

Post-Convention Workshop # 1	
Title	THE PROCESS OF INDIVIDUAL ASSESSMENT IN THE INDUSTRY
Facilitator/s	LIEZL RILLERA-ASTUDILLO, MS Psych, Rpm, LPT
Abstract	<p>Despite the extensive use of individual assessment in several industries, the practice, seemingly, is still burdened with challenges, misconceptions, and issues. As such, this workshop has been thought out with potential participants in mind. Fundamentally, it targets practitioners in the field of individual assessment who are expected to act, eventually, as a network to bring together best practices resulting from the workshop activities. This proposed workshop is intended to be very useful in employee recruitment, selection and development. It is designed into four parts. Particularly, the workshop structure includes topics and experiential activities centered on Individual Assessment in General, Contemporary Job Modelling, Establishing Assessment Protocols and Integration.</p>
About the Facilitator/s	<p>Aside from her experience as an HR Practitioner for over five years, LIEZL RILLERA-ASTUDILLO is an experienced educator with extensive background in teaching Behavioral Sciences courses and Social Science Statistics, conducting social science research, and facilitating experiential learning activities. Before joining the pool of professors in De La Salle University- Manila in 2010, she was an Assistant Professor of the University of the Philippines Baguio for over 9 years. In 2014, she was conferred as the best consultant and adviser by the AFP Civil Military Operations School for her exemplary, outstanding contribution and invaluable service rendered.</p> <p>At present, she is the Senior High Coordinator for Research in HuMSS at the De La Salle University Integrated School. She finished both her baccalaureate degree in BS Psychology (Cum Laude) and graduate studies in MS Psychology (Magna Cum Laude) at Saint Louis University. She is a registered psychometrician and a licensed professional teacher.</p>

Post-Convention Workshop # 2	
Title	CULTIVATING PEACE WITHIN AND WITHOUT: LEARNINGS FROM CROSS-CULTURAL AND TRANSPERSONAL EXPERIENCES
Facilitator/s	MARIA LOURDES LLANEZA-RAMOS, PhD, RPsy
Abstract	<p>The workshop invites participants to learn and practice creative and radical approaches to peace-making from psychosocial and spiritual lessons from four countries (India, Philippines, South Africa, and Vietnam). It discusses the concepts of “satyagrahi”, “ubuntu”, “interbeing”, and the “bayanihan” from these places. These approaches show their indigenous approach for choosing to deal with intrapersonal and interpersonal conflicts within the context of building peace. The workshop shall provide sample cases and hands-on exercises for these ideas to be personally felt and applied to their own inner or outer worlds that thirst for peace and the many benefits it brings.</p> <p>Workshop participants will:</p>

	<ul style="list-style-type: none"> • Know how peace can be cultivated from the four source countries that successfully applied these practices • Learn the associated skills for cultivating Peace with intrapersonal and interpersonal challenges • Practice using these approaches with personal and community needs, as well as professional work demands • Be bonded with one another in shared gardening in the service of Peace.
About the Facilitator/s	<p>Maria Lourdes Llaneza-Ramos (or Dr. Maria/Marilou)</p> <p>She is an Associate Professor of the PhD Clinical Psychology and the MA Counseling Program programs of the Ateneo de Manila University, Philippines for over 30 years. She is a practicing clinical psychologist and hypnotherapist with the Jaime Bulatao Center for Psychology Services of the Ateneo de Manila University and in her own private clinic. She took her AB in Behavioral Sciences at the Ateneo de Davao graduating as the Departmental Awardee for Social Sciences, Summa cum Laude, and Class Valedictorian. Her MA in Social-Industrial Psychology and PhD in Clinical Psychology at the Ateneo de Manila University under academic scholarships.</p> <p>She has presented related researches in international and national conventions of professional educators and psychologists and in seminar-workshops on growth and healing in the USA, India, Malaysia, Thailand, People’s Republic of China, and Canada, and various places in the Philippines.</p> <p>She has done creative stress management, gives psycho-spiritual recollections and retreats, and helps in rehabilitation programs for the religious and laymen in search of "Something More" or meaning in their lives, trauma healing workshops with survivors of the CDO bombing from a multinational company in Manila and Cebu, debriefing workshops in university settings after deaths from suicide and accidents, and bereavement camps for medical doctors, nurses and parents of terminally ill children who have passed away.</p>

Post-Convention Workshop # 3	
Title	PREVENTING SUICIDE USING THE SOLUTION FOCUSED APPROACH
Facilitator/s	MARIA ANGELA A. VIRATA, MSFP, RPsy
Abstract	<p>Workshop Aims:</p> <p>This 3 hour workshop draws on the basic techniques on principles of Solution Focused Brief Therapy and applies them to Preventing Suicide in the Filipino setting. Participants will be introduced to a unique approach to the individual who is having suicidal ideas, which both reduces the likelihood of further suicidal thinking and, at the same time, reduces the sense of burden on the mental health professional.</p> <p>Intended Learning Outcomes At the end of the workshop, participants will be able to:</p> <ul style="list-style-type: none"> • Feel more comfortable in their dealings generally with those who want to talk about suicide or self-harm as an option for dealing with their difficulties

