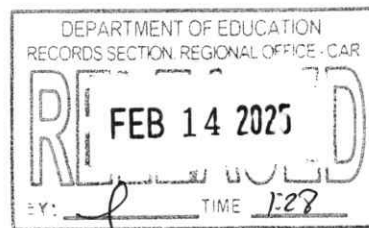




Republic of the Philippines  
**Department of Education**  
CORDILLERA ADMINISTRATIVE REGION



13 February 2025

**REGIONAL MEMORANDUM**  
No. 114 - 2025

**INVITATION TO THE 38<sup>TH</sup> ANNUAL NATIONAL CONFERENCE OF THE  
IOTA PHI COUNSELING AND PROFESSIONAL HONOR SOCIETY**

To: Assistant Regional Director  
Schools Division Superintendents  
All Divisions  
All Other Concerned

1. Relative to DM-OUHROD-2025-0176, re: Invitation to the 38<sup>th</sup> Annual National Conference of the IOTA PHI Counseling and Professional Honor Society, Inc, this office calls for participation to the 38<sup>th</sup> Annual National Conference.

2. The Iota Phi Counseling and Professional Honor Society, Inc. will hold its 38<sup>th</sup> Annual National Conference with the theme: **“Care, Connect, Collaborate: Navigating Pathways to Mental Wellbeing”** on May 15 to 16, 2025 at the Notre Dame of Dadiangas University, General Santos City.

3. The conference is designed to address the needs among mental health professionals and advocates to enhance their knowledge and skills in dealing with mental health issues and learn ways to achieve mental health well-being and cope effectively with life.

4. Guidance counselors, counselor educators and supervisors, and other mental health professional advocates may opt to attend the activity subject to the following conditions:

a. compliance with the applicable provisions of DepED Order No. 046, s. 2022 titled the Amendment to DepED Order No. 43, s. 2022 (Omnibus Travel Guidelines for all Personnel of the Department of Education) and other Appropriate Orders and Guidelines on Travel;

b. secure approval from respective authorities;

c. participation shall not interfere with regular functions and responsibilities; and

d. use of DepEd funds strictly adheres to the usual budgeting, accounting and auditing rules and regulations.

5. Details and program of the conference is Attached in Enclosure 1 for reference.



**Address:** DepEd-CAR Complex, Wangal, La Trinidad, Benguet, 2601

**Telephone No:** (074) 422 – 1318

**Email Address:** car@deped.gov.ph



DepEd Tayo Cordillera



<https://depedcar.ph>



Certificate No. PHP OMS  
24 92 9192

6. For queries and clarifications, please contact the Human Resource Development Division – National Educators Academy of the Philippines in the Region (HRDD-NEAPR) through Rosita C. Agnasi, OIC-HRDD-NEAPR or Elvernice S. Fanged, Scholarship Focal Person through email address at [car.neapr@deped.gov.ph](mailto:car.neapr@deped.gov.ph).

7. Immediate and widest dissemination of this Memorandum is directed.

  
**ESTELA P. LEON-CARIÑO EdD, CESO III**  
Director IV/ Regional Director 

//HRDD/RCA/ESF/38thannualconferenceiota



**Address:** DepEd-CAR Complex, Wangal, La Trinidad, Benguet, 2601

**Telephone No:** (074) 422 – 1318

**Email Address:** [car@deped.gov.ph](mailto:car@deped.gov.ph)



DepEd Tayo Cordillera



<https://depedcar.ph>



(Enclosure 1 to RM No 114) 2025



**IOTA PHI COUNSELING AND PROFESSIONAL HONOR SOCIETY, INC.**

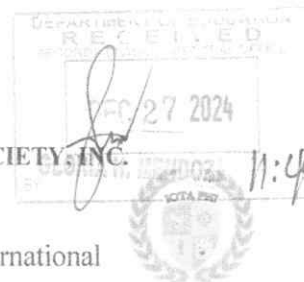
Philippine Chapter of  
**CHI SIGMA IOTA**

Counseling Academic and Professional Honor Society International

Email address: [iotaphi.counseling@gmail.com](mailto:iotaphi.counseling@gmail.com)

