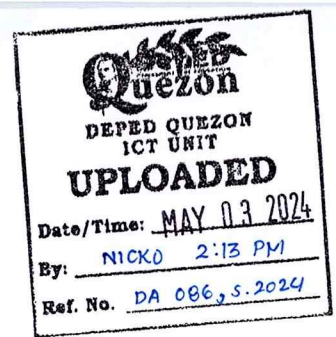




Republic of the Philippines
Department of Education
Region IV-A
SCHOOLS DIVISION OF QUEZON PROVINCE



DIVISION ADVISORY NO. 086, s. 2024

April 29, 2024

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

PHILIPPINE GUIDANCE AND COUNSELLING ASSOCIATION, INC. (PGCA) 59TH ANNUAL NATIONAL AND 2024 INTERNATIONAL CONFERENCE

The Philippine Guidance and Counselling Association, Inc. (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 participants in this three-day conference are the guidance counselors, guidance advocates, guidance supervisors/heads/directors, guidance and counselling professors as well as college professors.

Participation to these activities shall be purely voluntary and will not hamper instructional time in compliance with the provisions of DepEd Order (DO) No. 22 s. 2023 titled “School Calendar and Activities for the School Year 2023-2024” and DO 9 s. 2005 titled “Instituting Measures to Increase Engage Time-on-Task.”

For further information, please see attached communication, you may also call the secretariat at telephone number (02) 5310-4374 and mobile no. 09179676346 or email at pgcasecretariat@gmail.com copy furnish rem.pgca@gmail.com.

Please be guided accordingly.

cid-ims/fts/04/29/2024

DEPEDQUEZON-TM-SDS-04-011-003



Address: Sitio Fori, Brgy. Talipan, Pagbilao, Quezon
Trunkline #: (042) 784-0366, (042) 784-0164,
(042) 784-0391, (042) 784-0321



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 | pgcasecretariat@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

April 17, 2024

MR. ROMMEL C. BAUTISTA

Schools Division Superintendent, DepEd - Quezon
Sitio Fori, Brgy. Talipan, Pagbilao, Quezon

Dear **Mr. Bautista**:

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)
PGCA Member	₱ 6,000.00	₱ 6,500.00	₱ 7,500.00
Non-Member	₱ 6,500.00	₱ 7,000.00	
Graduate Students (Member)	₱ 5,400.00	₱ 5,850.00	₱ 6,750.00
Graduate Students (Non-Member)	₱ 5,850.00	₱ 6,300.00	
PWD and Senior Citizen (Member)	₱ 4,800.00	₱ 5,200.00	₱ 6,000.00
PWD and Senior Citizen (Non-Member)	₱ 5,200.00	₱ 5,600.00	


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 pgcasecretariat@gmail.com copy furnish 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.

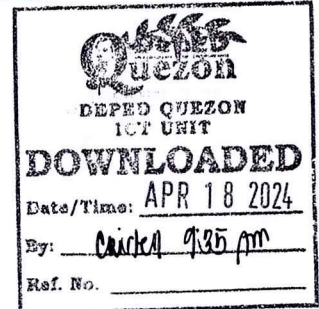
Thank you.

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





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 | 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:

	Early Bird Rate until March 31, 2024	Regular Rate until April 30, 2024	Onsite Rate May 16, 2024 (limited slots only)
PGCA Member	₱ 6,000.00	₱ 6,500.00	₱ 7,500.00
Non-Member	₱ 6,500.00	₱ 7,000.00	
Graduate Students (Member)	₱ 5,400.00	₱ 5,850.00	₱ 6,750.00
Graduate Students (Non-Member)	₱ 5,850.00	₱ 6,300.00	
PWD and Senior Citizen (Member)	₱ 4,800.00	₱ 5,200.00	₱ 6,000.00
PWD and Senior Citizen (Non-Member)	₱ 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 | secretariat.official@pgcainc.com | pgcasetariat@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, 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