	<ul style="list-style-type: none"> • Apply key basic Solution Focused Brief Therapy techniques to their work with the suicidal like using Pre Suppositional Language and Finding Exceptions. • Appreciate the value and importance of hope and optimism within themselves, even when dealing with the most tragic of human circumstances confronting them <p>Note: This post-convention workshop is based on the work of John Henden, author of the book “Preventing Suicide: the Solution Focused Approach (2nd) ed. (2017) and how this approach has been successfully applied with Filipino clients.</p>
About the Facilitator/s	<p>Ms Virata has a Master’s degree in Counseling Psychology from John F. Kennedy University (California, USA) specializing in Transpersonal Psychology which integrates body, mind, spirit and emotions. She has over 18 years experience as a Counseling Consultant working with InTouch Community Services in Makati City counseling adults dealing with a wide range of work-related, and personal issues—like grief & loss, transitions, depression, anxiety, relationship. family and LGBT issues.</p> <p>Jelly is a Master Solution Focused Practitioner (MSFP) certified by the International Alliance of Solution Focused Teaching Institutes (IASTI). She is also a Professional Credentialed Coach (PCC) with the International Coach Federation (ICF).</p>

Post-Convention Workshop # 4	
Title	PSYCHOTHERAPEUTIC TECHNIQUES FOR CHILDREN
Facilitator/s	ANNA KATHRINA OAMINAL-WATIN, <i>PhD, RPsy, Rpm</i>
Abstract	<p>One of the earliest articles published on the psychotherapeutic technique of a child was Sigmund Freud’s case of Little Hans in 1909. The theory behind Han’s treatment was that the cure of Han’s neurosis would be brought about via the process of Han’s gaining conscious awareness into the process that were contributing to the development of his symptom (Gardner, 1986). The fundamental dictum of psychoanalytic treatment was applied to Hans: “Where there is unconscious, there shall unconscious be.” The workshop utilizes various methods especially those of Richard Gardner that had been devised to engage children meaningfully in psychotherapy.</p>
About the Facilitator/s	<p>Dr. Anna Kathrina Oaminal-Watin graduated with a Bachelor’s degree in Psychology and a Master’s degree in Psychology from the University of San Jose-Recoletos and went on to earn her Doctor of Philosophy in Psychology at Silliman University, majoring in Clinical Psychology. She also holds a Master’s degree in Education with a major in Special Education as well as a Diploma in Early Childhood Education.</p> <p>Dr. Oaminal-Watin is a psychologist and a psychotherapist with a diverse clientele. Her expertise in psychology is being utilized in the areas of assessment, counseling, and psychotherapy; research; industry and organizations; education; and legal and forensics applications. She is recognized as an expert in the field of psychology by the Philippine courts and by the New York State Insurance Fund.</p>

She has been a speaker in local, national, and international conferences where she has presented not only her own research but also lectured on a variety of challenging and interesting subjects pertaining to the human mind and behavior. Dr. Oaminal-Watin is a faculty member of the University of Cebu and serves as the clinical psychologist of the UC Medical Center. Additionally, she is a professor of the University of Cebu and the University of Bohol where teaches graduate classes. She is also a published author.

In 2004, she opened a school for special needs children and a year later, a Montessori pre-school. Currently, she also has a private practice and her clinic is at the AKVO Applied Psychology Center located at the Mari Joy Building, formerly the Kan-Irag Hotel, on Ramos Street, Cebu City.

Post-Convention Workshop # 5	
Title	THE ART OF CREATING MEANINGFUL RELATIONSHIPS WITH CLIENTS IN REALITY THERAPY
Facilitator/s	<i>KATRINA MARIE D. VANDENBROECK, MS, RPsy, CTRTC</i>
Abstract	Reality Therapy is a method of counseling that uses meaningful relationships with clients to help them make more effective choices. This workshop will focus on the different techniques of connecting with clients using concepts in Choice Theory.
About the Facilitator/s	Katrina Vandebroeck is a licensed psychologist working in private practice. She is certified in Choice Theory / Reality Therapy (CT/RT) and is also a Basic Instructor of CT/RT. She is one of the founding members of the William Glasser Institute-Philippines.

Post-Convention Workshop # 6	
Title	COMMUNITY-BASED APPROACH IN SUICIDE MANAGEMENT: PREVENTION, DETECTION, ASSESSMENT AND INTERVENTION
Facilitator/s	<i>SHERRYL M. ABELLANOSA, PhD, RPsy</i> <i>LILIAN GUI, RPsy</i>
Abstract	<p>Suicide cases are growing in numbers especially in certain communities. This workshop highlights strategies and activities that were actually used (or part of the plan) to address suicide incidence through a community-based approach. Strategies in networking with stakeholders and processes involved in forming a taskforce to spearhead the program are included as well action plans in running the different spheres: prevention, detection, assessment and intervention.</p> <p>The workshop is contextualized in an actual community wherein lay people are capacitated with basic skills to address the phenomenon of suicide. The scarcity of mental health workers calls for more involvement of people who are capable of dealing with this growing problem in the society. Environment plays a big role in the recovery of people with mental health concern, thus, adopting a community-based approach is deemed appropriate.</p>

