

IOTA PHI COUNSELING AND PROFESSIONAL HONOR SOCIETY, INC.
Philippine Chapter of
CHI SIGMA IOTA



Counseling Academic and Professional Honor Society International

Email address: iotaphi.counseling@gmail.com

Contact nos. 09674817648/ 09165535548/09127794477

Office Address: Holy Child Colleges of Butuan, 2nd St., Guingona Subdivision, Butuan City, Philippines

**EXECUTIVE BOARD
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2024-2026**

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Chair, Awards Committee

July 29, 2024

DepEd Regional Office No. 02



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DR. BENJAMIN D. PARAGAS

Regional Director

Department of Education, Region II- Cagayan Valley

Carig, Tuguegarao City, Cagayan

Dear Dr. Paragas,

Warmest Greetings from the IOTA PHI Board!

I am writing on behalf of the members of the Board of IOTA PHI COUNSELING AND PROFESSIONAL HONOR SOCIETY, INC., the Philippine Chapter of Chi Sigma Counseling Academic and Professional Honor Society International based in North Carolina, USA. As an honor society of counseling professionals, we are committed to advancing the counseling profession through leadership, research, advocacy and clinical excellence.

Cognizant of the increasing rate of mental health issues and concerns not only in the Philippines but worldwide, and in line with our advocacy for wellness, IOTA PHI will be holding its 37th Annual National Conference and Workshops on October 10-11, 2024, at Xavier Sports and Country Club, Xavier Estates, Fr. Masterson Ave., Upper Balulang, Cagayan de Oro City, with the theme "CELEBRATING LIFE: UNLEASHING THE POWER OF MENTAL HEALTH CARE."

This Conference is open to guidance counselors, guidance associates, counseling educators, Guidance Coordinators, teachers, psychologists, social workers, homeroom advisers, life coaches, community mental health workers and all other mental health advocates. It seeks to achieve the following objectives:

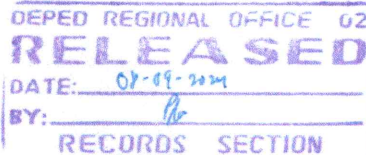
1. provide a platform for participants to collaborate and exchange ideas on best practices in mental health care;

August 7, 2024

To: **Schools Division Superintendents**
This Region

For information and appropriate action. Participation is voluntary and subject to participant's own expense.

BENJAMIN D. PARAGAS PhD, CESO III
Director IV/ Regional Director



HRDD/RBC/mcc



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1. provide a platform for participants to collaborate and exchange ideas on best practices in mental health care:

ADVISORY		Date: 8-17	Released (Records):
To: <input checked="" type="checkbox"/> PSDS/DICs	<input checked="" type="checkbox"/> Elem/Sec School Heads		
<input checked="" type="checkbox"/> Private Schools	<input checked="" type="checkbox"/> Others:		
For: <input checked="" type="checkbox"/> Information	<input checked="" type="checkbox"/> Dissemination		
<input checked="" type="checkbox"/> Guidance	<input type="checkbox"/> Strict Compliance		
ORLANDO E. MANUEL Ph.D., CESO V Schools Division Superintendent			
By: <input type="checkbox"/> ASDS	<input type="checkbox"/> CID Chief	<input type="checkbox"/> SGOD Chief	<input type="checkbox"/> AO <input checked="" type="checkbox"/> Atty

2. conduct interactive workshops that enhance practical knowledge among participants focusing on evidenced-based interventions and therapies;
3. raise participants' awareness about the mental health continuum through open discussions and presentations of experts in the field;
4. facilitate networking among participants to encourage partnerships that contribute to the advancement of mental health services and support systems.

Relative to the above, and trusting your leadership, and great concern for the personal and professional development of your constituents, we make bold to request for your kind endorsement of this program within your region. We strongly believe that with your passion and dedication, you could inspire and spark a fire among your guidance counselors and teachers who are undoubtedly desirous of enhancing their knowledge about mental health care for their personal and professional growth.

Attached herewith is a list of plenary and workshop topics which will be facilitated by our team of highly respected professionals and experts in the field of mental health counseling.

To cover expenses for the venue rental, honoraria of speakers and facilitators, conference materials, lunch and snacks for 2 days, as well as other operational costs, we are charging a minimal fee of Php 3,500.00 per participant. Payments may be made thru bank or Gcash under the ff. names:

Dr. Filomeno A. Gargar
BDO ACCT. NO. 1730120723

Ms. Maria Emma T. Daga
GCASH ACCOUNT 09956632545

Interested participants may register online using the ff link:
<https://bit.ly/IotaPhi37thAnnualConvention>

For further inquiries or reservations, they can contact the IOTA PHI Secretariat at iotaphi.counseling@gmail.com, or call or email any of the ff members of the Board:

Dr. Wilfredo II Francis M. Mina
Mobile No. 09161176197
Email Ad: w2fmina@upm.edu.ph

Ms. Annabelle Sangalang
09209073264
annabellesangalang08@gmail.com

Dr. Myrna R. Batino
09175078195
mrbatino2012@gmail.com

On behalf of the IOTA PHI Board, I am extending my heartfelt gratitude for your kind support to our advocacy.

More power and God bless!

