

<b>Post-Convention Workshop # 1</b>	
<b>Title</b>	<b>Group-administered Intelligence Tests</b>
<b>Facilitator/s</b>	<b><i>Arsenio Sze Alianan, Jr. PhD, RPsy</i></b>
<b>Abstract</b>	<p>This 3-hour seminar introduces the measurement of intelligence with a focus on group-administered intelligence tests. It gives an overview of the history of the measurement of intelligence and some landmark models of intelligence. These are meant to enhance the discussion on the interpretation of some group-administered intelligence tests. Some exemplars of these tests, both foreign-made and locally developed, will also be discussed. The seminar ends with some examples of reporting intelligence test results.</p> <p>At the end of this 3-hour seminar-workshop, the participants would be able to:</p> <ol style="list-style-type: none"> <li>1. Explain a brief history of the measurement of intelligence;</li> <li>2. Clarify at least five models of intelligence;</li> <li>3. Link the models of intelligence with specific group-administered intelligence tests; and</li> <li>4. Interpret and report sample intelligence test results.</li> </ol>
<b>About the Facilitator/s</b>	<p>Dr. Boboy Sze Alianan completed his doctorate in Clinical Psychology from the Ateneo de Manila University. He is a certified specialist in clinical and assessment psychology of the Psychological Association of the Philippines (PAP), and currently a board member. He has been a registered psychologist since 2013. He is a founding member of PsychConsult, Inc., and a full time faculty member of the Department of Psychology at the Ateneo de Manila University. He is engaged in active research and publication of his work. He has been teaching, mentoring, and supervising other psychologists since the last 1990's. He also has extensive experience in the practice of psychology, doing both psychological assessment and a range of psychological interventions for over 25 years.</p>

<b>Post-Convention Workshop # 2</b>	
<b>Title</b>	<b>Augmenting Psychological Research with Techniques in Social Computing</b>
<b>Facilitator/s</b>	<b><i>Marshaley Baquiano, PhD, RPsy and Arvin Boller, MA</i></b>
<b>Abstract</b>	<p>This workshop will introduce participants to the basics of social computation. This will include theoretical discussions on the assumptions of the field, as well as its conceptual connections with psychology and social sciences in general. Afterwards, the participants will learn the fundamental methodological approaches in social computing. This will include practical lessons on how to harvest big data- particularly social media posts - through open source and automated platforms, and computational models that will help the researcher detect patterns in the data harvested. These models will include operations like word count, word collocations, and principal components analysis. Afterwards, the workshop will give a brief lesson on how to integrate these operations with qualitative analysis in psychology. Lastly, the workshop will give a glimpse of more advanced methodologies that can be linked with the discussed techniques. This will include social network analysis, word vectors and embeddings, and similarity operators.</p>
<b>About the Facilitator/s</b>	<p>Arvin boller is currently a doctoral candidate at the Ateneo De Manila University, specializing in the field of social psychology. He is conducting his dissertation about the social construction of fear embedded within the political sphere. His research interest is the study of political and peace issues using innovative research methods like social computing and complexity science.</p>

Dr. Marshaley J. Baquiano is a social psychologist and is a member of the faculty of the University of the Philippines Visayas. Her research interest leans towards social psychological studies on social issues, intergroup conflicts, intergroup negotiations, and mental health and psychosocial support. She was recently awarded by the University of the Philippines the UP Scientific Productivity System award.

<b>Post-Convention Workshop # 3</b>	
<b>Title</b>	<b>Developing Protective Factors to Promote Academic Resilience</b>
<b>Facilitator/s</b>	<b><i>Mr. Ryan Francis O. Cayubit, RPsy, RPsM and Dr. Oliver B. Sta. Ana, RPsM</i></b>
<b>Abstract</b>	Students who struggle with adversity can be affected in terms of academic performance. Problems emanating from life events can influence the desire to continue or withdraw from academic engagement. For example, when a difficult life event interferes while in class; a student can get distracted by problems in school or personal life. This can result to poor academic performance. Meanwhile, a student who despite experiencing difficult life events and perseveres in class exhibits academic resilience. To differentiate general resilience from academic resilience, the latter focuses on conditions that come from academic or school experience that enables a student to bounce back from challenges in school. Resilience, on the other hand, is a broad concept that enables a person to recover quickly from life adversity. For instance, the presence of external factors like a nurturing environment, compassionate teacher and peers, paired with internal attributes such as perseverance and commitment to a specific goal contributes to developing academic resilience. This workshop aims to help teachers identify protective factors and create a classroom environment that fosters academic resilience.
<b>About the Facilitator/s</b>	<p>Dr. Oliver B. Sta. Ana is a licensed teacher, guidance counselor and psychometrician. At present, he is the Head of Academic Services of Maynilad Water Academy. He is the former Vice President for Academic Affairs, OIC Dean of College of Human Development, and Chair of Department of Psychology of Pamantasan ng Lungsod ng Maynila. Dr. Sta Ana is a part-time faculty of De La Salle University-Manila and University of the Philippines-Diliman.</p> <p>Dr. Ryan Francis O. Cayubit is a licensed psychologist and psychometrician. At present he is an Assistant Professor at the UST Department of Psychology and a Research Associate at the UST Research Center for Social Sciences and Education. He also serves as a consultant at the Philippine Sports Commission and Partners in Child Development and Progress, Inc.</p>