About the Facilitator/s	<p>Lilian Gui is a licensed psychologist working both in private practice and a well-known Psychologist of local celebrities. She is also a child psychologist of the SLU-Sun Flower Children’s Center in Baguio City. A mental health advocate, Ms. Gui is an active member of the Natasha Goulbourn Foundation that sponsors suicide hotline both in Manila and Cebu City.</p> <p>Sherryl Muli-Abellanosa, is a licensed psychologist and have a PhD in Clinical Psychology. She is an instructor in the University of San Carlos, Cebu City and maintains a private practice in the same city. She is an ardent mental health advocate and is the founder of KAUBAN, the first mental health support group in the Visayas and Mindanao.</p>
--------------------------------	--

Post-Convention Workshop # 7	
Title	CHILD LIFE 101: WHAT IT IS AND HOW TO ENSURE POSITIVE HEALTHCARE EXPERIENCES FOR CHILDREN
Facilitator/s	ANGELITA R. O. SIEVERT-FERNANDEZ, PhD, RPsy
Abstract	<p>A special population that has not had the attention and support it needs are children in the healthcare setting – whether acutely ill, chronically ill or those needing routine consultations and procedures. In hospitals, children may find strange faces, different routines, strange beds and equipment, unfamiliar surroundings, different smells and sounds and painful procedures. Often children experience fear, anxiety and pain that impact on their psychosocial well-being. This workshop focuses specifically on the practice of child life, a field not yet well known in the Philippines, and whose growing presence is vital in ensuring an enhanced quality of care provided to children in hospitals and their families. Further, this workshop will provide participants with an introduction to the practice of child life and will emphasize the building of participants’ knowledge base of psychosocial care provision for pediatric patients in the healthcare setting. Evidence-based, developmentally appropriate interventions including therapeutic play, preparation and education that reduce fear, anxiety, and pain and facilitate better coping for children and youth in the healthcare setting will be carried out through a process that combines lecture, demonstration and personally engaging in related activities. Caring for a child’s psychosocial state, especially in the healthcare setting, is vital for his continued normal growth and development.</p> <p>Workshop Objectives By the end of the workshop, the participants will</p> <ul style="list-style-type: none"> • Be aware of the effects of hospitalization and other healthcare experiences on children; • Be oriented with the basic principles and objectives of the practice of child life; • Experience and learn basics of therapeutic play, preparation and education activities that reduce fear and anxiety and facilitate better coping for children in the healthcare setting; • Develop a better understanding on the need for and the value of psychosocial care in the healthcare setting.
About the Facilitator/s	Dr. Angie Sievert-Fernandez is a Registered Psychologist, a Certified Specialist in Counseling and Developmental Psychology and a Certified Child Life Specialist by the Child Life Council, USA. She’s an advocate for developmentally appropriate practices in education and

in assessment and intervention strategies for psychological and mental health concerns in children. Dr. Angie completed Intensive Training and Supervision at The Center for Play Therapy at the University of North Texas and obtained a Certificate in Therapeutic Play Skills from the Play Therapy International. She has been an observer in Psychological Medicine, in Pain Clinics and in Child Life Programs in hospitals in the US and Australia. Dr. Angie holds private practices in St. Luke's Medical Center, Global City, in Manila Doctors Hospital and in LH Prime Medical Clinic in Cebu. Dr. Angie is the Child Life Program Manager of Kytte Foundation Inc, the only organization in the country providing psychosocial care for hospitalized children through the Child Life Program. She oversees these programs in partner hospitals nationwide. Dr. Angie finished BS Psychology at the University of San Carlos, cum laude, Masters in Family Life and Child Development at UP-Diliman and Doctor of Philosophy in Counseling Psychology at De La Salle University.

Post-Convention Workshop # 8	
Title	SITUATION SAMPLING AND EXPERIENCE SAMPLING METHODS IN SCALE DEVELOPMENT
Facilitators	<i>JEROME A. OUANO, PhD</i> <i>FELICIDAD T. VILLAVICENCIO, PhD, RPsy</i>
Abstract	The development of theory-driven measurement scales in psychology often relies on theories in the formulation of measurement items. This procedure is usually confronted with issues on how the items truly represent human experiences in specific socio-cultural contexts. This PAP postconvention workshop on using situation sampling and experience sampling methods in scale development focuses on augmenting the traditional scale development process with procedures that could help in identifying relevant situations and experiences that should be included in the measurement scale. Specifically, the workshop will teach the procedures of situation sampling and experience sampling to the participants with the aim of equipping them with a working knowledge of the procedures as a helpful add-on to the classical scale development procedures. The workshop takes off from the classical procedures of scale development, and provides an opportunity for the participants to participate in discussions and to try out on specific approaches to situation sampling and experience sampling.
About the Facilitator/s	Dr. Jerome A. Ouano has expertise in learning and human development in schools, and is a full-time faculty member of De La Salle University, Manila. He is a former member of the Board of Directors of the Psychological Association of the Philippines, and Co-Chair of the Educational Psychology Division of the same organization. His numerous international publications are within the broad spectrum of research on cognition, motivation, emotions, and wellbeing of students, as well as on psychological measurement. Dr. Ouano facilitates international workshops on research conceptualization, research designs, decisive use of statistics for research, and instrument development. He also facilitates workshops in various universities in the country, addressing the latter's needs on outcomes-based education, instructional innovations, authentic assessment, research, and instrument development.

