disrupted situations around the world. This situation has raised considerable challenges for the mental health response which include limitations on service delivery, increased reliance on remote support and disruptions in the continuation of mental health services. Thus, innovations such as RACE Against Suicide was developed for accountability and continuity of care through multidisciplinary, multisectoral and all systems level approaches.

**Workshop 3**

**Lead with Passion and Compassion**

**Donalyn G. Lastima, PhD, RGC, RPsy**  
 CEO President, Heartcultural Psychological Center  
 Bacolod City

Counselors are natural-born leaders and carers. Every professional counselor has the opportunities to promote positive values through leadership in whatever setting (Chang, et al, 2013). Passion and compassion are attributes of successful leadership (Cameron, 2008) and great leadership (Gallos & Bolman, 2021). Counseling has evolved into a recognized profession that is fundamental to increasing the wellbeing of individuals and essential to a movement of healing and nation building in society (Tuaon, et al, 2021).

Passion is "an intense and powerful feeling of commitment, compelling desire, and enthusiasm directed toward a purpose, institution, a person, or objective" (Caldwell & Anderson, 2022), while compassion is sensitivity to suffering in self and others with a commitment to try to alleviate and prevent it (Gilbert and Choden (2013).

Pag-amlig is a Hiligaynon term which means "to take care &quot; and amlig defines a compassionate counselor fueled by his/her passion to lead and serve his/her clients. This ability to care, or to lead with passion, has increasingly been identified as a quality of today's leaders and has been cited as an essential condition precedent for successful organizations (Duckworth, 2018; Love, 2012; Collins, 2001).

Passion fuels the counselor to perform his/her duties and obligations in the workplace. The fire of curiosity and motivation to learn new things seem unstoppable that drives a counselor to lead with



PGCA 59<sup>th</sup> Annual National and 2024 International Conference  
 "Live, Laugh, Love and Lead"  
 May 16, 17 & 18, 2024  
 The Manila Hotel Tent City  
 La Consolacion College Manila

passion. The truly passionate leaders can be quiet: passion in a leader is a deep and abiding commitment to a cause or a vision.

Gallos & Bolman, 2021, have identified eight elements that make up a leader's ability to influence, serve, and inspire others. Passion and compassion are two important leadership traits to develop positive leadership, cultivation of positive climate, developing and maintaining positive relationships, establishing positive communication, and ensuring clear and positive meaning (Cameron, 2008).

**Workshop 4**

**Unveiling Inner Strengths:**

**A Seminar-Workshop on Harnessing Character Strengths for Well-Being**

**John Michael M. Revilla, MAEd, RGC, RPh, LPT**  
 Guidance Counselor, Ateneo de Naga University

"Unveiling Inner Strengths: A Seminar-Workshop on Harnessing Character Strengths for Well-Being" offers guidance counselors, helping professionals, and mental health practitioners an exploration into leveraging character strengths for personal and collective well-being. Rooted in positive psychology, this workshop resonates deeply with the theme of this year's conference, by highlighting the essence of our roles in promoting fulfillment in people's lives. Attendees will delve into the nuances of character strengths, recognizing their pivotal role in fostering resilience and enhancing well-being. Through self-assessment tools and an interactive session, participants will uncover their unique strengths while gaining insights into tendencies of its use and development. This introspective journey not only enriches personal growth but also supports guidance counselors in their strengths-based practice, enabling them to better understand and empower their clients.

Furthermore, the seminar-workshop addresses holistic well-being, encompassing positive emotions, engagement, relationships, meaning, and accomplishment. Participants will learn practical strategies to promote these aspects in their lives, fostering a sense of fulfillment and purpose. By blending theoretical insights with practical applications, the seminar workshop empowers counselors and individuals alike to unlock their innate potential. Participants emerge with a deeper understanding of their strengths, equipped with strategies to navigate life's challenges and cultivate a more fulfilling existence. This seminar-workshop serves as a catalyst for personal and collective well-being, enriching the practice of guidance counselors and fostering a culture of strength and positivity.

**Workshop 5**

**IKIGAI to Buhay**

**Carmen R. Sunico, MA, RGC, RPh**  
 Guidance Counselor, University of Santo Tomas  
 Manila

Life blooms with meaning when we love deeply, live passionately, heal authentically, and lead courageously. Love anchors us, fuels connection, and sparks joy. Living vibrantly embraces the present, ignites curiosity, and pushes boundaries. Healing acknowledges wounds, builds resilience,





PGCA 59<sup>th</sup> Annual National and 2024 International Conference  
 "Live, Laugh, Love and Lead"  
 May 16, 17 & 18, 2024  
 The Manila Hotel Tent City  
 La Consolacion College Manila

and unlocks growth. Leading with purpose empowers others, inspires positive change, and leaves a lasting legacy. Each aspect feeds the other, weaving a tapestry of significance and impact. Start today, with love as your guide, and watch your life blossom into a masterpiece.

**INTERMEDIATE LEVEL**

Workshops are intended for mental health professionals, graduate students, and other allied professionals. License number is optional during registration.