<b>Post-Convention Workshop # 4</b>	
<b>Title</b>	<b>Ethics and the Practice of Psychology</b>
<b>Facilitator/s</b>	<b><i>Rose Marie Salazar-Clemeña, PhD, RPsy, RGC, CSCoP, CSAP, CSEP</i></b>
<b>Abstract</b>	This workshop aims to enhance psychologists' awareness of their ethical responsibilities in the practice of the profession. Ethical principles and standards will be discussed, with focus on the specific functions of psychological assessment and therapy. Cases will be presented for the participants' deliberation in light of the Code of Ethics and Professional Standards for Psychology Practitioners of the Psychological Association of the Philippines, adopted and promulgated by the Professional Regulatory Board of Psychology in 2017.

<b>About the Facilitator/s</b>	Dr. Rose Marie Salazar-Clemeña is the President of Asian Psychological Services and Assessment and Vice President for Academic Affairs of the Divine Word College of Legazpi, where she heads the psychology program. A licensed/registered psychologist and a licensed/registered guidance counselor, Dr. Clemeña is also a Certified Specialist in Counseling, Educational, and Assessment Psychology by the Psychological Association of the Philippines, of which she is a Past President. In 2015, she was chosen as the Outstanding Professional of the Year in the field of Psychology by the Professional Regulation Commission. Dr. Clemeña holds a doctorate in Psychology, with specialization in counseling, from the University of Minnesota, and a Master's degree in Guidance and Counseling from De La Salle University, where she is a University Fellow and Professor Emeritus. She is the founding President of the School Counselors Circle of the Philippines.
--------------------------------	---

<b>Post-Convention Workshop # 5</b>	
<b>Title</b>	<b>Disability Awareness and Sensitivity Training</b>
<b>Facilitator/s</b>	<b><i>Dr. Irma Coronel, RGC</i></b>
<b>Abstract</b>	This workshop aims to create awareness of disability concepts, issues and concerns, to teach the appropriate ways in interacting with persons with disability, and to design a Disability Awareness Day in the work place. It will include the following topic: 1.) Facts and Statistics on Disability, 2.) Types of Disability, 3.) Barriers for People with Disabilities, 4.) Removing Barriers: People First Language, 5.) Interacting with PWDs, and 5.) Disability Awareness Day in the work place
<b>About the Facilitator/s</b>	Dr. Coronel is currently trustee of the Philippine Foundation of the Rehabilitation of the Disabled ( PFRD) and the St. Arnold Jansen Center for Integral Development. She is a member of the PGH Medical Foundation. She has been involved in the disability sector by being a member of the DepED Advisory Council on the Education of Children and Youth with Disability and the past president of the Philippine Council of Cheshire Homes for the Disabled ( PhilCOCHED). She has a doctorate in Education in the field of Research and Evaluation from the University of the Philippines Diliman and a Master of Arts degree in Guidance and Counseling from De La Salle University. She served as Vice President for Academics at De La Salle University and taught at the Counseling and Educational Psychology Department.