Dr. Felicidad T. Villavicencio is the Dean of Instruction and University Professor at Bulacan State University. She is a Registered Psychologist, a Fellow, a Certified Specialist in Educational Psychology, the former Chair of the Educational Psychology Division (2010-2018) and currently a member of the Board of Directors of the Psychological Association of the Philippines. She has contributed to scientific advancement by producing research outputs that are of an important contribution to knowledge and practice of psychology in the school setting, as well as by empowering other psychologists and psychometricians through the workshops she organized and conducted. She has presented her scholarly research works in national and international conventions of professionals, the most recent were: International Congress of Psychological Science, ICPS (March 2019 in Paris, France); International Congress of Psychology, ICP (July 2016 in Yokohama, Japan); and European Congress of Psychology, ECP (July 2015 in Milan, Italy).

Post-Convention Workshop # 9	
Title	COACHING FOR WORKPLACE PERFORMANCE
Facilitator/s	<i>RALPH JAYSON "RAJ" C. PALLON, RPsy, RPm</i> <i>EMERALD JAY D. ILAC, PhD, RPm</i>
Abstract	<p>Improving workplace performance has been one of the center pieces in the practice of industrial and organizational psychology. While this could be done through various means, one approach that has been trending and getting feedback for its effectiveness is coaching. In the workplace, coaching is possibly used as a catch-phrase to "capture" the different methods and techniques of relaying a communication from one person (of expertise and authority) to another without the implications and dressings of a memo, directive, or reprimand. However, does that capture the real essence of what coaching is? And more importantly, how is this done so real and effective outcomes are obtained?</p> <p>At the end of the workshop, the participants are expected to:</p> <ol style="list-style-type: none"> 1. Explain what is coaching 2. Discuss different coaching models 3. Demonstrate initial skills in employee coaching 4. Gather samples and evidence of coaching from participants' field of practice
About the Facilitator/s	<p>EMERALD JAY "Erald" D. ILAC is an Assistant Professor of the Ateneo de Manila Loyola Schools Psychology Department, and currently the Director for Customized Training of the Ateneo Center for Organization Research and Development. His professional career includes working as a Program Officer for Ateneo CORD handling Customized Training and Research.</p> <p>He also was a manager over ten years in various institutions such as KFC Philippines, Gloria Jeans Coffees and Seattle's Best Coffee, where he managed their respective branches and developed people he supervised. He also worked as marketing officer for Kenny Rogers Roasters, and as a cluster manager for Netopia under the ePLDT Group.</p> <p>His researches on leadership, culture, and psychology has been published in local and international journals, and is bonafide member and peer reviewer in various Philippine and international associations</p>

such as the International Leadership Association, Administrative Sciences Association of Canada, and the Psychological Association of the Philippines where he is the Chair of the Industrial-Organizational Psychology Division.

A psychology undergraduate from the Ateneo de Manila University and a licensed psychometrician under the Philippine Regulatory Commission, he finished his doctorate degree in Leadership Studies also in the same university.

Ralph Jayson “Raj” Pallon is a professional specializing in wide spectrum of People and Organization Development. He had been in the HR field for a number of years, in various industries, and in progressive role – enjoying close collaboration with owners and C-level executives down to rank-and-file workers. He used to be connected with TeleTech, PJ Lhuillier Group of Companies, Asian Hospital and Medical Center, and Sanitary Care Products Asia, to name a few.

Complementing this substantial industry experience, he is a Registered Psychologist (2017) and Psychometrician (2015), and has also listed in the registry of Civil Service Eligible (Professional Level 2010)

His current engagements aside from Psychology practice includes people development work for industrial companies, lecturing at academic institutions, and advocating mental health practices and programs.

Post-Convention Workshop # 10	
Title	SHAPING THE PRACTICE OF PHILIPPINE PSYCHOLOGY: USING RESEARCH JOURNALS IN TEACHING PSYCHOLOGY
Facilitator/s	<i>BEATRIZ TORRE</i> <i>MARY ANNE PORTUGUEZ, MP, RPm</i> <i>VERNON E. REYES, PhD, RPsy, RPm</i>
Abstract	<p>Learning Objectives This post-convention workshop aims to:</p> <ol style="list-style-type: none"> 1. Share knowledge in terms of using published research found in peer-reviewed academic journals and integrating these in structured learning classroom activities; 2. Share skills in terms of pedagogies, techniques, or strategies for teaching psychology courses; and, 3. Develop knowledge and skills in outcome-based education (OBE) by creating a syllabus based on learning objectives as applied to the different undergraduate psychology courses. <p>Workshop Content: This workshop will begin with the the new CHED courses for undergraduate psychology. It will then be followed by a short discussion of the focus of outcome-based education (OBE). Using the experiences in teaching LGBT Psychology as exemplars, the workshop will then illustrate how the course content and teaching pedagogy can be supplemented by journal articles. The participants will then learn techniques and strategies for facilitating learning.</p>

