



Republic of the Philippines  
**Department of Education**  
REGION VII - CENTRAL VISAYAS  
DIVISION OF CITY SCHOOLS - TAGBILARAN CITY

Office of the Schools Division  
Superintendent

October 13, 2023

**DIVISION MEMORANDUM**

NO: 465 s. 2023

**23<sup>rd</sup> MID-YEAR CONFERENCE WITH PLENARY SESSION  
AND 2-DAY INTENSIVE TRAINING**

TO: Chief, CID and SGOD  
All Public Elementary and Secondary Principals  
All Others Concerned

1. This Office hereby disseminates invitation from Rolito L. Duaban, Auditor Program Chair of the Philippine Guidance and Counseling Association, Inc. Cebu Chapter, to the 23<sup>rd</sup> Mid-Year Conference with Plenary Session and 2\_day Intensive training, contents of which are self -explanatory, for your information.
2. For more details, please see attached Communication.
3. For dissemination.

  
**WILFREDA D. BONGALOS PhD, CESO V**  
Schools Division Superintendent 

WDB/EQA/SGOD/MMC/fct



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**Philippine Guidance and Counseling  
Association, Inc. Cebu Chapter**



**WILFREDA D. BONGALOS**

Superintendent  
Department of Education – Tagbilaran City  
Tagbilaran City, Bohol

Dear Wilfreda D. Bongalos,

Greetings of Peace & Love!

The Philippine Guidance and Counseling Association, Inc., (PGCA)- Cebu Chapter, an Integrated Accredited Professional Organization by the Professional Regulation Commission, is pleased to announce its 23<sup>rd</sup> Mid-year Conference with Plenary Session and 2-day Intensive Training on Solution Focused Recovery for Adult Survivors of Child Abuse and Neglect on November 6-8, 2023 at City Sports Club Cebu, Cardinal Rosales Ave., Cebu City, Philippines 6000; with the theme: “Becoming Globally Competent in Handling Trauma”

We are excited to extend an invitation and encourage the mental health practitioner in the Higher Education Institutions in Central Visayas to participate in a valuable and meaningful training aimed at advancing their skills in counseling in the context of trauma. It is very important for the mental health providers such as guidance counselors, guidance and mental health advocates, and other professionals in the helping profession to always upskill and be competent in the profession to effectively help their clients, the students. The training will be facilitated by international and local experts in the field of counseling. Participants of the said training will also be earning CPD points.

In this connection, may we humbly ask for your support and endorsement regarding the participation of guidance counselors and guidance and mental health advocates in your respective division to the said conference and training. Your endorsement for Official Time/ Business for interested practitioners will greatly impact the success of this noble endeavor.

Registration rate are as follows:

If registered on or before October 21, 2023:

- Php 6,500.00 – PGCA Cebu members
- Php 7,000.00 – Non-PGCA Cebu Members
- Php 6,000.00 – Senior Citizen and Students

After October 21, 2023 & Onsite

- Php 7,500.00 – PGCA Cebu members/Non-members
- Php 7,500.00 – Senior Citizen and Students

**Philippine Guidance and Counseling  
Association, Inc. Cebu Chapter**




Payments can be made through Bank of the Philippine Islands (BPI):  
Account Name: Phil Guidance & Counseling Association Inc. Cebu  
Account Number: 9201-0018-86.

To register click this link: <https://forms.gle/22RCo8GBYgpjCmAeA>

In anticipation thereof, we express our sincerest appreciation and gratitude. Please email [pgcacebuchapter@gmail.com](mailto:pgcacebuchapter@gmail.com) , or DM PGCA Cebu FB Page or contact undersigned thru mobile number 09672036063 for clarifications and other inquiries. We hope for a favorable response to this invitation. Your support will surely contribute to the success of this assembly and training. God bless.

Respectfully yours,



ROLITO L. DUABAN, RGC, CSFP  
Auditor / Program Chair

Noted by:



LUZLIN P. ELCULLADA, RGC, MSFP, DevEdD  
President



*23rd Midyear Conference*

**“Becoming Globally Competent in Handling Trauma”**

Plenary Learning Session and 2-day Intensive Training on Solution Focused Recovery for Adult Survivors of Child Abuse and Neglect