<b>Post-Convention Workshop # 6</b>	
<b>Title</b>	<b>Working With Women Who Use Drugs</b>
<b>Facilitator/s</b>	<b><i>Miriam P. Cue, Ph.D., RPsy, RPm, RGC, ICAP III</i></b>
<b>Abstract</b>	The concept of recovery and recovery-oriented systems of care over the recent past heralded a significant shift in the expectancy of positive outcomes for people suffering from SUD and other mental conditions. Today, our LGUs are very much involved in community based treatment and recovery programs for PWUDs, prompting more people now to seek help, believing that they can recover, that they have this great opportunity to redirect their lives and/or manage their conditions. There is however no difference in treatment intervention and/or support services to PWUDs, whether male or female up to now. Even our own KKDK was developed as a general community based intervention program for mild to moderate users, regardless of gender. Research in the addiction field nonetheless point out evidence that women differ from men in substance use and in the issues surrounding such abuse. This training workshop is designed to help psychologists, addiction professionals and other mental health specialists develop and implement effective treatment and recovery programs for women. Specifically, this workshop will look into addiction and its physical, emotional, psychological, social, and spiritual components; discuss the

	<p>characteristics of women with substance use problems, including their psychological development and the importance of relationships and connections in women's lives; ascertain the elements essential to engaging women in treatment, the risks and relapse issues critical to women in recovery and their special support needs; and, highlight gender-sensitive treatment programs in guiding the journey of women through treatment and recovery.</p> <p>The workshop will be highly interactive with the facilitator offering insights, tools and skills (while stressing the value of safe environments, mutual connections, and comprehensive services) that should enable participants to appreciate and implement gender-responsive interventions for women who use drugs.</p>
<b>About the Facilitator/s</b>	<p>Dr. Miriam Cue is the Chairperson of Professional Regulatory Board of Psychology, Professional Regulation Commission (PRC). She is the Consulting Clinical Psychologist &amp; Director of Psychological Services at New Day Recovery Center. She was awarded as 2012 Most Outstanding Professional Counselor of the Year by the Philippine Foundation of Outstanding Professionals and the Professional Regulation Commission. In 2015, her research publications were on Trauma and PTSD in 4 International Refereed Journals in Psychology and Mental Health with Dr. Imelu Mordeno &amp; Ma. Jenina Nalipay. She completed her doctorate in Counseling Psychology and Master of Arts in Guidance &amp; Counseling from De La Salle University Manila.</p>

<b>Post-Convention Workshop # 7</b>	
<b>Title</b>	<b>Encouraging Forgiveness for Positive Mental Health (Based on Enright's Model)</b>
<b>Facilitator/s</b>	<b><i>Edna Costuna MA, RPsy and Joanne Trina Moreno-Javier MA, RPsy</i></b>
<b>Abstract</b>	<p>The theory of forgiveness by Enright (2012) rests on the premise that the capacity to receive and give love is inherent in all human beings. To be healthy up to full maturity is to nurture this power to love self and others. Forgiveness is touching base with this power of love that transforms negative thoughts, feelings, and behaviors for the offender to positive thoughts and feelings towards that offender. Giving mercy to someone underserving results to: reduction in anxiety, reduction in anger, prevention of illness, increase in focus and self-esteem, and healthier families and communities. Just like investing in any life skill, becoming forgivingly fit can be learned and Enright (2012) offers the 8 keys to forgiveness which can be started on by doing the 4 practices: (1) keeping your love story alive, (2) overcoming pride and lust for power, (3) moving the big 3 forgiveness muscles of clearer vision, service love, and mercy, and (4) exercising your free will, good will, and strong will. After a clarification about what forgiveness is and is not, and charting of the stages of forgiveness through the life span, the participants in this workshop will engage in exercises on the 4 practices that will encourage the forgiveness motivation (<i>I want to forgive</i>), thinking (<i>I see the one who hurt me as a person of worth</i>), feelings (<i>I have compassion toward him or her</i>), actions (<i>I forgive you</i>), and attitudes (<i>I like forgiveness and like to practice it</i>). These activities will include: the Love Mines, the Love Lens, and the Most Generous Interpretation technique among others.</p>
<b>About the Facilitator/s</b>	<p>Edna T. Costuna, RPsy, RPs, LPT is a graduate of BS Psychology (cum laude) and MA Psychology in Centro Escolar University. She is currently pursuing my PhD in Psychology major in Developmental Psychology in Miriam College. Her work experience include seven years as psychologist and preschool teacher, and twenty years as faculty in the Psychology Department of Centro Escolar University. Having experienced abuse nurtured my interest and pursuit in forgiveness and forgiveness therapy.</p>

Joanne Trina Moreno-Javier, RPsy, CSDP, LPT chairs the Developmental Psychology division of the Psychological Association of the Philippines (PAP). She is currently completing her dissertation for her degree in PhD in Developmental Psychology. A member of Artpsychcircle, she has created modules and facilitated a number of sessions for psychosocial intervention for underprivileged and abused children in collaboration with fellow psychologists and non-profit organizations. She is currently a practicing senior life coach consultant of a private organization that provides counseling services to its company clients. She spearheads the learning and development endeavors of various companies that allow her to be engaged in training and facilitation for corporate clients. Concurrent to this, is her role as Deputy Director for e-Learning and e-Services of the same company.