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

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 pgcasetariat@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, Rpm, CSCOP

National Vice President for Internal Affairs

Conference and Program Chair

Noted by:

ADELAIDA C. GINES, PhD, RGC, RPsy

National President

Overall Chair



PGCA 59th 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

Day 1 - May 16, 2024		
Venue: The Manila Hotel Tent City 1 Rizal Park, Ermita Manila 0913 Metro Manila		
Attire: Filipiniana//Barong Tagalog		
Master of Ceremonies: Carmencita H. Salonga, PhD, RGC, RPsy		
Officers of the Day: Annabelle M. Sangalang, MAEd, RGC and Maria Laarni Carla C. Paranis, PhD, RGC		
6:00 AM - 7:15 AM	Registration	Secretariat
7:15 AM - 8:00 AM	Opening Program	
	Entrance of Colors	
	Parade of Chapters	Carmencita H. Salonga, PhD, RGC, RPsy <i>PGCA National Vice President for External Affairs</i>
	Interfaith Doxology and National Anthem	Reggil A. Villasis, MA, RGC <i>Public School Guidance Counselor San Isidro National High School, DepEd - Division of Antipolo City</i>
	Introduction of Participants	Ma. Honey Belle B. Vicencio, MA, RGC, LPT <i>PGCA National Secretary Guidance Senior Supervisor, Guidance Services Office National University</i>
	Welcome Address	Adelaida C. Gines, PhD, RGC, RPsy <i>PGCA National President Overall Chair</i>
	Greetings and Messages from the:	
	Manila City Government	Honorable Mayor Maria Sheilah "Honey" H. Lacuna-Pangan, MD, FPDS <i>Mayor, City of Manila</i>
	Professional Regulatory Board of Guidance and Counseling	Honorable Luzviminda S. Guzman, EdD, RGC <i>Chair, Professional Regulatory Board – Guidance and Counseling</i>
	Conference Overview and Program Orientation	Remedios C. Moog, MA, MPA, RGC, RPm, CSCOP <i>PGCA National Vice President for Internal Affairs Conference and Program Chair University Counselor, Office of Counseling and Career Services De La Salle University Manila</i>
8:00 AM - 9:30 AM	Plenary Session 1 – Live to Listen	Fr. Teodulo P. Gonzales, SJ, PhD, RGC <i>President, 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	Paolo Martin L. Trinidad <i>Founder Pinoy Laughter Yoga</i>
11:00 AM - 12:00 NN	Keynote Address - Live, Laugh, Love and Lead	Honorable Senator Joel Villanueva <i>Majority Floor Leader 19th Congress Senate of the Philippines</i>
12:00 NN - 1:00 PM	Business Meeting 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	Adelaida C. Gines, PhD, RGC, RPsy <i>PGCA National President</i> Annabelle M. Sangalang, MAEd, RGC <i>PGCA National Treasurer</i> Maria Laarni Carla C. Paranis, PhD, RGC <i>PGCA National Board Member Chair, Awards Committee</i> COMELEC Chair Professional Regulation Commission Adelaida C. Gines, PhD, RGC, RPsy <i>PGCA National President</i>
	Lunch Break	
1:00 PM - 3:00 PM	Panel Discussion on Mental Health in the Global Context	Capt. Rusli Bujang <i>President, Brunei Darussalam Counseling Association Brunei</i> Sethul Hoer, MA <i>President, Cambodia Association of Counselors and Psychologists Cambodia</i> Ipah Saripah, PhD <i>Head of Study Program of Guidance and Counseling Faculty of Education, Universitas Pendidikan Indonesia</i> Prof. Dr. Mansor Abu Talib, FASc <i>Director, Wellbeing Research Center UCSI University Vice President, PERKAMA International Malaysia</i> Adelaida C. Gines, PhD, RGC, RPsy <i>President, Philippine Guidance and Counseling Association, Inc. Philippines</i>