Contact nos. 09674817648/ 09165535548/09127794477

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



**EXECUTIVE BOARD OFFICERS 2024-2026**

Rosenda A. De Gracia, Ph.D., Ed.D., RGC, LPT  
President

Felomino A. Gargar, Ed.D., RGC, Rpm,  
Diplomate IABMCP,  
Fellow PCHA  
President-Elect

Maria Emma T. Daga, RGC, LPT  
Secretary

Oscar M. Gomez, RGC  
Auditor

Wilfredo H Francis F. Mina, Ph.D.,  
RGC, Rpm  
Public Relations Officer

Rodulfo P. Esteves, Ph.D., RGC, Rpm,  
Diplomate IABMCP,  
Fellow PCHA  
Faculty Adviser/Treasurer

† Lily Rosqueta-Rosales, Ed.D., RGC,  
Diplomate IABMCP  
Founding President

**SPECIAL APPOINTMENTS**

Myrna R. Batino, Ph.D., Ed.D., RGC, Rpm, LPT,  
FRIRes  
Assistant Secretary

Ricardo Guanzon, MD, Ed.D., Ph.D.  
FPAFP, RGC  
Assistant Treasurer

Annabelle M. Sangalang, MEd, RGC  
Chair, Advocacy & Prof.Dev. Committee

**STANDING COMMITTEES**

Rosenda A. De Gracia, Ph.D., Ed.D., RGC, LPT  
Chair, Program Committee

Rodulfo P. Esteves, Ph.D., RGC, Rpm,  
Diplomate IABMCP,  
Fellow PCHA  
Chair, Membership Committee

Myrna R. Batino, Ph.D., Ed.D., RGC, Rpm, LPT,  
Chair, Research & Public Relations  
Committee

Felomino A. Gargar, Ed.D., RGC, Rpm,  
Diplomate IABMCP,  
Fellow PCHA  
Chair, International Linkages Committee

Leticia A. Rebillon, Ph.D., RGC  
Chair, Awards Committee

December 24, 2024

**HONORABLE JUAN EDGARDO "SONNY" M. ANGARA**

Secretary of the Department of Education  
DepEd Complex, Meralco Avenue, Pasig, City

Dear Honorable Sec. Angara,

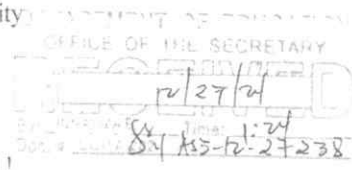
Warm Greetings from the IOTA PHI Board!

The IOTA PHI COUNSELING AND PROFESSIONAL HONOR SOCIETY, INC., the Philippine Chapter of CHI SIGMA IOTA COUNSELING ACADEMIC AND PROFESSIONAL HONOR SOCIETY INTERNATIONAL based in North Carolina, USA, will be holding its 38<sup>th</sup> Annual National Conference on May 15-16, 2025, at Notre Dame of Dadiangas University, with the theme, " CARE, CONNECT, COLLABORATE: Navigating Pathways to Mental Well being ".

The Conference is designed to address the need among guidance counselors, counselor educators and supervisors, psychologists, social workers, and other mental health professionals and mental health advocates to enhance their knowledge and skills in dealing with mental health issues and learn ways to achieve mental well being and cope effectively with life.

The two-day Conference aims to achieve the following objectives:

1. Provide a holistic approach to understanding mental health by emphasizing the inter-relatedness of self-care, social connection and collaborative efforts in promoting mental wellness;
2. Equip participants with knowledge and practical strategies for nurturing their own mental health while fostering supportive environments for others;
3. Facilitate networking among participants to encourage partnerships that contribute to the advancement of mental health services and support systems;
4. Enhance participants skills in handling mental health related problems and issues in the school setting;
5. Challenge participants to take proactive steps toward creating healthier and more resilient environments



**Address:** DepEd-CAR Complex, Wangal, La Trinidad, Benguet, 2601  
**Telephone No:** (074) 422 – 1318  
**Email Address:** [car@deped.gov.ph](mailto:car@deped.gov.ph)  
DepEd Tayo Cordillera <https://depedcar.ph>



Relative to the above, we would like to request for the issuance of a DepEd Advisory to enable the official participation of licensed guidance counselors and those who are still working on their licenses, including teachers, homeroom advisers, guidance coordinators, principals and supervisors who are interested to attend this Conference that is highly supportive of the new law, RA 12080, otherwise known as the Basic Education Mental Health and Wellbeing Promotion Act.