<b>Post-Convention Workshop # 8</b>	
<b>Title</b>	<b>Introduction to Mapping Professional Competencies and Ethical Practice of Clinical Psychologists in the Philippines</b>
<b>Facilitator/s</b>	<b><i>Dr. Grace Brillantes-Evangelista, RPsy, CSCLP</i></b>
<b>Abstract</b>	<p>With the increasing demand for practitioners in the field of Mental Health it is necessary to look into the professional services and competencies accompanied with them. Among the mental health practitioners are Clinical Psychologists who have specializations in assessment and psychotherapy for clinical population. However, with the differing specializations in Psychology, it can be confusing to both the practitioners and clients what are the competency requirements and boundaries for particular psychological services. This workshop aims to help bridge such gap specific to the practice of clinical psychology by mapping fundamental competencies and ethical practice of a clinical psychologist and by providing an avenue for reflecting one's own professional practices.</p> <p>This workshop also includes some of the results from the seminar workshop last March 14, 2018, sponsored by the PAP- Clinical Psychology Division, "Professional Competencies, Ethics, and Other Related Issues in the Practice of Clinical Psychology: A Filipino-Canadian Perspective," facilitated by Dr. Saplala. This is to provide a benchmarking on sample standards of another country, which can help us in assessing our own practices and in developing our competencies on optimal quality and ethical services as Clinical Psychologists in the Philippines.</p> <p>Program outcomes: For the participants to:</p> <ol style="list-style-type: none"> <li>1. Understand the professional practice and boundary in Clinical Psychology</li> <li>2. Reflect on their practices and self-evaluate regarding their areas of competencies</li> <li>3. Recognize their personal strengths and professional practices that can be considered as good and best practices in clinical psychology</li> <li>4. Map out the competencies needed for a clinical psychologist and create a working template for competency evaluation instrument that can serve as a guide for professional development</li> <li>5. Discuss some of the ethical issues encountered and identify possible ways of addressing them</li> </ol>
<b>About the Facilitator/s</b>	Dr. Brillantes-Evangelista is a licensed and certified Clinical Psychologist. She is noted for her practice and researches in community-based Clinical Psychology, arts-based psychotherapy, and psychological assessment. She Chairs the Department of Psychology at Miriam College. She also Chairs the Clinical Psychology Division of the Psychological Association of the Philippines. She is the president and supervising psychologist of

ArtPsych Circle, an organization of psychology professionals that make use of arts-based interventions for various population. She has also served as a consultant psychologist doing supervision for psychosocial services among local and international NGOs for abused children and street families. She finished her BA Social Sciences: Behavioral Studies (magna cum laude) from the University of the Philippines, Manila. She earned her MA and PhD Clinical Psychology (minor in Developmental Psychology) from the University of the Philippines, Diliman.

<b>Post-Convention Workshop # 9</b>	
<b>Title</b>	<b>Jumping Out of the Pages: Re-discovering the Basics of Psychological Report-writing</b>
<b>Facilitator/s</b>	<b><i>Ma. Aurora Bordador-Bulatao, M.A., RPsy, CSAP and Washington C. Garcia, PhD, RPsy, CSCLP</i></b>
<b>Abstract</b>	<p>The integration of test findings into a comprehensive, meaningful report is perhaps the most difficult aspect of psychological testing and evaluation. How does one capture the essence of the person and do justice to the client's psychological functioning in a report? This workshop aims to acquaint beginning report writers and re-acquaint practising psychologists with the hallmarks of a good psychological report. The major considerations in the accuracy and clarity of reporting tests results are the main focus of discussion. The assessment process and concepts of reliability and validity are reviewed vis-à-vis current trends in the field of psychological testing, especially as they affect the integrity of test interpretation. Questions about grammar, organization and style are addressed, with workshop exercises on spotting common mistakes in report-writing and what should be done about them. The need for beginning practitioners to have the requisite training and supervision is emphasized, and guidelines for best practices are presented so that the end-user of the psychological report can see the client "jump out of the pages" and arrive at a better understanding of the person.</p>
<b>About the Facilitator/s</b>	<p>Ms. Ma. Aurora Bordador-Bulatao is a recognized authority in the field of psychological testing. With more than 40 years of practice under her belt, she has been instrumental in the professional training and personal development of many assessing psychologists who passed thru the doors of the former Ateneo Central Guidance Bureau (CGB), which was later known as the Ateneo Center for Educational and Psychological Assessment (ACCESS). With well-honed skills in conducting both industrial testing and clinical assessment, she has been a consultant for educational institutions as well as business organizations. She also taught assessment courses at the Department of Psychology of the Ateneo de Manila Graduate School. Mrs. Bulatao currently has her private practice in AAI Assessment Psychologists, Inc, Katipunan Road, Quezon City.</p> <p>Dr. Washington C. Garcia has been in practice for 30 years and had intensive training in test administration and report-writing under Mrs. Bulatao at the Ateneo CGB, doing psychological testing for hiring and promotion. Combined with his later training in psychotherapy and clinical assessment, his fine-tuned assessment skills have been employed in a wide range of cases across different client groups and settings. He has also been involved in test development projects for government and private institutions. Dr. Garcia has an active private practice and teaches part-time at the graduate school of DLSU and UST. He is a board member and current president of the Philippine Association for Child and Play Therapy (PhilPlay). He is also a consultant for the Drug Rehabilitation Program of the Saklay Center in Nueva Ecija.</p>