		<p>Andy Lam, GDip, MSocSc, RegCLR, RegClinSup, RSW, MMSAC <i>Incoming President, Singapore Association for Counseling (SAC) Singapore</i></p> <p>Marid Kaewchinda, Ph.D <i>Head, Department of Educational Psychology and Guidance Faculty of Education, Kasetsart University Bangkok, Thailand</i></p> <p>Moderator Mark Anthony V. Bercando, MAEd, RGC, Rpm, LPT <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>Carla Siojo, MA <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>Jose Alberto S. Reyes, PhD, RPsy <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"	Carolyn D. Fiñones, MAEd, RGC, Rpm Director, Student Services Office, Manila Adventist College Pasay, Metro Manila
Basic	A Thriving Student-Athlete in Our Community	Maxin B. Laurel, MA, RGC, LPT Guidance Counselor, University of Santo Tomas Manila
Basic	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
Basic	Learning Awareness through Mindfulness Practice (LAMP): Journey to the Inner Self	Dianne G. Rodriguez, MAEd, RGC Guidance Counselor, University of the East Manila
Basic	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
Basic	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
Intermediate	Mind, Brain and Education (MBE) Literacy	Jaime R. Bolusan, PhD, RGC Chief Guidance Counselor HRDC DIRECTOR - Aldersgate College, Nueva Vizcaya
Intermediate	Core Connection: Journey into Heart-Centered Wisdom	Capt Rusli Bujang President, Brunei Darussalam Counseling Association Brunei
Intermediate	Nurturing Students' Well-being through the BLOOMS-Inspired Thriving Intervention	Nerizza V. Cristobal, PhD, RGC Senior Counselor, University of Santo Tomas Manila
Intermediate	Exploring Buddhist Philosophical Principles for Mental Health Enhancement: A Pathway to Mindfulness and Well-being	Sethul Hoer, MA President, Cambodia Association of Counselors and Psychologists, Cambodia
Intermediate	Leading the Charge: Guidance Counselors as Architects of Corporate Wellbeing	Brinson James P. Franco, MA, RGC, LPT Manager II for Wellbeing Concentrix Corporation

Intermediate	BOOGSH: Exploding Your Self-Sabotaging Behaviors and Igniting Your Inner Strength	Jervis M. Lumanlan, MA, RGC, LPT Guidance Counselor, City College of Angeles, Pampanga
Intermediate	Strengthen your inner self with stabilization techniques	Marid Kaewchinda, PhD Head, Department of Educational Psychology and Guidance Faculty of Education, Kasetsart University, Thailand
Intermediate	Lead to Inspire: Purpose-Driven Leadership	Anicia M. Valtersson, MA, RGC Consultant, Intouch Philippines
Advance	Nurturing the Person of the Counselor: Integrating Self-Compassion and Self-Care in the Realities of Work-Life	Michele S. Alignay, PhD, RGC, RPsy 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	Nhorly U. Domenden, EdD, RGC Director, Wundt Psychological Institute Dagupan, Pangasinan
Advance	Discovering myself as a leader of counselling, for counselling, of counselling through counselling!	Frederick Poi Kee Low, DPS Associate Professor, James Cook University Singapore
Advance	Am I in Love? (Marital Counseling)	Fr. Arsenio A. Lumiqued, Jr., MSC, PhD, RGC 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	Myla Pilar S. Pamplona, PhD, RGC, RPsy, Rpm University Counselor, De La Salle University President, Humid Inc./ Mindspeaks
Advance	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
Advance	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 - NCR
Advance	Live, Laugh, Love, and Lead for All: Developing Innovative Program for Vulnerable Population in Higher Education Institutions	Benny S. Soliman, PhD, RGC, LPT, Rpm, RPsy PGCA National Auditor Director, Office of Student Services and Development Tarlac Agricultural University
Advance	*Solution Focused Brief Therapy with Suicidal Clients	Prof. Mansor Abu Talib FASc, PhD Director, Wellbeing Research Center, UCSI University Vice President, PERKAMA International, Malaysia
5:00 PM - onwards Tour in Malacañang Palace/Museum		