	Materials and resources will also be shared. Participants are also expected to share their own ideas and experiences.
About the Facilitator/s	<p>Beatriz A. Torre is a faculty member at the UP Diliman Department of Psychology. Bea serves as the chairperson of the LGBT Psychology Special Interest Group of the Psychological Association of the Philippines. Bea was a participant in the International LGBT Psychology Summer Institute in 2010 at the University of Michigan Ann Arbor. She received the GAWAD KAPP 2018 placing 1st in PAP's search for Outstanding Thesis and Post-graduate Student Award. Her research interests include everyday sexism and friendships across sexual orientation, as well as exercise participation and motivation.</p> <p>Riyan Portuguez is a former faculty member the Polytechnic University of the Philippines. She has a master's degree in Psychology from the same institution. She is a registered psychometrician and psychologist and a national lecturer in review centers. Currently teaching at Far Eastern University-Manila and Polytechnic University of the Philippines – Graduate School, Riyan was also the former Campus Program Head of the College of Nursing and Psychology in University of Rizal System - Taytay. She is also currently affiliated as a marketing officer in Vanguard Assessments and the current co-chairperson of the Psychological Association of the Philippine's LGBT Psychology Special Interest Group, advocating rights, well-being, and gender equality.</p> <p>Ver Reyes is the current chairperson of the Teaching Psychology Special Interest Group. Dr. Reyes is also a core member of the LGBT Psychology SIG. A licensed psychologist and psychometrician, Ver is the program head of the Psychology and Social Work Program of the Pamantasan ng Lungsod ng Marikina as well the Director of the Office of Curriculum, Instruction and Research Development. She has been invited in numerous occasions by different schools and organizations to speak about and conduct workshops on Research, LGBT and SOGIE, as well as Teaching. She received her doctorate in social development from the Philippine Women's University and her masters and baccalaureate degrees in Psychology from the Ateneo de Manila University.</p>

Post-Convention Workshop # 11	
Title	INTEGRATING MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT SERVICES IN SCHOOLS
Facilitator/s	<i>RENZ CHRISTIAN ARGAO, RPsy, RPsM</i>
Abstract	The RA11036 or the Philippine Mental Health Act mandates educational institutions to provide mental health services and programs to their students, faculty, and staff. Mental Health and Psychosocial Support Services (MHPSS) can be included among the wide-range of mental health services that educational institutions can provide for their students and staff. This workshop aims to equip the participants with skills needed in integrating MHPSS in the school or educational settings. The workshop will focus on understanding crisis in schools, developing and integrating MHPSS in schools, and conducting Psychological First Aid in Schools (PFA-S). It will also

	<p>focus the discussion on tailor-fitting MHPSS in the school setting and within the context of resources available in educational institutions. The workshop is also open for psychology professionals who are working in non-school settings as it can prepare them to respond when the services are provided for or are in the school setting.</p>
About the Facilitator/s	<p>Renz Christian Argao</p> <p>Renz is a Licensed Psychologist and a Licensed Psychometrician. He is the currently the Community Development Coordinator of The Graduate School and an Instructor at the Department of Psychology of the University of Santo Tomas. He is a candidate for the degree Doctor of Philosophy major in Clinical Psychology at the UST Graduate School where he finished his Master of Arts degree major in Clinical Psychology. He is one of the handful of Filipinos who hold the status of a Diplomate of the American Academy of Experts in Traumatic Stress. His involvement in the field of clinical psychology has focused on the psychosocial rehabilitation of communities affected by calamities and the armed conflicts. He advocates for community-based mental health services and the integration of mental health program in schools.</p>

Post-Convention Workshop # 12	
Title	INCLUSIVE SPORTS FOR INDIVIDUALS AND COMMUNITIES
Facilitator/s	<i>MICHELE JOAN D. VALBUENA, PhD, RPsy</i>
Abstract	<p>“Sport can promote physical rehabilitation and enable people with disabilities to be more fulfilled” is one of the main thrusts of the MoveAbility Foundation of the International Committee of Red Cross. Sport participation gives enjoyment and facilitate the development of well-being. It has various physical and mental benefits. Individuals with disabilities forget about their disabilities when engaged in sport and helps them feel better. Communities in crisis are helped in dealing with their trauma/pain while engaged in sport, and gives them power to move beyond their crisis experiences. The workshop specifically facilitates a better understanding about inclusion in sport of individuals with disabilities and how sport can serve as a psycho-social intervention tool in communities in crisis. It teaches participants to design sport games that are inclusive of all persons with disabilities</p> <p>MPT: 35 PAX MAX, BIG ROOM WITH SPACE TO MOVE</p>
About the Facilitator/s	<p>Michele Joan D. Valbuena is a full-time associate professor at the Department of Psychology in Silliman University. She finished Bachelor of Science major in Psychology and Master of Arts in Psychology major in Industrial/Organizational Psychology at Silliman University. She later pursued Master of Humanities major in Women Studies at St. Scholastica’s College as a scholar of the United Board for Christian Higher Education. She took Doctor of Philosophy in Research with emphasis in Sport Psychology at the Australian Catholic University in Melbourne, Australia as a recipient of the International Postgraduate Research Scholarship Award. For over 15 years, she has conducted researches on women studies and sport psychology, trainer of various workshops on crisis intervention for victims of abuse, peacebuilding, conflict transformation, body movement through playback theatre and sports. She is a registered psychologist and a certified industrial/organizational psychologist in the Philippines.</p>

