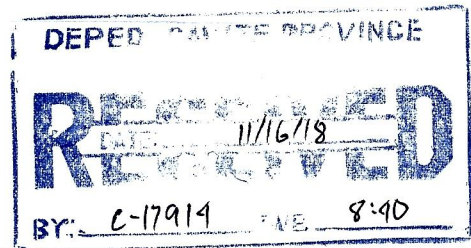




# Philippine Guidance and Counseling Association-Cavite



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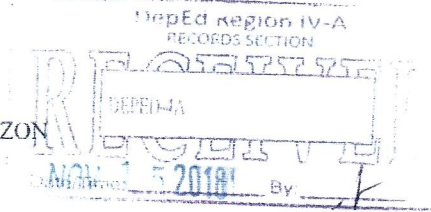
Erlene C. Umali, RGC  
*De La Salle Medical and Health Sciences Institute*

Adviser:

Julian R. Montano, PhD, RGC, RP  
*In Touch Community Services*

November 11, 2018

**DR. DIOSDADO M. SAN ANTONIO**  
Regional Director, Region IV-A, CALABARZON  
Department of Education



Dear **Dr. San Antonio**:

Warm greetings from the Philippine Guidance and Counseling Association-Cavite!

We are pleased to inform you that we will be holding our 5th Provincial Assembly with the theme "Mental Resiliency: Key to Individual's Functional Well-being" in De La Salle Medical and Health Sciences Institute on December 14-15, 2018. It aims to advocate state of well-being and effective functioning for individuals. The two-day seminar-workshop intends to present strategies and programs that will allow people to adopt and maintain healthy lifestyles.


As we aim to be accredited for Continuing Professional Development units from the Professional Regulation Commission Board of Guidance Counseling, Board of Psychology, and Board of Professional Teachers, around 200-250 Registered Guidance Counselors, Registered Psychologists/Psychometricians, Licensed Professional Teachers, and guidance practitioners are expected to attend.

In line with this, we would like to ask for the aforementioned activity to be endorsed to the School Division Offices. Attached are the program details and the poster designs.

We are looking forward to your favorable response on the request.

Thank you.

Very truly yours,

  
Manuel G. Camarse, PhD, RGC  
President, PGCA-Cavite

*To: SDSs  
for your appropriate  
action, please.  
Thank you. God bless!*



# PHILIPPINE GUIDANCE AND COUNSELING ASSOCIATION CAVITE CHAPTER

14-15 December 2018 | 8:00 AM-5:00 PM | De La Salle Health Sciences Institute

## ***"Mental Resiliency: Key to Individual's Functional Well-Being"***

### **KEYNOTE ADDRESS**

**Dr. Adelaida C. Gines, RGC, RP**  
PGCA-National President

### **PLENARY SPEAKERS**

**Dr. Dinah P. Nadera**  
"Well-being, Coping, and Resilience in Mental Health Promotion"

**Dr. Carmelita P. Pabiton, RGC**  
"Updates on the Counseling Profession and Alignment to the Mental Health Law"

**Dr. Paulito V. Hilario, RGC**  
"Building Resilience among the Digital Generation"

### **WORKSHOPS**

**Dr. Julian R. Montano, RGC**  
"Resilience in the Workplace"

**Dr. Myla Pilar S. Pamplona, LPT, RPm, RGC**  
"U.S.A.L.: A Counseling Innovation for Teenage Depression"

**Ms. Rosalie E. Cataquis, RGC, LPT**  
"Resilience in the Workplace"

**Dr. Marie Gethsemanie P. Hilario, RGC**  
"Developing Resilience Through Creative Therapy for Counselors and Educators"