**Program of Activities**

**Plenary**

Time	Activity	Person/s Involve
7:00AM-8:00AM	Registration	Charles Matthew Japitan, RGC Jessielou Loquias, RGC
8:00AM-8:10AM	Preliminaries	
8:10AM-8:20AM	Welcome and Rationale	Luzlin P. Elcullada, RGC, MSFP, Dev.EdD President, PGCA-Cebu
8:20AM-8:30AM	Introduction of Participants	Charles Matthew Japitan, RGC PGCA-Cebu Secretary
8:30AM-9:30AM	Keynote Address	Adelaida C. Gines, Ph.D., RGC, RPsyc President, PGCA Inc.
9:30AM-10:30AM	Plenary Talk “Evidence-based Practices in Handling Trauma”	Adelaida C. Gines, Ph.D., RGC, RPsyc President, PGCA Inc.
10:30-12:00PM	Plenary Talk “Biological Impact of Trauma”	Alessandra T. Arpon, Ph.D(c), RPsy, CSCOP
12:00PM-1:00PM	Lunch Break and Election	
1:00PM-5:00PM	Workshop “Trauma-Focused Therapy: Cognitive Processing Therapy”	Alessandra T. Arpon, Ph.D(c), RPsy, CSCOP

# Program of Activities

**"SOLUTION FOCUSED RECOVERY FOR ADULT SURVIVORS OF CHILD ABUSE AND NEGLECT"**

**DAY 1: Training**

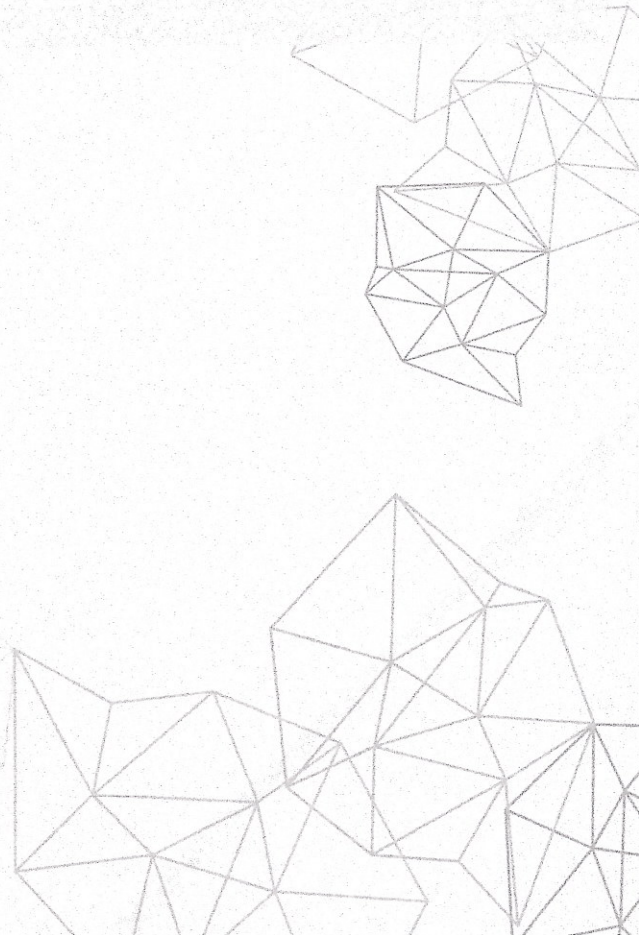
Time	Activity	Person/s Involve
7:00AM-8:00AM	Registration	Charles Matthew Japitan, RGC Jessielou Loquias, RGC
8:00AM-12:00PM	Training Proper <ul style="list-style-type: none"><li>• Intended learning outcomes/ workshop objective</li><li>• Scaling confidence</li><li>• Fundamental principles, assumptions &amp; beliefs</li></ul>	John Henden, BA(Hons) RMN Dip Couns (Univ of Bristol) MBACP FRSA
12:00PM-1:00PM	Lunch Break	
1:00PM-5:00PM	Basic Tools Exercises	John Henden, BA(Hons) RMN Dip Couns (Univ of Bristol) MBACP FRSA
5:00PM-6:00PM	Business Meeting	Luzlin P. Elcullada, RGC, MSFP, Dev.EdD President, PGCA-Cebu

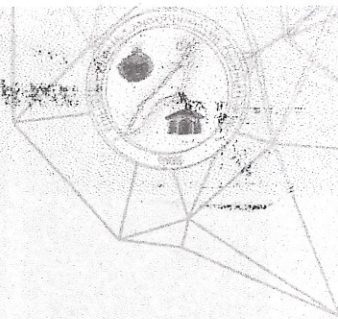
# Program of Activities

**"SOLUTION FOCUSED RECOVERY FOR ADULT SURVIVORS OF CHILD ABUSE AND NEGLECT"**

**DAY 2: Training**

Time	Activity	Person/s Involve
7:00AM-8:00AM	Registration	Charles Matthew Japitan, RGC Jessielou Loquias, RGC
8:00AM-12:00PM	Triggers <ul style="list-style-type: none"><li>• Small group discussions</li><li>• Evidenced-based Strategies</li><li>• Trainer demonstrations</li></ul>	John Henden, BA(Hons) RMN Dip Couns (Univ of Bristol) MBACP FRSA
12:00PM-1:00PM	Lunch Break	
1:00PM-5:00PM	Trainer Demonstration Practised Scenarios	John Henden, BA(Hons) RMN Dip Couns (Univ of Bristol) MBACP FRSA