**Workshop 6**

*Allies for Queers: A Workshop on Basic Attending Skills for LGBTQ+ Students through Affirmative Therapy*

**Matt Calvin S. Dadvias, MAEd, RGC, RPh**  
 Guidance Counselor  
 Ateneo de Manila University-Senior High School  
 Quezon City, Metro Manila

The learning session and workshop will provide participants an opportunity to be equipped with the basic knowledge, skills, and tools in handling challenged LGBTQ+ students in their schools. At the end of the session, these participants will be inspired to become allies and advocates in advancing the genuine care for the gender minority.

**Workshop 7**

*How Applying Integrating Choice Theory-Reality Therapy in Your Life Can Make You Happier*

**Sheila Marie P. Dela Pena, MAEd, RGC, RPh, LPT**  
 Faculty Counselor, Philippine Normal University  
 Manila

According to Glasser, humans create a quality world or a mental representation of everything they want. This includes the people, places, things, beliefs, and values that they hold dearly or recognize firmly. The pictures or representations in one's quality world depict how they satisfy their 5 basic needs such as love and belongingness, power, freedom, fun, and survival. Love and belonging is the desire to belong, to love, and be loved. Power is the need to become relevant and competent. Freedom is the ability to do what one wants without restrictions. Fun is the need to play, relax, and learn new things. When one is able to satisfy these needs, one can relatively experience happiness. However, in one's pursuit for happiness, many things, events, or circumstances seem to prevent one from being happy. Those external factors seem to take away one's inner control which might lead to unhappiness.

In this workshop, the participants will learn how external control psychology has negatively shaped one's thinking, feeling, behaving, and physiology and takes away one's happiness. Discovering how destructive it could be to one's mental health and well-being, the workshop will offer techniques that can be used to help one self and others to adapt a new psychology and total behavior by: (1) flipping from external to internal psychology, (2) developing connecting habits,



PGCA 59<sup>th</sup> Annual National and 2024 International Conference  
 "Live, Laugh, Love and Lead"  
 May 16, 17 & 18, 2024  
 The Manila Hotel Tent City  
 La Consolacion College Manila

(3) evaluating present wants and doing to satisfy one's needs, and (4) re-creating a quality world that is likely to bring lasting happiness that comes from within.

**Workshop 8**

*Take the Lead: Adapting the Five Practices of Exemplary Leadership Model in Student Welfare Programs*

**Zedric A. Lorzano, MAEd, RGC, RPh**  
 Guidance Counselor  
 Calayan Educational Foundation Inc.  
 Lucena City, Quezon

The workshop titled "Take the Lead: Adapting the Five Practices of Exemplary Leadership Model in Student Welfare Programs" aims to integrate the Five Practices of Exemplary Leadership Model of James M. Kouzes and Barry Z. Posner in developing comprehensive student welfare programs that can be provided by guidance counselors. The Five Practices of Exemplary Leadership Model includes "Model the Way, Inspire a Shared Vision, Challenge the Process, Enable Others to Act, and Encourage the Heart". By integrating these practices, guidance counselors can identify leadership behaviors that students enact, account for their leadership behaviors, assess students in terms of these five dimensions, and identify which behaviors require support or enhancement. Embedding the Five Practices of Exemplary Leadership Model into guidance and counseling programs can provide new insight on designing learning exercises in support of specific dimensions.

**Workshop 9**

*Eight Easy Steps in Developing Happiness Programs in Different Setting*

**Niño Jose Mateo, PhD, RGC, RPh**  
 Director  
 Wellnesentials Psychological Services  
 Taguig City, Metro Manila

This workshop will guide participants in developing Mental Health and Well-being programs in schools and organizations. It presents a simplified evidence-based version of approaching program development geared towards increasing and maintaining happiness in these settings.

**Workshop 10**

*Enneagram Types: Thriving in the New Normal*

**Maria Paz Monica O. Ortiz, PhD, RGC**  
 Retired Guidance Counselor  
 Ateneo De Manila University Junior High School  
 Quezon City, Metro Manila

Context: The COVID-19 pandemic conditions posed unique stresses on individuals, families, and schools/organizations. Routines have been disrupted, taxing physical, psychosocial and financial



PGCA 59<sup>th</sup> Annual National and 2024 International Conference  
 "Live, Laugh, Love and Lead"  
 May 16, 17 & 18, 2024  
 The Manila Hotel Tent City  
 La Consolacion College Manila

resources. Looking back at the two years of quarantine, how did we as counselors evolve in order to care for ourselves and others?

Description: Drawing from the wisdom of Sufi mystics and Christian writers, the enneagram ("enneas," Greek for nine and "grammos," for points) serves as a map to the soul--its foibles and follies, as well as unexpected pockets of strength and grace. By tapping into the body/mind/heart being, participants are guided how to swim against the tides of compulsions, are challenged as to how they can find balance, and encouraged to live positively amidst uncertainty.

**Workshop 11**

*SITUATIONSHIPS: Counseling Gen Z's in Navigating the Gray Areas of Modern Romance*

**Charity P. Orense, MA, RGC, RPh**  
 PGCA National P.R.O  
 Guidance Services Specialist  
 Office of Counseling and Guidance  
 University of the Philippines Diliman  
 Quezon City, Metro Manila

In the ever-evolving landscape of modern relationships, a new term has emerged: **situationships**. These are types of romantic partnerships that can range between casual connections and committed partnerships, commonly between two people in an informal arrangement that combines emotional and physical connections. This workshop will delve into the intriguing characteristics of **situationships** because unlike the traditional set ups with clear labels, **situationships** thrive in the gray areas, where emotions, boundaries and expectations intertwine. Psychological theories and research data will be utilized to explain why **situationships** are popular among Gen Z. While relationships and connections are unique, established counseling strategies and techniques will be employed with consideration to individuality and mental health needs of the clients.

