



## **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

Telefax No. (632) 455 5108/ [www.pgcainc.com](http://www.pgcainc.com) / [pgcasetariat@gmail.com](mailto:pgcasetariat@gmail.com)

***57<sup>th</sup> National Midyear Conference (Face-to-Face)***

***October 20- 21, 2022 @Boracay Island, Boracay***

***Theme: “Coming Together for Recalibrated Self-Care and Renewed Well-Being”***

### Course Description:

The national midyear conference of the PGCA is an annual gathering of guidance counselors, guidance advocates, mental health professionals, and other allied helping professionals to learn and gain competencies that are needed as part of the continuing professional development. It is also the time where counselors establish network and linkages among the participants who could be of great help to them in the delivery of guidance and counseling services to their clientele. Participants will have the opportunity to professionally update themselves through attendance in plenary sessions and workshops.

### Objectives:

1. To provide participants learning opportunities for professional development.
2. To engage participants in an interactive discussion plenary sessions and workshops that would further enhance their competencies and skills as helping professionals.
3. To have an avenue for networking and linkages among the participants
4. To rekindle camaraderie and professional relationships among the participants



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### ***57<sup>th</sup> National Midyear Conference (Face-to-Face) October 20- 21, 2022 @Boracay Island, Boracay***

Topic: Well-being Practices in Different Settings  
Date: October 20, 2022  
Speakers: Dr. Carla Cayanan-Paranis (Academe)  
Ms. Remedios C. Moog (Industry)  
Mr. Danilo B. Talusan (Peer)  
Dr. Benny S. Soliman (Community)

#### Abstract

The World Health Organization (2021) reported that COVID-19 has taken a toll on people's mental health throughout the population. This means that people from all walks of life experienced stress and anxiety caused by the pandemic and its related impact. The abovementioned report of WHO is supported by several studies both foreign and local. In the study of Ginger (2020), it shows that 88% of employees reported moderate to extreme stress, and most of them indicated that COVID-19 is the most stressful time of their entire professional career. In the Philippines, a survey of more than 6000 employees showed that 61% of them said that they were stressed and 53% were either worried or anxious.

In times of health and other community crisis, mental health professionals such as guidance counselors, psychologists, and psychiatrists are expected to help others even when they are themselves vulnerable and uncertain- the wounded healers as they call it. However, "*we cannot give what we do not have, we cannot pour from an empty cup,*" hence, guidance counselors and other professionals must take care of themselves too. For this reason, the workshop on well-being practices is essential.

The workshop has the following objectives:

1. To recognize the importance of well-being as professionals;
2. To raise awareness on warning signs of poor well-being; and
3. To apply evidence-based well-being practices.

To attain these objectives, sharing of well-being practices will be facilitated by practitioners from various settings such as academe, industry, clinical, and community.



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### ***57<sup>th</sup> National Midyear Conference (Face-to-Face) October 20- 21, 2022 @Boracay Island, Boracay***

Topic: What is Self-Care and Well-Being?  
Strategies and Programs on Well-Being.  
Date: October 20, 2022  
Speakers: Dr. Antonio C. Sison  
Dr. Francis Dimalanta  
Dr. Niño Mateo  
Dr. Sheila Marie G. Hocson

#### **Abstract:**

##### **Panel Discussion 1: What is Self-Care and Well-Being?**

The purpose of this session is to engage participants in an interactive discussion of self-care and well-being. The panelists will lead a thorough discussion with the participants on the definition, underlying ideas, guiding principles, and theories of self-care and wellbeing. The experts on the panel will also discuss researches on self-care and wellbeing.

##### **Panel Discussion 2: Strategies and Programs on Well-Being**

In this session, the discussants will model the wellness programs of their respective organizations. They will also attempt to demonstrate key strategies to ensure the successful implementation of the program on self-care and wellbeing. The steps and tips on how to design impactful wellbeing programs are the highlights of the discussion.