# About the Speaker



JOHN is an international trainer, author, therapist and performance coach. For over 20 years, he worked within UK NHS mental health services firstly as a practitioner, then as a manager, during a time of rapid change. He delivers training courses from a broad portfolio; and, also provides organisations with personal coaching and mentoring services. His client list includes NHS Trusts, SSAFA, Compass Ltd (NZ), CRUSE, HM Forces, Helsinki Psychotherapy Institute, Local Authorities, HM Prison Service, Compass Seminars Australia, SF Academy (Singapore), Krotkotermiowej Therapy Centre (Poland) and Lviv-Bryukhovychi Seminary, Ukraine.

John has a background in psychology, is a qualified counsellor and a member of the British Association of Counselling and Psychotherapy (BACP). He is also a presenter at both the European Brief Therapy Association (EBTA) and Solutions in Organisations Link-up (SOL), being a founder member of the latter.

John delivers a broad portfolio of 2-day and 3-day intensive solution focused brief therapy workshops to many and various organisations, enabling staff to be more time- and cost- effective. Also, he has developed a special interest in three specialist areas.

The first of these is Solution Focused Recovery from Severe Trauma & Stress. As a SF therapist, he has worked successfully with many survivors of traumatic experiences such as military combat, armed robbery, near-death experiences, rape, road traffic accidents and sudden death. John teaches how both the basic SF techniques and advanced techniques can be applied to successful outcomes with such clients. His two books on the subject are:

"Henden, J. (2011). *Beating Combat Stress: 101 Techniques for Recovery*. Wiley-Blackwell; and, Henden, J. (2017a). *What it Takes to Thrive; techniques for severe trauma & stress recovery*. World Scientific Publishing"

His second specialist subject area is Suicide Prevention, and the book on this subject, which is currently being translated into Japanese and Russian, is:

"Henden, J. (2017b). *Preventing Suicide: the Solution Focused Approach*. Second edition. Wiley-Blackwell"

John's third specialist area is Solution Focused Stress Management and Resilience. (This is also referred to as Solution Focused Healthy Work-Life Balancing.) As a counsellor and therapist for individual work, unsurprisingly, John's preferred approach is Solution Focused. He finds this approach applicable to the widest range of mental health issues, including chronic depression, relationship difficulties, schizo-affective states, alcohol dependency; and, of course, acute stress and anxiety, trauma survivors and suicide prevention. Within the last 30 years, John has worked with some 400 individual clients from public, private and voluntary sector organisations.

As a trainer, in adopting an action-learning approach, John has an energetic and captivating teaching style, which enables participants to remain both alert and involved throughout. His alternating use of short presentations, audio visuals, paired and small group work, ensures not only all learning styles are catered for, but participants find the training both enjoyable and worthwhile.



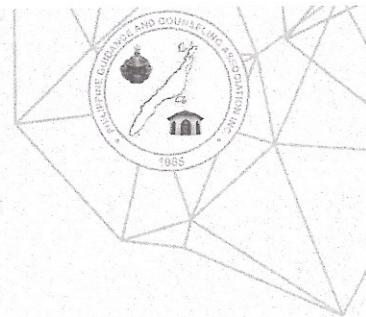
# About the Speaker



Aless is working in education, research, assessment, and mental health awareness, treatment, and care. She earned her BS psychology from Far Eastern University – Manila with a Magna Cum Laude distinction and a Master's degree in Clinical Psychology from De La Salle University – Manila where she is also a Ph. D. candidate in Clinical Counseling Psychology. She completed a diploma in Workplace Learning and Development from De La Salle-College of St. Benilde.

Aless is a top-notch, licensed psychologist. She ranked 5th in the licensure examination for psychologist in 2017. Currently, she plays a vital role in guiding and supporting counselors professional development. She serves as a clinical supervisor in In Touch Community Services and holds the co-chair position of the Psychological Association of the Philippines, Counseling Division. Additionally, she contributes to academia as a faculty member of the Department of Psychology at De La Salle University Manila, the number 1 school in Psychology in the Philippines.

Aless works as a Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT) practitioner and a workplace wellness coach. She has training from world-renowned institutes such as Beck Institute and Workplace Options.