**Workshop 12**

*Cultivating Compassion for Counselors*

**Mary Grace S. Orquiza, PhD, RPh**  
 Clinical Psychologist, Director for Research and Program Development,  
 GrayMatters Psychological and Consultancy, Inc.  
 Alabang and Makati Branch

**Joanne Rachelle D. Valle, MA, RPh**  
 Clinical Psychologist, Director for Operations, and Program Services,  
 GrayMatters Psychological and Consultancy, Inc.  
 Alabang and Makati Branch

"Cultivating Compassion for Counselors" offers an exploration of Compassion Focused Therapy (CFT), aiming to empower counselors in both their personal and professional life. This workshop is designed to help participants understand and apply the concept of compassion effectively. Through interactive discussions, activities, and self-reflection, attendees will develop insight into



PGCA 59<sup>th</sup> Annual National and 2024 International Conference  
 "Live, Laugh, Love and Lead"  
 May 16, 17 & 18, 2024  
 The Manila Hotel Tent City  
 La Consolacion College Manila

compassion's importance and how it differs from self-pity. Attendees will also learn about the different motivational systems and how these influence behavior and emotions.

Participants will engage in guided visualization exercises to experience different aspects of compassion and explore its application to personal challenges. Practical activities like the Three Chairs Technique and Loving-kindness Meditation will equip counselors with tools for self-care and stress management.

The workshop will conclude with a focus on integrating CFT principles into everyday life and counseling practice, considering ethical aspects and setting achievable goals for continuous improvement. By the end, attendees will have a deeper understanding of self-compassion and practical skills to navigate counseling with empathy and resilience.

**Workshop 13**

*Hindi Nanay Lang, Kundi Nanay Din: Valuing Maternal Mental HealthCare to Sustain Resilience*

**Karen V. Rendeza, PhD, RGC, RPh, LPT**  
 Faculty, College of Education, Bulacan State University  
 Malolos, Bulacan

This workshop is an advocacy that celebrates the life of mothers, the aspiring mothers and those who love mothers. This aims to highlight the heroism of maternal leadership at home and in the workplace. "Hindi nanay LANG, kundi nanay DIN" depicts the multiple roles of Counselors in our society. Most often, counselors are entrusted with numerous duties, sometimes even from janitorial to clinical. The people we lead are the people we love untiringly because we are happy serving them.

Being the carers, oftentimes we overlook or take ourselves for granted. Like a mother who just gave birth to a newborn child, our focus is always to those who need our services and expertise. Hence, we just find ourselves one day so tired that we have done so much and have given too much, yet everything is simply just not enough. However, we can still laugh.

The first part of the workshop is profiling the participants to gauge the group's composition and to strategize the activities in the workshop. The participants will be divided equally into small groups for the sharing relevant to being a mother or a carer. Getting to know each other is also part of this small group sharing. The second part is a game about leadership and parenting. Processing will be done after the game. A short input on Maternal Mental Healthcare will be discussed with the participants during the big group discussion. This workshop will end by the participants' sharing of their takeaways.



PGCA 59<sup>th</sup> Annual National and 2024 International Conference  
 "Live, Laugh, Love and Lead"  
 May 16, 17 & 18, 2024  
 The Manila Hotel Tent City  
 La Consolacion College Manila

**Workshop 14**

*Flowing Minds, Inspiring Hearts, Nurturing Earth:  
 Integrative Workshop on Environment and Well-being*

**Oliver B. Sta Ana, PhD, RGC, RPsM, LPT**  
 Head, Academic Services  
 Maynilad Water Academy

This workshop aims to provide guidance counselors with an integrative framework of the intersection between environmental psychology and counseling. It intends to equip counselors with the knowledge and tools to promote awareness of the importance of environmental psychology and counseling in the helping profession. By integrating these disciplines, counselors will learn practical tools to support individuals in coping with environmental challenges and fostering eco-friendly behaviors. This workshop is designed for guidance counselors and educators interested in incorporating environmental psychology into their counseling practices. Participants should have a basic understanding of counseling principles and an interest in environmental stewardship.

**Workshop 15**

*Pawsitive Partnerships: Exploring Animal-Assisted Interventions*

**Ma. Honey Belle B. Vicencio, MAGC, RGC, LPT**  
 PGCA National Secretary  
 Guidance Senior Supervisor,  
 Guidance Services Office, National University  
 Manila

This abstract explores the transformative potential of how animal-assisted interventions can help in various contexts, specifically focusing on pet therapy. It aims to look into the increasing field of AAI and the possible advocacy of counselors with the assistance of animals in our mental health. This will highlight the possible benefits for individuals who are facing physical, emotional and mental health concerns. Additionally, this refers to various services using animals to help people with specific mental health conditions. In connection, the animal assisted interventions aim to promote and help people cope up with symptoms of various conditions. As this topic aims to build the concept of the human-animal bond which is very timely, this will help in interacting with friendly animals, bond with them and provide a calming state in the person. This will advocate for the integration of AAIs into holistic approaches to healthcare highlighting the importance of nurturing pawsitive partnerships between humans and animals for the betterment of individuals and communities alike.