* 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 Kawanselor	Eduardo C. Caligner, PhD, RGC, RPsy, Rpm, LPT Psychologist, SIVANA Heart of Psychological Services Professor, University of Santo Tomas
Basic	**RACE Against Suicide: A Gatekeeper Training Toolkit for Suicide Prevention in School	Sheila Marie G. Hocson, PhD, RGC, RPsy, Rpm, LPT Immediate Past President, PGCA Business Manager, PGCA Director, Guidance and Counseling Far Eastern University Manila and Makati
Basic	Lead with Passion and Compassion	Donalyn G. Lastima, PhD, RGC, RPsy CEO President, Hearticulate Psychological Center, Bacolod City
Basic	Unveiling Inner Strengths: A Seminar-Workshop on Harnessing Character Strengths for Well-Being	John Michael M. Revilla, MAEd, RGC, Rpm, LPT Guidance Counselor, Ateneo de Naga University
Basic	IKIGAI to Buhay	Carmen R. Sunico, MA, RGC, Rpm Guidance Counselor, University of Santo Tomas Manila
Intermediate	Allies for Queers: A Workshop on Basic Attending Skills for LGBTQ+ Students through Affirmative Therapy	Matt Calvin S. Dadivas, MAEd, RGC, Rpm 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	Sheila Marie P. Dela Pena, MAEd, RGC, Rpm, LPT Faculty Counselor, Philippine Normal University Manila
Intermediate	Take the Lead: Adapting the Five Practices of Exemplary Leadership Model in Student Welfare Programs	Zedric A. Lorzano, MAEd, RGC, Rpm Guidance Counselor Calayan Educational Foundation Inc. Lucena City, Quezon
Intermediate	Eight Easy Steps in Developing Happiness Programs in Different Setting	Niño Jose Mateo, PhD, RGC, RPsy Director, Wellnesentials Psychological Services Taguig City, Metro Manila
Intermediate	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
Intermediate	SITUATIONSHIPS: Counseling Gen Z's in Navigating the Gray Areas of Modern Romance	Charity P. Orense, MA, RGC, RPsy 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	Mary Grace S. Orquiza, PhD, RPsy Clinical Psychologist, Director for Research and Program Development, GrayMatters Psychological and Consultancy, Inc. Alabang and Makati Branch Joanne Rachelle D. Valle, MA, RPsy 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	Karen V. Rendeza, PhD, RGC, RPm, LPT Faculty, College of Education, Bulacan State University Malolos, Bulacan
Intermediate	Flowing Minds, Inspiring Hearts, Nurturing Earth: Integrative Workshop on Environment and Well-being	Oliver B. Sta Ana, PhD, RGC, RPm, LPT Head, Academic Services Maynilad Water Academy
Intermediate	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
Advance	Inspiring Leadership: Designing a School Guidance Curriculum to Empower Basic Education Learners	Mark Anthony V. Bercando, MAEd, RGC, RPm, LPT PGCA National Board Member Chief Human Resources Specialist, Civil Service Commission - NCR
Advance	Bloom Wherever Planted: Recovery-Focused Counseling Program for Students Experiencing Suicidality	Angelie D. Bautista, PhD, RGC Guidance Counselor, University of Santo Tomas Manila
Advance	Unleashing and Cultivating the Leader Within: Advancing the Counseling Profession	Luzlin P. Elcullada, DevEdD, RGC, LPT Head, Counseling and Development Center University of San Carlos, Cebu City
Advance	A Road Map to Healing Early Trauma	Jerry J. Jurisprudencia, PhD, RGC, RPsy Professor, Miriam College
Advance	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
Advance	The Cattell-Horn-Carroll Theory as Framework of Intelligence Assessment	Rachel C. Reyes-Laureano, PhD, RGC, RPsy Department Chairperson, Psychology Department, Miriam College
Advance	Forensic Psychology in the Philippines: Praxis, Trends, and Future Directions	Argel B. Masanda, PhD, RGC, RPsy, RPm, LPT Full Professor I, National University Clark Pampanga
Advance	Strengthening Resilience through Emotional Agility with Dialectical Behavior Therapy (DBT) Skills	Marissa C. Pascual, MA, RGC 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	Lordy Angelo C. Santos, MA, RPsy, RPm Psychologist, St. Luke's Medical Center