<b>Post-Convention Workshop # 10</b>	
<b>Title</b>	<b>Tell Them About It: Understanding the Effects of Trauma and abuse in childhood</b>
<b>Facilitator/s</b>	<b><i>Lillian Gui, MA, RPsy</i></b>
<b>Abstract</b>	<p>Trauma literally means wound, injury, or shock. It affects children both physically and psychologically. Exposure to multiple traumas for a prolonged period of time can lead to <i>complex trauma</i>. This type of exposure can have persistent neurological and emotional effects. According to Cooke et al., complex trauma can affect children across a variety of domains. These domains may include: attachment, behavioral control, cognition, self-concept, biology, affect regulation, and dissociation (NCTSN).</p> <p>This workshop will discuss about the symptoms of trauma, unhealthy ways of dealing with trauma, dealing with traumatized children and others. Facilitator also discuss the different types of abuse, it's effect on the child, as well as PTSD or Post traumatic stress disorder.</p>
<b>About the Facilitator/s</b>	<p>Ms. Lillian Gui is a Psychologist Certified Specialist in Counseling Psychology (CSCOP), Psychometrician, Psychotherapist, Play Therapist, specializes in working with children and adolescents who suffer from mood disorders, trauma, abuse and disruptive behavioral disorders.</p> <p>Trainer, Facilitator, Consultant, Educational speaker, Christian Counselor, Relational Life Coach, and Resident Psychologist for GMA and GMA News and Public Affairs.</p>

<b>Post-Convention Workshop # 11</b>	
<b>Title</b>	<b>Substance Use Prevention and Recovery Workshop</b>
<b>Facilitator</b>	<b><i>Rodrigo V. Lopiga, PhD, MA, RPsy</i></b>
<b>Abstract</b>	The workshop begins with a discussion on the history of addiction and treatment, the different views of addiction and commonly used substances. The discussion will then proceed to the different treatment modalities including the phases of addiction, recovery and relapse. Basic skills in conducting group therapy and holding support group meetings are simulated. Finally, aftercare and follow-up activities for drug users are presented as well as how to deal with patients who are dually diagnosed.
<b>About the Facilitator</b>	Dr. Rodrigo V. Lopiga is a faculty member from PUP, college of social sciences and development, department of psychology. He is part of the pioneering batch of licensed psychologists in the Phils. He is a PAP certified counseling psychologist (2013-2016), DDB accredited rehabilitation worker in 2001, top 2 in the accreditation exam. And, former program director and clinical psychologist of 3 rehab centers, and currently consultant clinical psychologist of Center for Christian Recovery Drug Rehab center.