(4) procedural, will be discussed. Hence, this seminar-workshop aims to introduce the construct of suicide recovery in both postvention and prevention in school.

**Workshop 18**

*Unleashing and Cultivating the Leader Within: Advancing the Counseling Profession*

**Luzlin P. Ercullada, DevEdD, RGC, LPT**  
 Head, Counseling and Development Center  
 University of San Carlos  
 Cebu City

"Unleashing and Cultivating the Leader Within: Advancing the Counseling Profession" explores the critical role of leadership in enhancing the counseling profession's impact and effectiveness. This will delve into various aspects of leadership, including the qualities and skills that counselors need to become effective leaders in their field. It will emphasize the importance of continuous learning, adaptability, and resilience in navigating the challenges of the counseling profession. Moreover, this workshop will look at the process of identifying, nurturing, and developing leadership potential. This will highlight the value of self-awareness, emotional intelligence, and constant learning in developing one's leadership skills. It also emphasizes the importance of mentoring, coaching, and experience learning in developing successful leadership abilities. Furthermore, it emphasizes the need of accepting challenges, taking risks, and cultivating a growth mindset in order to improve leadership capabilities. The transformative path of recognizing and developing the leader within, which leads to personal growth, professional success, and a good impact on others.

**Workshop 19**

*A Road Map to Healing Early Trauma*

**Jerry J. Jurisprudencia, PhD, RGC, RPsM**  
 Professor, Miriam College  
 Quezon City, Metro Manila

The workshop will introduce participants to recent studies in neuroscience and its ramifications to the practice of counseling. The workshop will provide counselors the framework to recognize the connection of trauma and the brain, give new insights and understanding on how the brain functions vis-a-vis unpleasant experiences, and the tools to help clients manage it. Recognizing this unique ability of the brain to heal itself may offer guidance counselors and mental health practitioners a new lens of managing trauma when used in the context of counseling.



PGCA 59<sup>th</sup> Annual National and 2024 International Conference  
 "Live, Laugh, Love and Lead"  
 May 16, 17 & 18, 2024  
 The Manila Hotel Tent City  
 La Consolacion College Manila

**ADVANCE LEVEL**

Workshops are strictly intended for counseling professionals.  
 License number is required during registration. (RGC and RPsM ONLY)

**Workshop 16**

*Inspiring Leadership:  
 Designing a School Guidance Curriculum to Empower Basic Education Learners*

**Mark Anthony V. Bercaudo, MAEd, RGC, RPsM, LPT**  
 PGCA National Board Member  
 Chief Human Resources Specialist,  
 Civil Service Commission - NCR

This program is designed to help guidance counselors and other mental health professionals create a tailored-fit School Guidance Curriculum. The goal is to support the overall development of students in three key areas: academic success, career and life readiness, and social-emotional growth. During this seminar-workshop, participants will learn how to align their curriculum with the vision, mission, and objectives of their institution. It will direct them to resonate the vision-mission and goals of their institution to their School Guidance Curriculum.

**Workshop 17**

*Bloom Wherever Planted: Recovery-Focused Counseling Program for Students Experiencing Suicidality*

**Angelic D. Bautista, PhD, RGC**  
 Guidance Counselor, University of Santo Tomas  
 Manila

Suicide recovery follows a process that should be carefully considered in the counseling program so that the students suffering from suicidality are better guided in maximizing the interventions they receive from mental health carers. Each recovery stage shows indicators or markers that should be part of the counseling and case management goals. As the rate of suicidality increases in this post-pandemic time, and as school counselors serve as front liners in dealing with the youth's mental health concerns, the suicide recovery paradigm offers a relevant concept in suicide management and treatment.

Despite a large body of literature on suicidality, its predictability and prevention remain a puzzle, and the suicide rate increases exponentially, school counselors should be equipped with a holistic perspective of the suicidality phenomenon to be able to contribute to its management significantly and engage the youth in their own recovery.

As proposed to be the goals of case management in handling suicidality, the Inflorescence Suicide Recovery Model will be introduced, which elucidates the five stages of recovery: (1) immersion: acknowledging "buriedness"; (2) germination: splitting off the seed coat of emotional pains; (3) emersion: sprouting out from the soil of pain; (4) entrenchment: rooting deeper; and (5) inflorescence: flourishing of suicide recovery.

To guide the school counselors in incorporating recovery-focused strategies in case management of suicidality, the four essential elements, namely (1) contextual, (2) facilitative, (3) impeding, and



PGCA 59<sup>th</sup> Annual National and 2024 International Conference  
 "Live, Laugh, Love and Lead"  
 May 16, 17 & 18, 2024  
 The Manila Hotel Tent City  
 La Consolacion College Manila

**Workshop 20**

*Adapting Minds: An Exploration of the Core Principles of Acceptance and Commitment Therapy (ACT) to Foster Psychological Flexibility*

**Ruchela P. Gamao, MEDC, RGC, LPT**  
 Assistant Professor/Guidance Counselor  
 University of Southeastern Philippines  
 Davao City