**** Whole Day Session**



PGCA 59th 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 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. Fiñones, MAEd, RGC, Rpm
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
Luccena 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.



PGCA 59th 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

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.



PGCA 59th 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 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. Napoleon 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.



PGCA 59th 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 8

Core Connection: Journey into Heart-Centered Wisdom

Capt Rusli Bujang

President, Brunei Darussalam Counseling Association
Brunei

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 Hoer, 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 59th 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 59th 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. Alignay, 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 59th 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

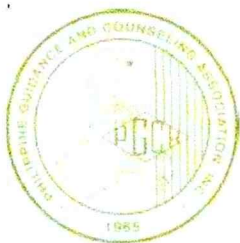
The participants should come to discover the leadership qualities within themselves through an examination of their practice and 'self'. They should devote quality time with fellow counselors to reflect on their desire to lead, set goals, and build plans to make an impact in their own circle, in their 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. Teodulo 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 59th 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, Rpm

University Counselor, De La Salle University
President, Humid Inc./ Mindspeaks

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 Isnag 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 59th 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, RPm, 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 59th 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, UCSI 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 Kawnselor

Eduardo C. Caligner, PhD, RGC, RPsy, RPm, LPT

Psychologist, SIVANA Heart of Psychological Services
Professor, University of Santo Tomas

Ito ay kuwentuhan lamang tungkol sa aking karanasan bilang Isang Guydang Kawnselor. Kung paano ako naging isang konsultant sa paggawa ng isang telenovela 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're my Home. Bida dito si Richard at si Dawn. Higit sa lahat, bibida rin ako!



PGCA 59th 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, Rpm, 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, Hearticulate 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 (Tuason, 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”. 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 59th 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, RPm, 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, RPm

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 59th 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. Dadivas, MAEd, RGC, Rpm

Guidance Counselor

Atenco 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, Rpm, 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 59th 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, RPm
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, RPsy
Director
Wellnessentials Psychological Services
Taguig City, Metro Manila

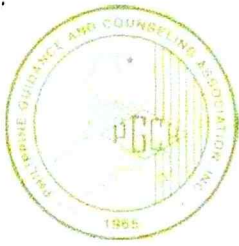
This workshop will guide participants in developing Mental Health and Well-being programs in schools and organizations. It presents a simplified evidence-based version of approaching program development geared towards increasing and maintaining happiness in these settings.

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 59th 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, RPsy
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.

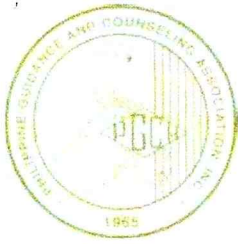
Workshop 12

Cultivating Compassion for Counselors

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

Joanne Rachelle D. Valle, MA, RPsy
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 59th 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, Rpm, 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 59th 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, Rpm, 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.



PGCA 59th 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 RPsy ONLY)

Workshop 16

Inspiring Leadership:

Designing a School Guidance Curriculum to Empower Basic Education

Learners

Mark Anthony V. Bercando, MAEd, RGC, RPm, 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

Angelie 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 59th 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**

(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. Elcullada, 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 experiential 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, RPsy

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 59th 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-Carroll Theory as Framework of Intelligence Assessment

Rachel C. Reyes-Laureano, PhD, RGC, RPsy

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-Carroll 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, RPsy, Rpm, 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.