--	--

Post-Convention Workshop # 13	
Title	ENHANCING MENTAL WELLNESS IN THE WORKPLACE
Facilitator	<i>NIÑO JOSE MATEO, PhD., RGC, RPsy, CTRTC</i> <i>MARIA GUADALUPE SALANGA, PhD</i>
Abstract	This workshop focuses on the application of positive psychology principles in the workplace setting. It begins by exploring concepts related to happiness and wellbeing. This is followed by looking into the current threats to mental health faced by individuals in the world of work. Through lectures, demonstrations and experiential learning activities, this workshop will allow participants to reflect on beliefs that they hold and actions that they take to achieve personal happiness. Eventually, participants will be able to evaluate the scientific evidence on their pursuit of happiness, and develop competencies that could help them design and implement effective wellness programs.
About the Facilitator/s	<p>Dr. Mateo is an associate professor of the Counseling and Educational Psychology Department of the Br. Andrew Gonzalez FSC College of Education of De La Salle University, Manila. Dr. Mateo completed his Ph.D. in Counseling Psychology (with high distinction) at De La Salle University and his B.A. and M.A. Psychology degrees at the University of the Philippines, Diliman. He is a licensed psychologist and is currently a senior clinical psychologist at Gray Matters Psychological Services in Alabang, Muntinlupa city. He is also registered guidance counselor. He is a board topnotcher, having placed first at the 2012 licensure board examination for guidance counselors.</p> <p>He has served as auditor and vice-president of the Philippine Guidance and Counseling Association (PGCA) National, head of the Psychological Association of the Philippines (PAP) Counseling Psychology Division and President of the William Glasser Institute, Philippines. Dr. Mateo has also served as Vice-Dean for the College of Education at De La Salle University.</p> <p>Dr. Mateo is certified counseling psychologist and certified Choice Theory/ Reality Therapy practitioner. He is the first Filipino certified instructor for Choice Theory/ Reality Therapy under William Glasser International. With more than 20 years of teaching experience, Dr. Mateo serves as a consultant, conference speaker and workshop trainer and has published extensively in local and international journals in the areas of positive psychology and counseling practice.</p> <p>Maria Guadalupe C. Salanga is an associate professor and Vice Chairperson of the Department of Psychology of De La Salle University (Manila, Philippines). She has a PhD in Counseling Psychology from the same institution and taken part in the summer schools of the Asian Association of Social Psychology (2007, 2015). She was a short-term visiting scholar at the University of Macau in 2015. She has published research in the areas of social and personality psychology and cross-cultural psychology. Her current research interests are intergroup relations and social change. Her work can be found on her ResearchGate page: https://www.researchgate.net/profile/Maria_Salanga</p>

Post-Convention Workshop # 14	
Title	NAVIGATING THE MOST DIFFICULT EXPERIENCES IN SPORTS: A GUIDE
Facilitator	<i>KAREN KATRINA V. TRINIDAD, PhD, RPsy</i>
Abstract	<p>While the military services, airlines, industries find a systematic way of managing critical incident in the community helpful, this is of the same essence in the sports setting to adopt. Exposure to the potentialities of major injuries, triggered health conditions, loss of life, or other catastrophic consequences may leave athletes and sport personnel struggling both on and off-the-field. This 3-hour interactive workshop will educate those who are charged in taking the lead to overcome these challenges through strategic approaches to critical incident and achieve collective efforts to optimize one's performance in a given role.</p> <p>Participants who study our work in a wide variety of discipline are welcome in this workshop. As such, participants who have done the minimum general coursework or training in the field of Psychology may join this workshop. Specifically, this workshop is offered to psychologist, psychometricians, guidance counselors, administrators, teachers and affiliates who are currently involved in the life of student-athletes. In this workshop, participants will: (1) gain knowledge about strategic approaches to critical incidence in sports and (2) apply it during and after a critical incident in sports occur.</p>
About the Facilitator/s	Dr. Karen Katrina V. Trinidad is a faculty member of the Department of Psychology at University of Sto. Tomas. She is also the Head-Sports Psychologist at Philippine Sports Commission who provides mental toughness programs for national teams and is doing her consultancy at St. Lukes Medical Center-Quezon City and Beyond Rehab Clinic at Bonifavio Global City, Taguig City.