<b>Post-Convention Workshop # 12</b>	
<b>Title</b>	<b>Interactive Tools for Teaching Abnormal Psychology &amp; Undergraduate Clinical Psychology</b>
<b>Facilitator/s</b>	<b><i>Maria Isabel Melgar, RPsy, PhD Anne Marie Topacio Cherie Lo Marika Melgar</i></b>
<b>Abstract</b>	The workshop will focus on suggestions for how to make classroom lectures and activities more student-friendly to achieve one's learning goals for undergraduate Abnormal Psychology and Clinical Psychology. The workshop will apply the young adult learning style by

	<p>simulating the various class activities and exercises in the workshop. Participants will also learn fundamental tips in running the interactive sessions, as well as specific strategies for managing “difficult” or “challenging behaviours” will be discussed. Learning tools for Abnormal Psychology such as interactive lecture, case study, short films, small group exercises, and interactive games will be demonstrated in the workshop.</p>
<b>About the Facilitator/s</b>	<p>Dr. Isabel Melgar is a clinical psychologist by profession. She is a retired faculty member of the Ateneo de Manila Psychology Department. For several years, Dr. Melgar was teaching Abnormal Psychology in the undergraduate and graduate levels. She is the lead editor of the book entitled <i>Beyond DSM-5: Casebook on Abnormal Psychology and Mental Health</i> (2018).</p>

<b>Post-Convention Workshop # 13</b>	
<b>Title</b>	<b>Teaching Positive Psychology in Higher Education</b>
<b>Facilitator</b>	<p><b><i>Ronaldo A. Motilla, PhD, RPsy</i></b>  <b><i>Maria Lourdes L. Chavez, PhD, RPsy, RGC</i></b>  <b><i>Niel Steve M. Kintanar</i></b></p>
<b>Abstract</b>	<p>Positive Psychology, the scientific study of happiness, wellbeing, and flourishing, is relatively a new field in the Philippines but is rapidly expanding, especially in the area of education. There are already a few college teachers who are teaching the course and many are interested to teach, but do not know where to start.</p> <p>The main goal of this seminar-workshop is not only to discuss and provide the strategies and methodologies to teach Positive Psychology in higher education based on the recent global researches, but also open up a discussion among the country’s teachers who are currently teaching and otherwise applying positive psychology in higher education. In the process, the forum will provide resources for people who want to learn more about how Positive Psychology is taught, and how Positive Psychology might fit into their academic departments and institutions. In other words, this seminar-workshop will serve as an opportunity in which to discuss what we are doing, why we are doing it, and how well it is working.</p>
<b>About the Facilitator/s</b>	<p>Dr. Ronaldo A. Motilla has been teaching Positive Psychology and facilitating seminar-workshops employing Positive Psychology principles for more than 10 years in various educational, corporate, governmental and non-governmental organizations, both nationally and internationally. Currently, he is a consultant of the Integrated Lifestyle and Wellness (ILAW) Center of Miriam College. He earned his PhD in Clinical Psychology from the Ateneo de Manila University.</p> <p>Dr. Maria Lourdes L. Chavez is an advocate of Positive Psychology. As a professional counselor, psychotherapist, and faculty of the Miriam College special graduate program, she has conducted mental health and wellness workshops in schools that include creative arts in counseling and visual arts as alternative therapy, among others. She earned her PhD in Counseling from Miriam College.</p> <p>Mr. Niel Steve M. Kintanar is an Assistant Professor from the University of San Carlos, Cebu City. He has been teaching Positive Psychology for 13 semesters now. He is active in advocating for well-being and mental health as he also creates programs using Positive Psychology principles in schools and in organizations. He earned his MA in Counseling Psychology from the Ateneo de Manila University.</p>

<b>Post-Convention Workshop # 14</b>	
<b>Title</b>	<b>Befriending Your Body: A Body-Mind Workshop for Healers</b>
<b>Facilitator</b>	<b><i>Gina R. Lamzon, PhD, RPsy</i></b> <b><i>Nelly Z. Limbadan, PhD, RPsy, RPh</i></b>
<b>Abstract</b>	In promoting evidence-based practice of counselling and psychotherapy, scientist-practitioners continuously seek approaches that will provide both mind and body wellness. This workshop intends to introduce (or review) concepts in health psychology--e.g., energy medicine, emotional freedom technique, tapping, and yoga therapy. Findings in various body psychology studies will also be given as scientific anchors to these techniques. This session will allow participants personal experiences in body-mind exercises that they can easily use with their clients in their own counselling and psychotherapy practice. Participants are urged to wear comfortable clothing.
<b>About the Facilitator/s</b>	<p>Dr. Gina R. Lamzon received her PhD in Clinical Psychology from Ateneo de Davao University (Davao City, Philippines). She formerly headed the Psychology Department of same university. She is currently handling counseling courses for undergraduate and graduate students. She has been actively engaged in the profession for the last three decades and currently is the president of PGCA-Davao Association of Guidance Counselors (DAGCO) Chapter. She is also affiliated with the Association for the Advancement of Meridian Energy Techniques (AAMET) and trains with the American Academy of Mind-Body Healing.</p> <p>Dr. Nelly Z. Limbadan is a Davao-based clinical psychologist who obtained her PhD Degree from Ateneo de Davao University. She is currently the Assistant Dean for Social Sciences in the same university. Her research interests are in the field of anger, adolescent psychology, gerontology and psychology of retirement. She is the managing partner of MUNL PsychCenter, a private clinic in Dumaguete City and expands its service to Davao City. Dr. Limbadan is also a United Board Fellow who has recently completed a leadership program from the Harvard Institute of Higher Education, Harvard University, Cambridge, Massachusetts.</p>