PGCA 59th 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 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, Rpm

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.

32686 0001 0000



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.)

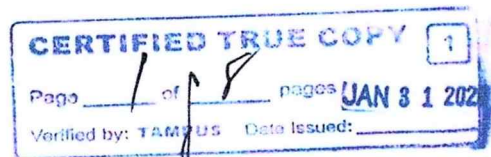
copy annexed, adopted on March 22, 2016 by a majority vote of the Board of Trustees and by the vote of at least two-thirds of the members of the association, and certified under oath by the Corporate Secretary and a majority of the said board was approved by the Commission on this date pursuant to the provisions of Section 16 of the Corporation Code of the Philippines, Batas Pambansa Blg. 69, approved on May 1, 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 13th day of July, Twenty Sixteen.


FERDINAND B. SALES

pru_lsecexpress Director 09:08:16 AM 01/30/2020
Company Registration and Monitoring Department

ChR/lea



1

COVER SHEET

for Applications at
COMPANY REGISTRATION AND MONITORING DEPARTMENT

32686
8
00382

Nature of Application

AMENDMENT

SEC Registration Number

0000037373

Former Company Name

PHILIPPINE GUIDANCE AND
COUNSELING ASSOCIATION INC.

AMENDED TO:
New Company Name

Principal Office (No./Street/Barangay/City/Town)Province)

107A PSC BUILDING
COMMONWEALTH AVENUE DILIMAN
QUEZON CITY

Company Email Address

pgca-1964@yahoo.com

COMPANY INFORMATION

Company's Telephone Numbers

45-5708

Mobile Number

CONTACT PERSON INFORMATION

The designated person MUST be a Director/Partner/Officer/Resident Agent of the Corporation

Name of Contact Person

Alma P. Moratawa

Email Address

pgca-1964@yahoo.com

Telephone Numbers

45-5708

Mobile Number

Contact Person's Address

107A PSC Building Commonwealth Avenue Diliman Quezon City

To be accomplished by CRMD Personnel

Assigned Processor

Ms. Chona

Date

7/22/16
6/28/16
7/1

Signature

JIN

Document LD.

Received by Corporate Filing and Records Division (CFRD)

forwarded to

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

Penalty paid under ORA 1235509
w/cis-AROS-14 dated June 24, 2016

CERTIFIED TRUE COPY
Page 9 of 9
JAN 31 2020
Verified by: TAMIPUS Date Issue: 1/31/2020

32686.0001.0003

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 non-stock, non-profit association under the Laws of the Philippine. (AS AMENDED ON March 22, 2016).

And We Hereby Certify:

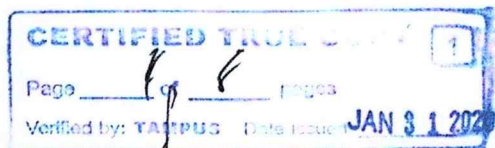
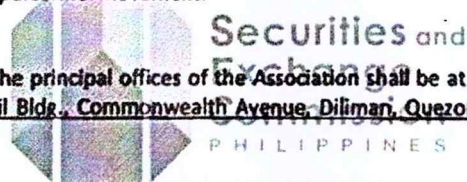
First - That the name of said organization shall be known as the PHILIPPINE GUIDANCE AND COUNSELING ASSOCIATION, INC. (As amended on May 14, 1997);

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.



32686 0001 0004

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

NAME	RESIDENCE AT	CITIZENSHIP
ESPERANZA R. LIMCAGO	6 Malinis St., Q.C.	Filipino
JAIME BULATAO	Jesuit House, Q.C.	Filipino
PAZ V. ADRIANO	125 Scout Delgado, Q.C.	Filipino
AURELIO O. ELEVAZO	38 Valentine St., Merville Rizal	Filipino
RIZALINA T. BUENASEDA	103 F. Aguilar, Balintawak, Caloocan	Filipino
CONCEPCION D. MELLA	37 Iba St., Q.C.	Filipino
ERMILINDA QUIAMBAO	21 J Abad Santos, Q.C.	Filipino
ANGELINA RAMIREZ	26 West Riverside Q.C.	Filipino
ALICIA J. RAMOS	2726 Zamora, Pasay City	Filipino
PURIFICACION REYE	71 Azucena St., Roxas Dist.	Filipino
ALMA T. JHOCSON	15 Moore St., Q.C.	Filipino

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.