In the ongoing journey of life, we continually encounter challenges that can cast uncertainty that impacts our mental health. Psychological flexibility serves as a crucial asset, enabling individuals to navigate shifts in their environment and respond with innovation and health-conscious approaches aligned with their personal goals and values. This capacity plays a pivotal role in fostering overall health and well-being. Research shows that ACT-based intervention provides practitioners and researchers a knowledge basis for another possible intervention program that is informed by current findings on how to improve psychological well-being. Acceptance and commitment therapy is a more contemporary intervention that is promising for application in young adults (Coyne, McHugh, & Martinez, 2011). Practitioners call it a third-wave cognitive-behavioral therapy that, rather than focus on changing the content of thoughts, ACT hone in an individual's relationship with their thoughts. This allows the person to continue to pursue valued goals in spite of continuous challenges and suffering. This is particularly useful for young adults and adolescents, who often need ways to healthily deal with challenging thoughts and environments.

**Workshop 21**

*The Cattell-Horn-Carrroll Theory as Framework of Intelligence Assessment*

**Rachel C. Reyes-Laureano, PhD, RGC, RPsM**  
 Department Chairperson,  
 Psychology Department, Miriam College  
 Quezon City, Metro Manila

Intelligence testing has proven to be beneficial in predicting academic success and other outcomes. Various perspectives and theories have been put forth on what are the components of intelligence and how they should be evaluated. There is increasing consensus that the Cattell-Horn-Carrroll theory or model of intelligence is the most comprehensive and empirically supported theory of cognitive abilities. This workshop will enable participants to become familiar with this theory of intelligence as well as the different instruments and approaches that can be used to measure it.

**Workshop 22**

*Forensic Psychology in the Philippines: Praxis, Trends, and Future Directions*

**Argel B. Masanda, PhD, RGC, RPsM, RPsM, LPT**  
 Full Professor I, National University Clark  
 Pampanga

This highly interactive workshop focuses on the nature of forensic psychology as a science and its application in the Philippine setting including its trends and future directions. 5 cases relevant to the theory and praxis of forensic psychology will be presented and the group will be divided accordingly to brainstorm about the guide questions provided. Each group will have its representative to present their inputs about the assigned case to them. Integration of all knowledge and concepts discussed will be facilitated to culminate the event.





**Workshop 23**  
**Strengthening Resilience through Emotional Agility with Dialectical Behavior Therapy (DBT) Skills**

Marissa C. Pascual, MA, RGC  
 University Counselor, De La Salle University  
 Director for Academic Linkages, MHPro Counseling and Well-Being Center Manila

The participants will delve into practical techniques to enhance emotional awareness, manage difficult emotions, and foster resilience in both personal and professional contexts. Throughout the session, attendees will explore the fundamental principles of Dialectical Behavior Therapy (DBT), gaining valuable insights into recognizing and understanding emotions effectively. They will learn practical DBT techniques to equip them with the skills to navigate challenging emotions and build resilience in adversity. Moreover, participants will be guided in cultivating a compassionate attitude toward themselves and others, promoting emotional acceptance and overall well-being. They will develop interpersonal skills for improving communication and nurturing healthier relationships through interactive exercises and discussions. Furthermore, this workshop will provide attendees with actionable insights into integrating DBT principles into their counseling practice, facilitating improved client outcomes. By the end of the session, participants will emerge equipped with a deeper understanding of emotional agility and resilience, ready to apply DBT strategies to thrive personally and professionally.

**Workshop 24**  
**Being Present: The Neuropsychology of Focus and Attention**

Lordy Angelo C. Santos, MA, RPsy, RPh  
 Psychologist, St. Luke's Medical Center

This workshop aims to inform the participants of the things that they need to know about the neuropsychology of focus and attention. We, the professionals in the field of mental health, psychology, guidance, and counseling are aware about the cognitive demand in delivering the different psychological and counseling services. We need to be fully present whenever we deliver the different professional services we can offer which may include but are not limited to consultations, counseling sessions, assessment, and other related services. This workshop focuses on introducing the different neuropsychological mechanisms mental health professionals should understand in order to exercise effective sustained attention capabilities. It will also dwell on the different things mental health professionals can do in order to help themselves improve the said capabilities. This will be done by exposing them to the different lifestyle adjustments, tools, techniques, and exercises they can do to help themselves be fully present whenever they need to be.

**REPUBLIC OF THE PHILIPPINES**  
**SECURITIES AND EXCHANGE COMMISSION**  
 SEC Building, EDSA, Greenhills  
 City of Mandaluyong, Metro Manila

COMPANY REG. NO. 37373

**CERTIFICATE OF FILING**  
**OF**  
**AMENDED ARTICLES OF INCORPORATION**

**KNOW ALL PERSONS BY THESE PRESENTS:**

This is to certify that the amended articles of incorporation of the

**PHILIPPINE GUIDANCE AND COUNSELING ASSOCIATION, INC.**  
 (Amending Prefatory Clause, Articles III, IX, X and XI thereof.)

copy annexed, adopted on March 22, 2016 by a majority vote of the Board of Trustees and by the vote of at least two-thirds of the members of the association, and certified under oath by the Corporate Secretary and a majority of the said board was approved by the Commission on this date pursuant to the provisions of Section 16 of the Corporation Code of the Philippines, Batas Pambansa Big. 68, Republic Act No. 1783, 1980, and copies thereof are filed with the Commission.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the seal of this Commission to be affixed at Mandaluyong City, Metro Manila, Philippines, this 13<sup>th</sup> day of July, Twenty Sixteen.

