



Republic of the Philippines  
**Department of Education**  
REGION XII  
SCHOOLS DIVISION OF SOUTH COTABATO

Office of the Schools Division  
Superintendent

26 Mar 2025

DIVISION MEMORANDUM  
SGOD No. **032** s. 2025

INVITATION TO THE 38th ANNUAL NATIONAL CONFERENCE OF THE IOTA PHI  
COUNSELING AND PROFESSIONAL HONOR SOCIETY, INC.

To: Assistant Schools Division Superintendent  
Chief Education Supervisors  
Education Program Supervisors  
Public Schools District Supervisors/Principals In-Charge  
Public Elementary and Secondary School Heads  
All Others Concerned

1. In reference to DM-OUHROD-2025-0176 titled, **Invitation to the 38<sup>th</sup> Annual National Conference of the IOTA Phi Counseling and Professional Honor Society, Inc.**, the Philippine Chapter of Chi Sigma Iota, Counseling Academic and Professional Honor Society International shall conduct the 38<sup>th</sup> Annual National Conference at the Notre Dame of Dadiangas University, General Santos City on May 15-16, 2025.
2. Anent this, DepEd guidance counselors, advocates, designates, coordinators, psychologists and psychometricians in professions may opt to attend the activity.
3. Please refer to the attached Memorandum DM-OUHROD-2025-0176 for more details. Attendance to this activity is purely voluntary subject to the availability of funds stipulated in the Annual Implementation Plan for FY 2025.
4. For further inquiries and clarification, please coordinate with Engr. Sigreed Ferolyn A. Moscosa and Rogelio Jr P. De Juan, Division Youth Formation Coordinators through mobile numbers 0917-563-8962 / 0947-776-1081, and Email Address at [yf.southcotabato@deped.gov.ph](mailto:yf.southcotabato@deped.gov.ph)
5. Immediate dissemination of this Memorandum is desired.

**LEONARDO M. BALALA, CESO V**  
Schools Division Superintendent

**CEVI B. RUTIHEN**

Assistant Schools Division Superintendent



Address: Alunan Avenue, Koronadal City, South Cotabato 9506  
Telephone Number: (083)228-3801  
Email Address: [south.cotabato@deped.gov.ph](mailto:south.cotabato@deped.gov.ph)



Republic of the Philippines  
**Department of Education**  
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SCHOOLS DIVISION OF SOUTH COTABATO

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Encl.: As stated

Reference: As stated

To be indicated in the Perpetual Index  
Under the following subjects:

SCHOOL

ORGANIZATION

CONFERENCE

SFAM/DM-invitation to the 38th annual national conference of the IOTA phi counseling and professional honor society, inc.  
0000/March 26, 2025



Address: Alunan Avenue, Koronadal City, South Cotabato 9506

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Republika ng Pilipinas

# Department of Education

OFFICE OF THE UNDERSECRETARY

HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT

**MEMORANDUM**

**DM-OUHROD-2025-0176**

**TO : Regional Directors  
Schools Division Superintendents  
All Others Concerned**

**FROM : WILFREDO E. CABRAL**  
*Undersecretary for Human Resource and  
Organizational Development*

**MALCOLM S. GARMA**  
*Assistant Secretary, Officer-In-Charge  
Office of the Undersecretary for Operations*

**SUBJECT : INVITATION TO THE 38TH ANNUAL NATIONAL CONFERENCE  
OF THE IOTA PHI COUNSELING AND PROFESSIONAL HONOR  
SOCIETY, INC.**

**DATE : 21 January 2025**

The Iota Phi Counseling and Professional Honor Society, Inc. will hold its **38<sup>th</sup> Annual National Conference** on **May 15 to 16, 2025**, at the **Notre Dame of Dadiangas University, General Santos City**.

This year's theme: "**Care, Connect, Collaborate: Navigating Pathways to Mental Wellbeing**" is designed to address the need among mental health professionals and advocates to enhance their knowledge and skills in dealing with mental health issues and learn ways to achieve mental wellbeing and cope effectively with life.

DepEd guidance counselors, counselor educators and supervisors, psychologists, social workers, and other mental health professionals and advocates may opt to attend the activity subject to the following conditions:

- 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;
- secure approval from respective authorities;
- participation shall not interfere with regular functions and responsibilities; and

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

For more details, please see the attached communication from the Iota Phi.

Copy furnished:

**OFFICE OF THE SECRETARY**





**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**

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

**SPECIAL APPOINTMENTS**

**Myrna R. Batino, Ph.D., Ed., 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

**Rodolfo P. Esteves, Ph.D., RGC, RPm,**  
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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,

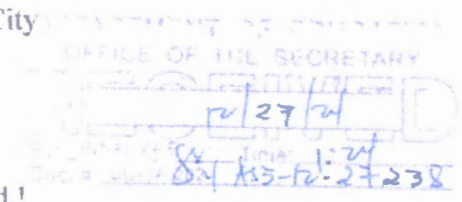
Warm Greetings from the IOTA PHI Board.!

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



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 may be 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