**Dr. Cecilia B. Banaag, RGC**  
"Building Parents' Capacity for Student Success"

**Application for CPD credit units for RGC, RPsy/RPm, and LPT has been submitted and will be released soon**

### **SPONSOR/S**



**DLSHSI**  
DE LA SALLE HEALTH SCIENCES INSTITUTE

### **REGISTRATION FEE**

**Members:**  
Php 1,900.00

**Non-Members:**  
Php 2,300.00

**On-site Registrants:**  
Php 2,500.00



# Philippine Guidance and Counseling Association-Cavite

## 5th Provincial Assembly

December 14-15, 2018, 8:00 am to 5:00 pm

De La Salle Villarosa Hall 4<sup>th</sup> floor, De La Salle Health Sciences Institute

## PROGRAMME

### DAY 1 (December 14, 2018)

- 7:00 AM REGISTRATION
- 8:00 AM OPENING PROGRAM  
Doxology  
National Anthem
- 8:15 AM WELCOME ADDRESS
- 8:30 AM Recognition of Participants – **Jhoanna Rose M. Moreno, RGC**  
Secretary, PGCA-Cavite
- 9:00 AM KEYNOTE ADDRESS  
“Mental Resiliency: Key to Individual’s Functional Well-Being”  
**Dr. Adelaida C. Gines, RGC, RPsy**  
President, Philippine Guidance and Counseling Association (PGCA)
- SNACKS
- 10:00 AM PLENARY SESSION  
“Well-being, Coping, and Resilience in Mental Health Promotion”  
**Dr. Dinah Palmera P. Nadera**  
Diplomate, Philippine Board of Psychiatry  
Fellow, Philippine Psychiatric Association
- 11:00 AM ELECTION GUIDELINES – **Evangeline G. Aviñante, RPsM**  
Appointed Assistant Secretary
- 11:30 AM REPORT FROM THE PRESIDENT AND THE TREASURER  
**Dr. Manuel G. Camarse, RGC**  
President, PGCA-Cavite  
**Dr. Isabelita C. Celestino, RGC**  
Treasurer, PGCA-Cavite
- 12:00 NN LUNCH

- 1:00 PM PLENARY SESSION  
 "Updates on the Counseling Profession and Alignment to the Mental Health Law"  
**Dr. Carmelita P. Pabiton, RGC**  
 Professional Regulation Commission-Board of Guidance and Counseling
- 2:00 PM PLENARY SESSION  
 "Building Resilience among the Digital Generation"  
**Dr. Paulito V. Hilario, RGC**  
 Vice President, PGCA-Cavite
- SNACKS
- 3:00 PM ELECTION OF NEW PGCA-CAVITE OFFICERS
- 4:30 PM RECAPITULATION OF DAY 1
- 5:00 PM DAY 2 CONCURRENT SESSION GROUPING /ROOM ASSIGNMENTS/REMINDERS

**DAY 2 (December 15, 2018)**

**WORKSHOPS**

8:00 AM – 12:00 NN

1:00 PM – 5:00 PM

Resilience in the Workplace

**Dr. Julian R. Montano, RGC**

U.S.A.L: A Counseling Innovation for Teenage Depression

**Dr. Myla Pilar S. Pamplona, LPT, Rpm, RGC**

Mindfulness in the Workplace

**Rosalie E. Cataquis, RGC, LPT**

Developing Resilience Through Creative Therapy for Counselors and Educators

**Dr. Marie Gethsemanie P. Hilario, RGC**

Building Parents' Capacity For Student Success

**Dr. Cecilia B. Banaag, RGC**

Note: Participants will be able to attend two workshops, one in the morning and one in the afternoon.



PHILIPPINE GUIDANCE AND COUNSELING ASSOCIATION  
CAVITE CHAPTER



# *Mental Resiliency:* **KEY TO INDIVIDUAL'S FUNCTIONAL WELL-BEING**

**De La Salle Health Sciences Institute**  
**December 14-15, 2018**  
**8:00 AM-5:00 PM**

Application for CPD credit units for  
RGC, RPsy/RPm, and LPT has been submitted  
and will be released soon