\_\_\_\_\_  
**FERDINAND B. SALAS**  
 Director  
 Company Registration and Monitoring Department

SEC REG 16 AM 01:30:2020

C/A/s



**Republic of the Philippines**  
**DEPARTMENT OF FINANCE**  
**SECURITIES & EXCHANGE COMMISSION**  
 SEC Building, EDSA, Greenhills  
 City of Mandaluyong, 1554

**PAYMENT ASSESSMENT FORM** No. 07012016-442880

DATE: 01/01/2016 RESPONSIBILITY CENTER (DEPARTMENT) CMO

PAYOR: PHILIPPINE GUIDANCE AND COUNSELING ASSOCIATION INC. QUEZON CITY

NATURE OF COLLECTION	ACCOUNT CODE	AMOUNT
LNF (AD23)	131	18.50
AMENDED ARTICLES	506	300.00
TOTAL AMOUNT TO BE PAID		Php 318.50

Assigned by: C. B. Salas  
 Machine Validation: SEC REG 16 AM 01:30:2020  
 Amending Prefatory Clause Articles III, IX, X and XI - March 22, 2016

20160702-75

SEC REG 16 AM 01:30:2020

**COVER SHEET**  
 for Applications at  
**COMPANY REGISTRATION AND MONITORING DEPARTMENT**

Nature of Application: AMENDMENT SEC Registration Number: 010101037373

Former Company Name: PHILIPPINE GUIDANCE AND COUNSELING ASSOCIATION INC.

AMENDED TO:  
 New Company Name:

Principal Office (No./Street/Corridor/City/Town/Province): 107 A C O C B M I L D I M G C O M M O N W E L F A R E D I V I S I O N M A N I L A C I T Y

CONTACT INFORMATION  
 Company Email Address: pgo@pgo.com.ph Company Telephone Numbers: 871-1708 Mobile Number:

CONTACT PERSON INFORMATION  
 Name of Contact Person: Hima P. Morante Email Address: hpm@pgo.com.ph Mobile Number: 970-1708

107 A PSC Bldg., Commission on the Green, delicias Quizon St. Mandaluyong City

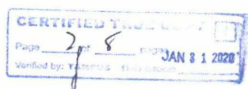
Assigned Processor: Mc. Chera Date: 7/27/16

Document ID: \_\_\_\_\_

Required by Corporate Filing and Records Division (CFRD)

Corporate and Partnership Registration Division  
 Green Lane Unit  
 Financial Analysis and Audit Division  
 Licensing Unit  
 Compliance Monitoring Division

Penalty paid under OF 016-14355-08  
 under 016-14355-08 dated June 26, 2016



3286 0001 0003

AMENDED ARTICLES OF INCORPORATION OF THE PHILIPPINE GUIDANCE AND COUNSELING ASSOCIATION, INC. (Formerly: PHILIPPINE GUIDANCE AND PERSONNEL ASSOCIATION, INC.)

KNOW ALL MEN BY THESE PRESENTS:

THAT WE, all of whom are of legal age, citizens and residents of the Philippines, have this day voluntarily associated ourselves together for the purpose of forming a non-stock, non-profit association under the Laws of the Philippine. (AS AMENDED ON March 22, 2016).

And We Hereby Certify:

First - That the name of said organization shall be known as the PHILIPPINE GUIDANCE AND COUNSELING ASSOCIATION, INC. (AS AMENDED ON May 14, 1997);

Second - That the purposes for which the Association is organized are as follows:

- a. To improve the standards of guidance and personnel work;
b. To promote and stimulate the exchange of professional experience through international, national, regional and/or local meetings;
c. To stimulate, promote, and support researches and other professional activities that will contribute to the improvement of education;
d. To disseminate pertinent and valuable professional activities that will contribute to the improvement of education; (as amended on 5-14-97)
e. To bring together and unite in action all guidance and personnel workers for a better understanding and acceptance of the principles and professional standards of the guidance and personnel movement.

Third - That the principal offices of the Association shall be at the 107-A Philippine Social Science Council Bldg., Commonwealth Avenue, Diliman, Quezon City. (As Amended on March 22, 2016).

Fourth - That the term for which the Association is to exist is fifty (50) years from and after the date of the incorporation.

pru\_13ccexpress

09:08:16 AM 01:30:2020



3286 0001 0003

Fifth- That the names, residence, and citizenship of the incorporators of said Association are as follows:

Table with columns: NAME, RESIDENCE, CITIZENSHIP. Lists incorporators like ESPERANZA R. LIMCACO, JAIME BULATAO, PAZ V. ADRIANO, etc.

Sixth- That the Association shall have no shares. Membership may be required and lost, and members may be entitled to vote only in accordance with regulations and conditions prescribed in the By-Laws of the Association and the Corporation Law.

Seventh- That the number of Directors of said Association shall be eleven (11) and that the names and residence of the Directors of the Association who are to serve until their successors are duly elected and qualified as provided for by the By-Laws are as follows:

Table with columns: NAME, RESIDENCE. Lists directors like AURELIO O. ELEVAZO, HARRY MORGAN, ALMA T. JHOCSON, etc.