Attached herewith is a copy of our **Conference Program** with the topics that will be tackled during the Plenary Sessions by our team of highly respected professionals and experts in the field of mental health.

To cover expenses for conference and workshops such as venue rental, honorarium for speakers and workshop facilitators, conference kit, lunch and snacks for two days, as well as other operational costs, a minimal registration fee of four thousand and five hundred pesos (Php4,500.00) will be charged each participant. Registration maybe done online using this link:  
<https://bit.ly/IOTA2025Conference>.

For inquiries and reservation ,interested participants may contact the IOTA Secretariat via email at [iotaphi.counseling@gmail.com](mailto:iotaphi.counseling@gmail.com) , or via mobile phone nos. 09674817648 / 09165535548/ 09127794477.

Again, on behalf of the IOTA PHI Board, I am extending our heartfelt gratitude for your usual support and kind approval of this request.

Sincerely yours,

  
**ROSENDA A. DE GRACIA** , Ed. D., Ph.D.,RGC. LPT  
President, IOTA PHI



**IOTA PHI COUNSELING AND PROFESSIONAL HONOR SOCIETY INC.**

**38<sup>th</sup> ANNUAL NATIONAL CONFERENCE**

Notre Dame of Dadiangas University, General Santos City  
May 15-16, 2025

**CONFERENCE PROGRAM**

**1st Day**

**A.M.**

- 7:00 - 8:00 - REGISTRATION
- 8:00 - 8:30 - Opening Ceremonies
- 8:30 - 9:30 - Keynote Address  
"CARE, CONNECT, COLLABORATE: Navigating Pathways to Mental Wellness"
- 9:30- 10:30 - Topic 1  
R.A 12080 - Basic Mental Health and Well being Promotion Act
- 10:30-10:45 HEALTH BREAK
- 10:45 -11:45 Topic 2  
"Disconnecting to Reconnect (Digital and Social Detox) : A New Paradigm to Self-Care"
- 11:45-1230 OPEN FORUM

**P.M.**

- 1:30 -2:30 Topic 3  
"Fostering Community Relationships among Counselors to Manage Conflict, and Prevent Burnout and Compassion Fatigue"
- 2:30- 3:30 Topic 4  
"Integrated Approach to Manage Counselors with Borderline Personality Issues"
- 3:30 -3:45 HEALTH BREAK
- 3:45- 4:45 Topic 5  
"Mindful Self-Compassion: Ways for Self-Acceptance, Build Inner Strength and Live Productive Lives"

4:45- 5:30 OPEN FORUM

**2<sup>nd</sup> Day  
A.M.**

7:45- 8:00 - Morning Exercise - "Let's Get Physical"

8:00- 9:00 Topic 1  
" **Building Resilience and Healing from Emotional Trauma**"

9:00- 10:00 Topic 2  
" **Managing Anxiety Disorders and Depression Using Emotional Freedom Techniques (EFT)**"

10:00-10:15 HEALTH BREAK

10:15:11:15 Topic 3  
" **Motivational Interviewing: A Collaborative Process to Support Client Change and Growth**"

11:15- 12:00 OPEN FORUM

**P.M.**

1:00 -2:00 Topic 4  
" **Emerging Approaches to Suicide and Substance Use Prevention**"

2:00 -3:00 Topic 5  
" **Building Social Support Networks to Promote Health and Wellness**"

3:00-3:15 HEALTH BREAK

3:15-4:15 Topic 6  
" **Wellness Assessment Tools**"

4:15-5:00 OPEN FORUM

5:00-5:30 Closing Ceremonies