<b>Post-Convention Workshop # 15</b>	
<b>Title</b>	<b>The Key to Unlocking the Full Potential Chain of Student-athletes</b>
<b>Facilitator/s</b>	<b><i>Karen Katrina V. Trinidad, PhD, RPsy</i></b>
<b>Abstract</b>	<p>Student-athletes are experiencing considerable challenges imposed from their academic responsibilities and their commitment to sports. They commonly experience mental fatigue, physical exhaustion and nagging injuries while managing with school demands and workloads. Most of student-athletes are identified as those who fail to handle academic pressure, struggle in motivational balance and perform low on educational activities.</p> <p>In an emerging field of Sports Psychology, 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 involve in the life of student-athletes.</p> <p>In this workshop, participants will:</p> <ol style="list-style-type: none"> <li>1. Gain knowledge about student-athletes' characteristics.</li> <li>2. Understand the challenges and the common issues that student-athletes are facing.</li> <li>3. Gain knowledge and develop skill on effective dealing and assisting student-athletes.</li> </ol>

<b>About the Facilitator/s</b>	Dr. Kat Trinidad is the head of the PAP Sports Psychology Special Interest Group, a newly formed SIG in the PAP. She served as a consultant sports psychologist of the Philippine Sports Commission from 2007 to present as well as other institutions (see attached resume. She has delivered talks workshops on Sports Psychology, including the recently concluded Philippine National Games held in Cebu City.

<b>Post-Convention Workshop # 16</b>	
<b>Title</b>	<b>NLP Techniques as Tools for Positive Psychology</b>
<b>Facilitator/s</b>	<b><i>Imelda V. G. Villar, PhD, RPsy</i></b>
<b>Abstract</b>	"When you fill up a person with positives, there will be no space left for the negatives" was a declaration made by NLP founders. Such words seem to resonate well with Positive Psychology tenets and underlie my practice of Neurolinguistic Programming, This workshop will highlight what positive psychology aims at and how NLP techniques bring about their attainment. The participants will be trained on techniques like Classic Relaxation Technique, Generative Change, Well-Being Maximizer and Personal Power Radiator. Experiential learning will be utilized.
<b>About the Facilitator</b>	Dr. Imelda V. G. Villar is a clinical and counseling psychologist. She pioneered the use of NLP in the Philippines. She published her first book, The NLP Magic in 1989, followed by three other books based on her own experiences. She has made innovations on the NLP strategies and has since used her own NLP-based strategies to bring about a flourishing life by using the client's own inner wisdom in unearthing and using his/her personal resources.

<b>Post-Convention Workshop # 17</b>	
<b>Title</b>	<b>Preventing Suicide Using the Solution Focused Approach</b>
<b>Facilitator/s</b>	<b><i>Maria Angela (Jelly) A. Virata, MA, RGC, MSFP, PCC</i></b>
<b>Abstract</b>	<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"> <li>• 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</li> <li>• Apply key basic Solution Focused Brief Therapy techniques to their work with the suicidal like using Pre Suppositional Language and Finding Exceptions.</li> <li>• Appreciate the value and importance of hope and optimism within themselves, even when dealing with the most tragic of human circumstances confronting them</li> </ul> <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>
<b>About the Facilitator/s</b>	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 17 years experience as a Counseling Consultant working with InTouch Community Services in Makati City counseling adults dealing