Eighth- That this Association shall be non-stock and non-profit and that the members of the Association are those which appear in the articles of incorporation and we will submit a list of additional members in the event that new members are admitted in accordance with the By-Laws.

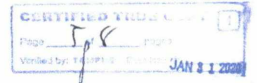
Ninth- That no part of the association's net income shall inure to the benefit of any private individual, no part of its net income or asset shall belong to or inure to the benefit of any member, organizer, officer or any specific person.

Tenth- That the business of the non-profit corporation shall not include any compensation or remuneration (as amended on March 22, 2016).

Eleventh- In the event of dissolution, the assets of the corporation shall be transferred to similar institution or to the government. (AS AMENDED ON March 22, 2016)

pru\_13ccexpress

09:08:16 AM 01:30:2020



3286 0001 0003



Signatures of incorporators: ESPERANZA R. LIMCACO, ALMA T. JOHNSON, ALICIA J. RAMOS, RIZALINA T. BUENASEDA, CONCEPCION D. MELLA, ERMILINDA QUTAMBABO, ANGELINA RAMIREZ, PURIFICACION REYES, JAIME BULATAO, PAZ V. ADRIANO.

SIGNED IN THE PRESENCE OF

Witnesses: NATIVIDAD MUNARRIZ, CARMEN D. TANEDO.

Date: 1-12-2014 Time: 9:2:25 AM

ACKNOWLEDGMENT section with user name and commission info.

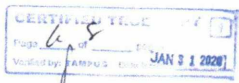
Before me, the undersigned notary public in and for the City of Manila, Philippines, on this day personally appeared:

Table with columns: Name, Residence Certificate No., Issued At, Date. Lists ESPERANZA R. LIMCACO and JAIME BULATAO.

pru\_13ccexpress

3

09:08:16 AM 01:30:2020



3286 0001 0003



Signatures of directors: PAZ V. ADRIANO, AURELIO O. ELEVAZO, RIZALINA T. BUENASEDA, CONCEPCION D. MELLA, ANGELINA RAMIREZ, PURIFICACION REYES, ALMA T. JHOCSON, ERMILINDA QUTAMBABO.

Who are known to me and to me known to be the same persons who executed the foregoing instruments and acknowledged to me that they executed the same as an act of their free will and deed for the purposes therein stated.

I further certify that the foregoing instrument relates to articles of non-stock corporation of the PHILIPPINE GUIDANCE AND PERSONNEL ASSOCIATION, that it consists of three pages including this page and that each page and every page thereof has been signed on the left hand margin by the parties executing the same and by their witnesses.

IN WITNESS WHEREOF, I have hereunto set my hand and affixed my notarial seal at Manila, Philippines, on this 14th day of January, 1969.

Date: 1-12-2014 Time: 9:20:14 AM

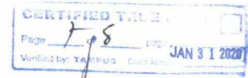
Doc. No., Page No., Series of 1969.

Exchange Commission PHILIPPINES

pru\_13ccexpress

4

09:08:17 AM 01:30:2020





(NON-STOCK CORPORATION)

TRUSTEES CERTIFICATE

JUL 8 2016

KNOW ALL MEN BY THESE PRESENTS:

We, the undersigned majority of the trustees and all the Corporate Secretary of PHILIPPINE GUIDANCE AND COUNSELING ASSOCIATION, INC., do hereby certify that the Articles of Incorporation... of said corporation was amended by a majority vote of the trustees and the vote of two thirds (2/3) of its membership at a meeting held on March 22, 2016 during the Annual Convention at the St. Scholastica's College.

The amended provisions of the attached Amended Articles of Incorporation refer to change of address of the company from National University, 551 M.F. Iñacion Street, Sampaloc, Manila, Philippines to 107-A Philippine Social Science Council Bldg., Commonwealth Avenue, Diliman Quezon City. Also the following Articles is amended, the Articles 3, 19, 10 & 11.

We further certify that the attached Amended Articles of Incorporation issued on March 22, 2016 in witness whereof, we have hereunto signed this certificate this \_\_\_\_\_ the day of \_\_\_\_\_, 20\_\_\_\_ at QUEZON CITY

Signatures and names of trustees and corporate secretary: Evangelina B. Aguilan, Arnelito M. Castillo Jr., Christopher P. Hernandez, Sheri Valerie G. Hecson, Carmencita H. Saloma, Luffia D. Bance, Nina Lopez Mateo, Erna L. Ananai, Sonia S. Mendoza, Cecilia B. Banasa.

Subscribed and sworn to before me this MAR 21 2016 at Quezon City, Philippines. Notary Public: JOSE G. GORDOLA.

DOC NO: 72, PAGE NO: 15, BOOK NO: 81, SERIES OF 2016.

CERTIFIED TRUE COPY. Page 15 of 15. Verified by TASHIUS. Date: JAN 31 2020.

SECURITIES AND EXCHANGE COMMISSION. I hereby certify that (a) this is a true copy of the document stored in the SEC I-view facility to which proper security measures were employed to ensure data integrity, consisting of 15 (fifteen) and (b) at all material times, the SEC I-view Facility was operating in a manner that did not affect the integrity of the electronic document. PHILIPPINE GUIDANCE AND COUNSELING ASSOCIATION, INC. Verified by LORENCE M. AMPUS. Fees Pp. 200 under O.R. No. 1483425. Dated: JAN 31 2020.