## About the Speaker



Adelaida C. Gines, Ph.D., RGC, RPsyc

Dr. Adelaida C. Gines was formerly the Vice President for Academics of the Philippine Normal University. She was also the former Dean of the College of Arts and Sciences and Department Head of the same University in both undergraduate and graduate levels. She is a Registered Guidance Counselor, a Registered Psychologist, a CHED Technical committee member for Guidance and Counseling from 2009 to 2014, currently a PRC-CPD Council member and CPSP-CATS member for Guidance and Counseling, an educator, research mentor in undergraduate and graduate levels, a writer of elementary and tertiary textbooks, a former executive assessor of MERALCO middle managers, a project/program manager, initiator, designer and much sought research speaker of training programs for senior and middle school managers, helping professionals, and student leaders. She was also the only Filipino Trainor of the International Deans' course for SOUTH-EAST ASIA based in Germany from 2008 to 2016. She was formerly the National Executive Vice President for State Universities and Colleges for Teacher Education Association (SUCTEA).

Moreover, she was also the founding president and president for five years (1998-2003) of the Philippine Association of Psychosocial Helping Professionals (PAPSHP). She occupied varied positions such as the National Treasurer, PKO, vice President and the President of Philippine Guidance and Counseling Association, Inc. from May 2018 – May 2021 and currently the National President of the PGCA, Inc (June 2023 – May 2024). Further, she was also a recipient of the 2015 Philippine Regulation Commission (PRC) Outstanding Professional of the Year (OPY) in the field of Guidance and Counseling.

Additionally, for her academic qualifications, she finished PhD in Psychology at the University of Santo Tomas, MA at the University of the Philippines Diliman, and BSEEd at The Philippine Normal University. She also has several post-Doctoral training fellowship grants in Amsterdam, The Netherlands, on Child and Adolescent Development; the Kassel University, and Humboldt University Zu Berlin, both in Germany, specifically, modules on Organizational Development and Management, Leadership, Curriculum Development, Teaching and Learning, Research Management and Conflict Prevention and Management. Recently in November 2018, she was trained and awarded as Certified Trainor in clinical counseling supervision from the Australian Counseling Association.

Finally, in April and June 2019, she also had a training on Cognitive Behavior Therapy (CBT) for personality disorder, suicide and depression at Beck Institute, Pennsylvania, USA and UP Diliman, respectively.



## Plenary Talks



### *"Evidence-based Practices in Handling Trauma"*

*Adelaida C. Gines, Ph.D., RGC, RPSYC*

With the uncertainties of everyday living coupled with the pandemic we recently experienced. People regardless of age, sex, race and socio-economic status may have experienced TRAUMA. This trauma as an effect of adversities, difficulties such as financial, economic and mental issues may impact our career, education, relationships, and the quality of life as a whole. Given this scenario, the session shall cover a better understanding of the concept of trauma, its signs and symptoms, best practice guidelines to help helping and mental health professionals, and parents and evidence-based practices in handling trauma.



### *"Biological Impacts of Trauma"*

*Alessandra T. Arpon, RPSY, CSCOP*

Guidance counselors play a pivotal role in supporting students and clients who have experienced trauma. While traditional counseling approaches often focus on the psychological and emotional aspects of mental health, it is increasingly vital for guidance counselors to recognize and address the biological underpinnings of mental disorders. By doing so, they can encourage interprofessional collaboration between mental health professionals and other healthcare practitioners to enhance the overall well-being of their students and clients.



## About the Training

*"Solution Focused Recovery for Adult Survivors of Child Abuse and Neglect"*

*John Henden*

Many mental health and wellbeing workers steer clear of taking on clients/patients who have been the victims of severe trauma and/or stress. There are three main reasons for this:

- Fear around "making the person worse";
- fear of vicarious traumatization, and,
- Belief that there are "experts out there" who should see such victims.

This workshop will both be affirming and enable participants to increase their confidence about taking on the whole range of severe trauma survivors, including adult survivors of childhood abuse and neglect. Yvonne Dolan's model of victim-survivor-thriver (living life well) is followed closely, as the workshop unfolds.

The various techniques of the solution focused approach for this client group have been field-tested successfully over many years, and, indeed, a sizeable number are evidence-based. These techniques have proved effective and transferable across many experience areas, which include: sudden death, mass shootings, terrorist incidents, military combat, road traffic collisions, rape, adult survivors of child abuse and near-death experiences.

There will be ample information about how workers can be most helpful to victims and the most effective questions to ask. Information will be provided on what clients have said they found most helpful, and, what workers can do to protect themselves from vicarious traumatization, as the work progresses.

This is not a workshop about theoretical considerations and awareness: it is a how-to-do-it.