NAME	Residence at
AURELIO O. ELEVAZO	38 Valentine St., Merville Rizal
HARRY MORGAN	BROTHER'S HOUSE, LA SALLE GREENHILLS RIZAL
ALMA T. JHOCSON	15 Moore St., Q.C.
ALICIA J. RAMOS	2726 Zamora, Pasay City
RIZALINA T. BUENASEDA	103 F. Aguilar, Balintawak, Caloocan
CONCEPCION D. MELLA	37 Iba St., Q.C.
ERMILINDA QUIAMBAO	21 J Abad Santos, Q.C.
ANGELINA RAMIREZ	26 West Riverside Q.C.
PURIFICACION REYES	71 Azucena St., Roxas Dist.
EUFEMIA TY	ARROCEROS ST., MANILA
PAZ V. ADRIANO	125 Scout Delgado, Q.C.

Eight- That this Association shall be non stock as aforementioned. That the members of the Association are those which appears 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.

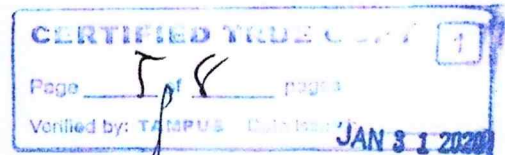
Ninth- That no part of the association's net income shall inure to the benefit of any private individual; no parts of its net income or asset shall belong to or inure to the benefit of any member, organizer officer or any specific person.

Tenth- That the trustees of the non-profit association do not receive any compensation or remuneration.
(as amended on March 22, 2016)

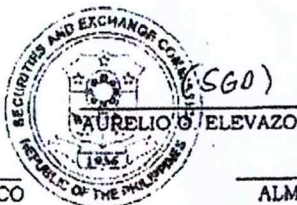
Eleventh- In the event of dissolution, the assets of the corporation shall be transferred to similar institution or to the government. (AS AMENDED ON March 22, 2016)

pru_1secexpress

09:08:16 AM 01/30/2020



32686 0001 0005



(SGO.)
ESPERANZA R. LIMCACO

(SGO.)
ALMA T. JOHNSON

(SGO.)
ALICIA J. RAMOS

(SGO.)
RIZALINA T. BUENASEDA

(SGO.)
CONCEPCION D. MELLA

(SGO.)
ERMILINDA QUIAMBAO

(SGO.)
ANGELINA RAMIREZ

(SGO.)
PURIFICACION REYES

(SGO.)
JAIME BULATAO

(SGO.)
PAZ V. ADRIANO

SIGNED IN THE PRESENCE OF

(SGO.)
NATIVIDAD MUNARRIZ

(SGO.)
CARMEN D. TANEDO

Date: 1-12-2014 Time: 9:2:29 AM

ACKNOWLEDGMENT

www.sec.gov.ph

REPUBLIC OF THE PHILIPPINES
CITY OF MANILA

User Name: secexpress_2

Exchange
Commission
PHILIPPINES

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

Name	Residence Certificate No.	Issued at	Date
ESPERANZA R. LIMCACO	A-4414059	Q.C.	1-19-68
JAIME BULATAO	A-268102	Q.C.	2-19-68

pru_lsecexpress

09:08:16 AM 01/30/2020

CERTIFIED TRUE COPY
 Page 5 of 8 pages
 Date Issued: DEC 01 2014

CERTIFIED TRUE COPY
 Page 6 of 8 pages
 Verified by: TAMPOS Date Issued: JAN 31 2020