Post-Convention Workshop # 15	
Title	ENERGY MANAGEMENT IN SPORTS AND LIFE OUTSIDE IT
Facilitator/s	<i>RODEL P. CANLAS, PhD, RPsy, RPsM</i>
Abstract	<p>Ever felt drained after a whole day of training, studying and working? Most people tend to get fired up in fulfilling responsibilities without ever realizing they are not focusing on what is important. Most of the time, they end up getting burned out and unproductive instead. To win every battle and demands, one has to know how to manage their personal energy effectively. Just like in sports, maximizing and controlling one's physical and mental energy fuels an athlete's peak performance. This learning session will specifically orient the participants what are the best ways to optimize sports performance and life outside it and provide activities of self-analysis to fully and holistically embrace one's nature and find ways to recharge our unique self.</p>

	Participants who study our work in a wide variety of discipline are welcome in this workshop. As such, participants who have done the minimum general coursework or training in the field of Psychology may join this workshop. Specifically, this workshop is offered to psychologist, psychometricians, guidance counselors, administrators, teachers and affiliates who are currently involved in the life of athletes. In this workshop, participants will: (1) understand the challenges and the common issues a person is facing and (2) learn how to develop and practice effective energy management in one's daily living.
About the Facilitator/s	Dr. Rodel P. Canlas is a faculty member of the Department of Psychology of University of Sto. Tomas. He is also a psychometrician and psychologist at Porta Coeli Center for Pastoral Counseling and Psychotrauma Management. He is also handling and providing mental toughness programs for the Philippine National Team as a Sports Psychologist at Philippine Sports Commission.

Post-Convention Workshop # 16	
Title	ENHANCING AWARENESS AND ENGAGEMENT IN COUNSELING CLIENTS WITH SUBSTANCE USE DISORDER
Facilitator/s	<i>EMMANUEL V. HERNANI, PhD, RPsy</i>
Abstract	<p>Relationships are central to human experience, and improving involvement, engagement and awareness are the goals of the therapeutic environment. This process-oriented workshop introduces the different facets and phases of psychotherapy using relational-holistic exercises, experiments and other activities in dealing with individual, group and family with SUD issues. The activity would start with non-directive and end with recovery-oriented directive approaches that would satisfy the expected positive outcomes in dealing with SUD and related psycho-social conditions. This workshop would focus on process, dialogue, experiential-holistic involvement that may be utilized as intervention in itself or as therapeutic support regimen for 12 Steps program, Therapeutic Community approach or other forms of services for PWUDs and their support system.</p> <p>The workshop will revolve around issues on denial, resistance, acceptance, responsibility, power and control, self-care and socio-environmental support by offering insights, tools and skills that would enable participants to appreciate and implement responsive interventions for SUD issues.</p> <p>At the end of the seminar-workshop, the participants would be able to:</p> <ol style="list-style-type: none"> 1. Explain the difference between experiments, exercises and other therapeutic activities 2. Understand the concepts behind therapeutic activities like experiments and exercises 3. Demonstrate skills in grounding therapeutic activities to the situation

	<p>4. Demonstrate skills in dealing SUD related issues like denial; power and control, self-care and socio-environmental support</p> <p>5. Reflect on their practices and self-evaluate their areas of competencies in providing counseling and therapy to SUD issues</p> <p>6. Discuss some issues encountered during the workshop and identify possible ways of addressing them</p>
<p>About the Facilitator/s</p>	<p>Dr. Emmanuel Villoria Hernani is a teacher-researcher-psychologist-psychotherapist and student, who has long considered himself to have learned from experience rather than from classroom instructions. He has presented over a hundred workshops and training programs on substance use, personal transformation, relationship enhancement, family and marital engagement; wellness and wellbeing and forensic issues. He has been to different court circuits in the Philippines as expert witness on psycho-legal issues. As a psychotherapist, he has been conducting assessment, counseling and psychotherapy to victims of domestic violence, drug addiction (TC, family oriented interventions and 12 Steps at in-patient and out-patient treatment centers) and personal and family crisis for 18 years. As an academician, he used to hold the capacity of a dean, department chair, student organization advisor and university counselor. At present he is a teaching faculty and Chair of the Research Ethics Committee of Cebu Normal University.</p> <p>A Gestalt Therapy practitioner-advocate, he is an active member of the Association for the Advancement of Gestalt Therapy-An International Community. He was the Regional Contact Person for the Philippines and a current member of the Research Task Force of the organization.</p> <p>At present, he is a retainer psychologist of Matrimonial Church Tribunal. He is a former member of the Board and President of Facilitators Circle Incorporated and the founding member of the Association for the Advancement of Humanistic Psychology. He is also an active member of the Psychological Association of Philippines.</p> <p>Dr. Hernani is the founder and director of the Psychosomatherapia, which offers assessment, psychotherapy, research and consultation. In his practice, he emphasizes dialogue, the importance of awareness, involvement and respect for differentness, His orientation has always been towards the exploration of human potential.</p>