Sincerely yours,


ROSENDA AGUSTIN- DE GRACIA, PhD, RGC, LPT
President, IOTA PHI

IOTA PHI 37th ANNUAL NATIONAL CONFERENCE AND WORKSHOPS

October 10-11, 2024

Theme: "CELEBRATING LIFE: UNLEASHING THE POWER OF MENTAL HEALTH CARE"

GEN. OBJECTIVE:

To equip participants with knowledge, skills, and resources needed to navigate the path to mental health care.

SPECIFIC OBJECTIVES:

1. Provide a platform for participants to collaborate and exchange ideas on best practices in mental health care;
2. Conduct interactive workshops that enhance practical knowledge among participants focusing on evidenced-based interventions and therapies;
3. Raise participants awareness about the mental health continuum through open discussions and presentations by experts in the field;
4. Facilitate networking among participants to encourage partnerships that contribute to the advancement of mental health services and support systems.

PLENARY TOPICS:

1st Day

1. Inner Strengths for Mental Health Care

Description: This topic explores the many types of psychological strengths human beings have, such as talents, skills, interests, and other resources. These inner resources play a crucial role in helping people navigate life's challenges and cope with stress and achieve personal growth and well being.

2. Building Bridges: The power of Human Connectedness

Description: This topic highlights the importance of human connections and how it impacts mental health, work and society. When a person is actively involved with another person, object, group or environment, that involvement promotes a sense of comfort, well being and anxiety reduction. Relationship can act as a buffer in difficult times. When things get tough, it helps to have the support of people who care about us, or at least know enough to listen and empathize.

3. Creating Healthy Relationship in the Workplace for Inner Peace and Wellbeing

Description: This topic highlights the need for workplace for promoting mental health in the workplace. It Addresses mental health needs issues in the workplace and discusses

strategies for creating psychologically safe and supportive work environment. It explore workplace programs and practices that promote mental health, share case studies of successful workplace interventions in fostering a mentally healthy workplace.

2nd Day

1.The Transformative Power of Dance in Emotional Health and Wellbeing

Description: Dance is a profound form of expression that has the power to improve various aspects of our lives. Aside from physical benefits, dance has the incredible ability to uplift spirits, relieve stress, and improve mental health. Dance provides a creative outlet for self-expression, allowing individuals to release emotions and channel their energy positively. It is indeed a powerful tool for self-expression and personal growth. The shared passion for dance also creates bonds of friendship and promotes social connections. Overall, it is a transformative art that improves our well being holistically.

2.Integrating Mental Health Support into School Counseling Programs

Description: This topic explores strategies for embedding mental health support within school counseling framework. It discusses best practices for identifying and addressing mental health issues among students, collaborating with other school professionals, and implementing effective school strategies.

3.Trauma-Informed Counseling Strategies and techniques

Description; This topic examines trauma -informed practices that guide counselors in supporting clients who have experienced trauma, recognize signs of trauma, create safe spaces, and implement trauma sensitive interventions to promote healing and resilience.

4. Emerging Trends in Suicide Prevention

Description: This session focuses on notable findings and developments in suicide prevention research and in particular, strategies to detect persons at risk for suicide as well as strategies to reduce suicide risks among the general population and specific risk groups.

WORKSHOP TOPICS

1st Day

1. Empowering You: Developing your Inner Strengths

Description: This workshop focuses on the power of inner strengths and ways developing it. In order to navigate life's challenges with integrity, grace and determination. While achieving external goals can bring happiness and sense of achievement, inner success is more lasting and sustainable.

Developing inner self is a process that requires commitment and dedication.

2. Building Bridges not Walls: Creating Meaningful Connection

Description: Making healthy connections goes beyond simply avoiding feelings of loneliness and isolation. Relationships impact all dimensions of well-being, including physical and mental health and even the ability to flourish at work and in every facet of life. Unfortunately, the role that relationships play in our lives and our well being is often undervalued. Modern -day "connectivity" appears less concerned with making genuine connections. Thus, there is a need for cultivating meaningful and deeper connections. These connections expose one to new ideas and perspective, fosters empathy and self-awareness among others.

3. Creating a Healthy Headspace

Description: The importance of having a healthy head space, i.e., the opportunity to think clearly without interference is extremely significant in today's fast-paced society. Stress can hamper one's emotional growth and prevent people from doing their best work. Too much of it can cause more sick days, burnout, feelings of disengagement and strained relationship with colleagues. Thus, learning how to balance one's head space is important.

2nd Day

1. Collaborating with Families and Community Resources for Mental Health

Description: Examines the importance of collaboration between counselors, families, and community resources to support student mental health. Emphasizes effective communication strategies, partnership with external organizations, e.g. mental health agencies, youth services, and ways to engage families in promoting students emotional Well being and academic success.

2.. Healing from Trauma: Wellness Interventions and Coping Strategies

Description: Emotional and psychological trauma result from extraordinary events that shatter one's sense of security, creating feelings of helplessness in a dangerous world. Whatever the cause of trauma is, an individual can make healing changes and move on in life. There are steps to overcome the pain, learn trust and connect to others again resulting to a sense of emotional balance.

3.Evidenced-based Suicide Prevention Interventions and Strategies

Description: Practicing evidenced based prevention involves the use of the best available research and data throughout the process of planning and implementing suicide prevention efforts. These suicide prevention efforts are believed to be more likely to succeed if they are guided by the best evidence available. For suicide prevention, relevant outcomes are reductions in suicidal thoughts and behaviors or changes in suicide -related risks and protective factors.