32686 0001 0006

PAZ V. ADRIANO	A-447761	Manila	3-11-68
AURELIO O. ELEVAZOS	A-373077	Manila	1-31-68
RIZALINA T. BUENASEDA	A-337046	Manila	1-21-68
CONCEPCION D. MELLA	A-1422120	Manila	1-5-68
ANGELINA RAMIREZ	A-4402052	Q.C.	1-18-68
PURIFICACION REYES	A-286672	Manila	1-23-68
ALMA T. JHOCSON	A-300726	Manila	1-17-68
ERMILINDA QUIAMBAO	1-3599353	Q.C.	1-9-68



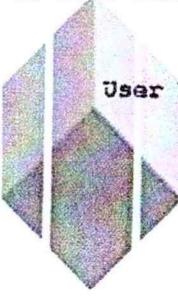
Who are known to me and to me known to be the same persons who executed the foregoing instruments and acknowledged to me that they executed the same as an act of their free will and deed for the purposes therein stated.

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 (Sgd.)
 NOTARY PUBLIC
 Until Dec. 31, 1969

Doc. No. 272
 Page No. VI
 Book No. 1
 Series of 19 69



User Name: secexpress_2
 Exchange Commission
 PHILIPPINES

pru_lsecexpress

09:08:17 AM 01/30/2020

CERTIFIED TRUE COPY
 Page 6 of 8 pages
 Date Issued: EC 01 2020

CERTIFIED TRUE COPY
 Page 7 of 8 pages
 Verified by: TAMPUS Date Issued: JAN 31 2020

(NON-STOCK CORPORATION)

TRUSTEES CERTIFICATE



32686 0001 0000

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. Jhocson Street, Sampaloc, Manila, Philippines to 107-A Philippine Social Science Council Bldg, Commonwealth Avenue Dillman Quezon City. Also the following Articles is amended, the Articles 3, 19, 10 & 11. We further certify that the attached Amended Articles of Incorporation is a true and correct copy thereof.

In witness whereof, we have hereunto signed this certificate this _____ the day of _____, 20____ at QUEZON CITY

Evangeline A. Aguilan
TIN: 118-723-652-000

Lucila O. Bance
TIN: 115-901-070-000

Arsenio A. Cuminig Jr.
TIN: 800-106-992-000

Niño Jose Mateo
TIN: 184-971-168-000

Christopher P. Hernandez
TIN: 200-567-305-000

Securities and Exchange Commission PHILIPPINES
Ruth Ann L. Musngi
TIN: 221-243-042-000

Sheria Marie G. Hocson
Corporate Secretary
TIN: 202-376-440-000

Sonia S. Mendoza
TIN: 418-065-7768-000

Carmencita H. Salonga
TIN: 128-788-227-000

Cecilia B. Banaag
TIN: 143-383-684-000

Eduardo C. Caligner
TIN: 107-268-634-000

subscribed and sworn to before me this MAR 22 2016 2020
Affiant exhibited to me his/her (S) No _____
Issued on _____

DOC. NO. 72
PAGE NO. 15
BOOK NO. 36
SERIES OF 2016

JOE L. G. GORDOLA
Notary Public
Commission expires until December 31, 2017
Adm No. 069; Roll No. 25103; IBP No. 1013094
PTR No. 1876282; 1/04/16; Q.C.
TIN 126-768-809; MCLE No. V-0001531
Until 1 # 878 Quirino Highway, Gulod, Novaliches, Q.C.

CERTIFIED TRUE COPY
Page 15 of 15 pages
Verified by: TAMPU Date Issued: JAN 8 1 2020

Republic of the Philippines
SECURITIES and EXCHANGE COMMISSION

1

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 date integrity, consisting of Eight [8] page(s); 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: LOURENCE N. TAMPUS Fees Php 200 under
O.R.No.: 1982425 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