<p align="center">Post-Convention Workshop # 17</p>	
<p>Title</p>	<p>BASIC RESEARCH COMPETENCIES FOR PSYCHOLOGY TEACHERS</p>
<p>Facilitator/s</p>	<p><i>MARSHALEY J. BAQUIANO, PhD, RPsy</i></p> <p><i>MONIQ M. MUYARGAS</i></p>
<p>Abstract</p>	<p>Psychology is a relevant and expansive field that entails continuous knowledge contribution and enrichment. This workshop is grounded on developing research competencies and skills highly imperative in the changing topography of Psychology, particularly on the areas of teacher training, teacher education and professional growth.</p>

	<p>Psychology teachers need opportunities and capacities to initiate, facilitate and engage in research to heed the call for a wholistic approach to teaching anchored on scientific research and practice. This workshop will help teachers of psychology to be integrated educators who serve as active contributors to psychological knowledge. The workshop allows for the opportunity to achieve learning objectives, as participants will be able to: a) identify attitude needs and inherent skills in the conduct of psychological research; b) understand the use and value of psychological research as a composite competency in the practice of teaching; and c) apply basic research principles and concepts in the frame of psychological theories.</p>
<p>About the Facilitators</p>	<p>Moniq is the current co-chairperson of the Teaching Psychology Special Interest Group. Based in Ilo-ilo, she has been a faculty member and faculty in-charge of the Community Outreach Program of the Division of Social Sciences, College of Arts & Sciences, UP Visayas. Professor Muyargas has done consultancy work for Bombo Radyo Iloilo and has published articles in the Philippine Journal of Psychology, Philippine Journal of Social Sciences and Humanities, Sage Publications and the Psychological Journal of the Philippines focusing on LGBT, Health and Research. She obtained her master's degree in Psychology at the Ateneo De Manila University in 2008 and her undergraduate psychology from the University of the Philippines in the Visayas.</p> <p>Dr. Baquiano was the former chairperson of the Social Psychology Division of the Psychological Association of the Philippines. She is currently an assistant professor at the University of the Philippines Visayas. A licensed psychologist, she has been invited as resource speaker to numerous seminars and workshops both locally and internationally. She was a Fulbright Research Fellow and an academic scholar of the Commission on Higher Education. In 2017, she received the UP Scientist Award from the University of the Philippines. Dr. Baquiano obtained her doctorate degree in Psychology from the Ateneo De Manila University. Her research interests and publications range from social issues (poverty, climate change, corruption, disasters), to intergroup conflicts, intergroup negotiations, as well as mental health and psychosocial support.</p>
<p>Post-Convention Workshop # 18</p>	
<p>Title</p>	<p>WRITING FOR PUBLICATION</p>
<p>Facilitator/s</p>	<p><i>LIANE PEÑA ALAMPAY, PhD, RPsy</i></p>
<p>Abstract</p>	<p>The Writing for Publication workshop aims to provide participants with the essential guidelines, strategies, and tools to stimulate and advance their scientific writing and publication goals. Workshop modalities include brief lectures and writing sessions, peer discussion, and self-reflection/analysis of writing behaviors. By the end of the workshop, participants would have a) articulated the importance and the place of writing and publication in their own careers and lifestyles, b) conducted the initial steps in preparing to write a manuscript, including identifying a target journal and drafting the outline of the abstract and introduction.</p>

	Participants must have been involved in a completed research project (i.e. with results) that is intended to be written for publication. Participants must bring their own laptops in order to participate in the activities.
About the Facilitator/s	Dr. Liane Peña Alampay is a Professor of Psychology at the Ateneo de Manila University and the Director of its University Research Ethics Office. She obtained her AB in Psychology from UP Diliman, where she also received her MA in Developmental Psychology. She obtained her PhD in Human Development and Family Studies from Pennsylvania State University. In 2013 she received the Outstanding Young Scientist Award from the National Academy of Science and Technology for her contributions to research and local policies on Filipino parenting, children and adolescents at risk, and child protection. She is the current Editor of the Philippine Journal of Psychology, former Assistant Editor and current Editorial Board member of the Journal of Adolescence, and Editorial Board member of the International Journal of Behavioral Development. Dr. Alampay has co-authored over 40 journal articles and book chapters.

Post-Convention Workshop # 19	
Title	PREPARING HELPING PROFESSIONALS TO ENGAGE MINDANAO COMMUNITIES
Facilitator/s	<i>RHODORA GAIL TAN-ILAGAN, PhD, RPsy</i>
Abstract	For some decades already, psychologists and helping professionals are called upon to serve for humanitarian assistance in Mindanao communities due to the frequency and intensity of natural hazard- and human-induced disasters that have plagued the southern islands. Designing interventions, however, may prove to be a challenge due to the general lack of knowledge and understanding about Mindanao peoples and cultures. This workshop is a peace psychology application aimed at enhancing knowledge about Mindanao history, culture, arts, and politics to improve skills at designing culturally-appropriate and peace-centered interventions for Mindanao communities.
About the Facilitator/s	Dr. Gail Tan Ilagan is the chair of the Department of Psychology at the Ateneo de Davao University. For the last twenty years, she has been engaging grassroots villages for interventions aimed at improving local capability for community security and intercultural dialogue. She has authored several books, journal articles, special publications and opinion pieces on Mindanao and its people and contributed to crucial policy reforms in the Philippine Army, the World Health Organization, and the education sector.