	<p>with a wide range of work-related, and personal issues—like grief &amp; 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>
<b>Post-Convention Workshop # 18</b>	
<b>Title</b>	<b>Understanding and Managing Borderline Personality</b>
<b>Facilitator/s</b>	<b><i>Violeta V. Bautista, PhD, RPsy</i></b>
<b>Abstract</b>	The workshop helps participants to understand Borderline Personality Disorder as it is encountered in diverse settings: schools, courts and clinical settings. The condition is understood from the traditional DSM Model as well as from the transdiagnostic perspective. Strategies, including Dialectical Behavior Therapy, for working with such condition in settings mentioned are explored.
<b>About the Facilitator/s</b>	<p>Dr. Violeta Bautista, called Doc Bolet for short, is a licensed and certified clinical psychologist trained within the academic-practitioner-advocate model. As an academician, she helps train future clinicians of the country as full professor and head of the Clinical Psychology Program of the University of the Philippines.</p> <p>She also does research and publishes works on the topics of resilience, marriage, addiction, disaster mental health, and community based counseling.</p> <p>Doc Bolet has a long history of working with local and international NGOs providing varied services that promote child protection, human rights and personal and community well-being.</p> <p>Doc Bolet is also active in advocacy work.</p>

<b>Post-Convention Workshop # 19</b>	
<b>Title</b>	<b>Workshop Seminar on Administration and Application of MoCA as Neuropsychological Screening Test</b>
<b>Facilitator/s</b>	<b><i>Mary Grace Serranilla- Orquiza, PhD, RPsy</i></b>
<b>Abstract</b>	<p>Competency in conducting neuropsychological screening tests requires knowledge in administration and scoring of neuropsychological tests, and writing of neuropsychological reports. Nevertheless, neuropsychological assessment requires knowledge of the constructs measured by the tests and application of these constructs in different neurological problems. This workshop aims to familiarize participants with the administration and scoring of MoCA as neuropsychological screening test. Likewise, this workshop will help guide the participants in qualitative and quantitative interpretation of test results through improving their understanding of test constructs. Participants will be provided with sample test protocols and cases to illustrate interpretation of test results to shed light on some neurological problems. At the latter part of the workshop, participants will be guided on making neuropsychological write-up based on MoCA test protocol provided.</p> <p>Special Instructions: materials to be used include MoCA test and instruction to be downloaded by participants at: <a href="https://www.mocatest.org/splash/">https://www.mocatest.org/splash/</a>. Handouts of the workshop will be emailed to the participants after the session.</p>

<b>About the Facilitator/s</b>	Dr. Grace Orquiza is a Licensed Psychologist of the Philippine Regulatory Commission (PRC). She is a practicing Clinical Psychologist with 10 years of clinical practice with several foundations and private hospitals in Metro Manila. She has 8 years teaching experience in undergraduate and postgraduate Psychology courses. Dr. Orquiza is currently an Assistant Professorial Lecturer at De La Salle University. She holds her clinical practice at Gray Matters Psychological Center for the past 2 years. Dr. Orquiza is an active member of the Psychological Association of the Philippines and have participated in local and international speaking engagements for the past 10 years.
--------------------------------	---

<b>Post-Convention Workshop # 20</b>	
<b>Title</b>	<b>The Growth Mindset</b>
<b>Facilitator/s</b>	<b>Allan B. I. Bernardo, PhD, RPsy</b>
<b>Abstract</b>	People have implicit theories about the nature of important human qualities (e.g., intelligence, morality). Entity theorists hold the belief that such qualities are fixed and unchanging, whereas incremental theorists hold the belief that the same qualities are malleable and can be changed. Recent research and practice have emphasized the incremental theorists' growth mindset in improving learning, performance, and well-being. In this workshop, the basic assumptions of and research on implicit theories and growth mindset will be discussed, focusing on research that applies to schools, work, relationships, and communities. The workshop will also describe "mindset interventions" that attempt to improve performance by strengthening individual's growth mindset or incremental theory beliefs. The workshop would conclude by reviewing some of the key criticisms of research and applications of the growth mindset construct.
<b>About the Facilitator/s</b>	Dr. Allan B. I. Bernardo is Professor of Psychology at the University of Macau. Although trained in cognitive psychology (PhD Yale University), he currently maintains an active research program related to lay theories and intergroup relations, well-being in relational/collectivist societies, and socioeconomic differences and social mobility. He is currently Editor-in-Chief of Asian Journal of Social Psychology (Wiley), and was President of the Psychological Association of the Philippines (PAP), ASEAN Regional Union of Psychological Societies (ARUPS), and Asian Association of Social Psychology (AASP). He has published over 210 journal articles, book chapters, books and monographs. For his various contributions to psychology, he was given the Outstanding Psychologist Award by the PAP (2009) and was elected to the prestigious National Academy of Science and Technology (2007), among several other national and international awards.