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Topic: Coming Together for Recalibrated Self-Care and  
Renewed Well-Being

Date: October 20, 2022

Speakers: Dr. Antonio C. Sison

#### Abstract:

The Keynote message aims to inspire guidance counselors and helping professionals to manage and care for their own wellbeing as an essential tool in the helping profession. Specifically, to encourage collaboration among members of a professional team in order to care for their emotional health and well-being in the face of personal and professional challenges. The sharing of the keynote speaker will highlight model practices on how to boost one's sense of well-being. Journeying with the most inspiring expert in self-care and wellbeing on actionable tips for better mental health.



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Topic: Core Mindfulness: Dialectical Behavior Therapy  
Date: October 21, 2022  
Speaker: Ms. Marissa C. Pascual

#### **Abstract**

The 2.5 -hour workshop aims to introduce the participants to the core assumptions and biosocial theory of Dialectical Behavior Therapy (DBT) and the synthesis between change-based interventions (behavior therapy) with acceptance-based principals (validation). It highlights the structure of DBT and defines the modes and functions in applying DBT Core Mindfulness as a skills training. The workshop will introduce the six (6) Core Mindfulness Skills and how to practice these in the counseling profession and personal lives.

#### **Objectives:**

At the end of a 2.5 hour workshop, the participants will be able to;

- a. Increase knowledge on Dialectical Behavior Therapy (DBT) and the Biosocial Theory;
- b. Define Mindfulness, identify its goals, and the Three States of Mind;
- c. Distinguish the “What” and “How” Skills of DBT Mindfulness;
- d. Understand other perspectives and approaches on Mindfulness; and
- e. Experience and practice the DBT Core Mindfulness skills through exercises in the workshop



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Topic: Enhancing Well-Being Strengths thru Emotional Freedom Techniques (EFT) and Applications  
Date: October 21, 2022  
Speaker: Dr. Gina R. Lamzon

#### **Abstract**

Most current practices in enhancing well-being strengths are based on the materialist paradigm. This session introduces and engages the participants to self-administered healing tools and techniques which are consciousness- and energy-based practices anchored on the post-materialist paradigm. Specifically, this session highlights one of the Energy Psychotherapies: the Emotional Freedom Techniques (EFT) which is also known as Tapping. This is an evidenced-informed practice which has been proven to alleviate emotional, mental, physical, and performance challenges. Essentially, EFT applies the principles of acupuncture/acupressure therapy and the techniques of cognitive and exposure therapies. By gently tapping into specific acupressure points, emotional challenges can be released; thus, the individual gains freedom from those challenges and regains their sense of well-being.



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Topic: Digital Well-Being  
Date: October 21, 2022  
Speaker: Ms. Michelle Climaco

#### **Abstract**

As the global community adapts to a ‘new normal’, fostering connection and gaining a sense of community has become increasingly done through the use of online or digital platforms.

This increased amount of time we spend online has spotlighted the importance of creating a balance between our online and offline lives. This becomes increasingly relevant with the understanding that technology affects all aspects of an individual’s health – from how it shapes our behaviors, interactions, levels of stress, to our growth and well-being.

In the school setting, the COVID-19 pandemic has led to the introduction and testing of new learning environments that rely heavily on the use of online or digital workspaces – a relevantly new approach that both learner, educator and even guidance counselors need to navigate through together.

To help both adapt to this context, the Digital **Well-being** and **Resilience In Schools** through the **Expressive Arts (WE RISE)** program was created.

The WE RISE program helps offer teachers and guidance counselors pathways to the integration of expressive arts into the school set-up to promote learner digital well-being. In response to the need for better digital citizenship and well-being for learners, WE RISE places principles of expressive arts that guides facilitators in navigating digital workspaces and ensuring safety, cultivating respect both in school and in their personal live.

#### **Workshop Objectives**

This two-hour WE RISE Program workshop aims to strengthen the capacity of Guidance Counselors to:

1. Understand and appreciate the concept of digital well-being and its contribution to an individual’s health, growth, and development;
2. Learn and develop digital well-being skills through the use of expressive arts;
3. Apply digital well-being concepts and practices in and out of the classroom setting.