(FORMERLY: PHILIPPINE GUIDANCE AND PERSONNEL ASSOCIATION, INC.)



ROMEO B. CAMANO, SEC Information Officer II, Electronic Records Management Division, Information and Communication Technology Department.



# PHILIPPINE GUIDANCE AND COUNSELING ASSOCIATION, INC.

The Accredited Integrated Professional Organization of the Professional Regulation Commission

Room 107 Philippine Social Science Center, Commonwealth Ave., Diliman, Quezon City

[www.pgcainc.com](http://www.pgcainc.com) | [pgcasetariat@gmail.com](mailto:pgcasetariat@gmail.com) | Tel: 5310-4374

April 19, 2024

## BOARD OF DIRECTORS 2023-2024

**ADELAIDA C. GINES**  
PhD, RGC, RPsy  
President

**REMEDIOS C. MOOG**  
MA, MPA, RGC, RPm, CSCOP  
Vice-President for Internal Affairs

**CARMENCITA H. SALONGA**  
PhD, RGC, RPsy  
Vice-President for External Affairs

**MA. HONEY BELLE B. VICENCIO**  
MAGC, RGC, LPT  
Secretary

**ANNABELLE M. SANGALANG**  
MAEd, RGC  
Treasurer

**BENNY S. SOLIMAN**  
PhD, RGC, LPT, RPm, RPsy  
Auditor

**CHARITY P. ORENSE**  
RGC, RPsy  
P.R.O.

**SHEILA MARIE G. HOCSON**  
PhD, RGC, RPsy, RPm, LPT  
Business Manager

## MEMBERS OF THE BOARD

**MARK ANTHONY V. BERCANDO,**  
MAEd, RGC, RPm, LPT

**MARIA LAARNI CARLA C. PARANIS,**  
PhD, RGC

**FRANCIS RAY D. SUBONG**  
MEd, RGC

**CHRIS JOHN S. BEDORIA**  
PhD, RGC, RPsy, RPm  
Assistant Secretary

**MARIA TERESITA F. MENDOZA**  
MEd, RGC  
Assistant Treasurer

## NATIONAL SECRETARIAT

**JHUVIE ANN C. DE LEON**  
Bookkeeper

**SHERLEY R. DE TORRES**  
Admin Staff

**MS. EVANGELINE P. LADINES**

Schools Division Superintendent, DepEd - Muntinlupa City  
Laguerta St., Tensuan Site, Poblacion, Muntinlupa City

Dear Ms. Ladines:

Warm Greetings from the Philippine Guidance and Counseling Association, Inc. (PGCA), the Accredited Integrated Professional Organization of the Professional Regulation Commission!

We are pleased to inform you that the PGCA will hold its **PGCA 59th Annual National and 2024 International Conference** with the theme **"Live, Laugh, Love and Lead"** on **May 16, 17 & 18, 2024** at the Manila Hotel Tent City and La Consolacion College Mendiola, Manila. The conference aims to bring together all guidance counselors, guidance advocates, and other allied helping and mental health professionals from across the country to share relevant knowledge and skills through plenary talks and workshops to be able to keep abreast with the current trends and innovations in the profession.

In this regard, we would like to request for your kind issuance of **DepEd advisory** or **endorsement** for the participation to this three-day conference of guidance counselors, guidance advocates, guidance supervisors/heads/directors, guidance and counseling professors as well as other college professors.

Please see the registration fees below to help defray the cost of meals (am and pm snacks and lunch), kits and materials, certificates, venue, travel expenses and hotel accommodations of the international speakers, and honoraria for the resource speakers and workshop facilitators for this Annual Conference:

	Early Bird Rate until March 31, 2024	Regular Rate until April 30, 2024	Onsite Rate May 16, 2024 (limited slots only)
<b>PGCA Member</b>	₱ 6,000.00	₱ 6,500.00	
<b>Non-Member</b>	₱ 6,500.00	₱ 7,000.00	₱ 7,500.00
<b>Graduate Students (Member)</b>	₱ 5,400.00	₱ 5,850.00	
<b>Graduate Students (Non-Member)</b>	₱ 5,850.00	₱ 6,300.00	₱ 6,750.00
<b>PWD and Senior Citizen (Member)</b>	₱ 4,800.00	₱ 5,200.00	
<b>PWD and Senior Citizen (Non-Member)</b>	₱ 5,200.00	₱ 5,600.00	₱ 6,000.00

For further information, clarification and assistance, you may call our secretariat office at telephone no. (02) 5310-4374 and mobile no. +639179676346 or email at [pgcasetariat@gmail.com](mailto:pgcasetariat@gmail.com) copy furnish [rem.pgca@gmail.com](mailto:rem.pgca@gmail.com).

We, in the PGCA, sincerely appreciate your kind support to our endeavors.

Attached are the invitation letter for participants, abstracts, program and PGCA SEC.

Thank you.

Sincerely yours,

  
**REMEDIOS C. MOOG, MA, MPA, RGC, RPm, CSCOP**  
National Vice President for Internal Affairs and Program Chair

Noted by:

  
**ADELAIDA C. GINES, PhD, RGC, RPsy**  
National President and Overall Chair