



Republic of the Philippines
Department of Education
Negros Island Region
DIVISION OF NEGROS ORIENTAL
Dumaguete City

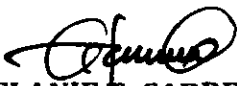



July 7, 2016

DIVISION MEMORANDUM

No. 394 s. 2016

TO : Education Program Supervisors / Division Coordinators
: District Supervisors / District In-Charge
: School Heads of Public / Private Elementary / Secondary Schools
: All others concerned

FROM :  **LELANIE T. CABRERA, CESE**
OIC, Schools Division Superintendent 

SUBJECT : **SPORTS AND EXERCISE PSYCHOLOGY WORKSHOP**

1. Attached is the information/invitation letter from the Psychology Department of Silliman University regarding its holding of the **11th Psychology Regional Forum** with the theme " **SPORTS AND EXERCISE PSYCHOLOGY FOR THE DEVELOPMENT OF INDIVIDUALS AND COMMUNITIES IN A CHALLENGING WORLD**" on **July 15-16, 2016** at Silliman University, Dumaguete City.

2. Public Schools District Supervisors are hereby directed to send the district PESS Coordinators or be represented by a potential coach who have attended at least the regional level of athletic competition.

3. The registration fee is 2, 200.00 pesos inclusive of meals and snacks for both days, workshop kits/materials, training fees for the resource persons and certificates.

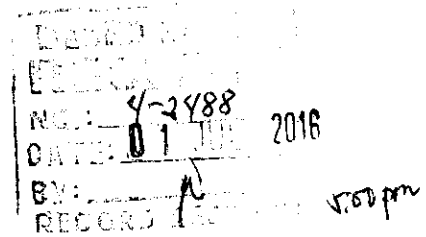
4. Traveling, registration and other incidental expenses shall be charged to Division / School MOOE or any other source of funds subject to the usual accounting and auditing rules and regulations.

5. For your information and guidance.



PSYCHOLOGY DEPARTMENT
SILLIMAN UNIVERSITY
Building Competence, Character & Faith

June 30, 2016



LELANIE T. CABRERA, CESE

Superintendent – OIC
Division of Negros Oriental
Department of Education
Dumaguete City

P: 7/04/16
9: AM
[signature]

Dear Ms. Cabrera:

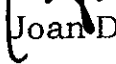
The Psychology Department of Silliman University is holding its 11th Psychology Regional Forum on July 15-16, 2016. To answer to the demands of our community, our forum will have the theme "Sport and Exercise Psychology for the Development of Individuals and Communities in a Challenging World". Attached are the schedule of activities and descriptions of the trainers' professional backgrounds.

Please share this information to your colleagues so that a bigger pool of sport practitioners will be trained well and appropriately to best carry the sport coaching and training profession for the development of our young athletes.

Our registration fee is P2,200 inclusive of meals and snacks for both days, workshop kits/materials, training fees for the resource persons and certificates. If you wish to deposit your registration fee, please use our Security Bank Account with account name: **Lourdes Angela F. Piñero and Edna M. Flaviano** and account number **0315-752952-200**. Please scan the deposit slip and email to psych@su.edu.ph with the name of the participant. You may also pay straight to our secretary at our office at Rm 210, Ausejo Hall, Silliman University.

Thank you.

Sincerely,


Michele Joan D. Valbuena
Chair

"Sport and Exercise Psychology for the Development of Individuals and Communities in a Challenging World"

11th Psychology Regional Forum

July 15-16, 2016

Silliman University, Dumaguete City

Registration Fee: P2,200

Registration fee includes meals, workshop kits/materials and training fees

SCHEDULE OF ACTIVITIES

July 15, 2016

AM

7:30-8:30

Registration

8:30-8:45

Opening Program

8:45-9:45

Plenary 1: **"Sport Psychology for Peace and Development: Going Beyond the Borders of Psychological Skills Training for Competition"**
by Marissa Guinto-Adviento

9:45-10:00

Snacks

10:00-12:00

Plenary 2: **"Promoting Exercise and Physical Activity Behaviours for Health and Well-Being"**
by Jonathan Cagas, University of the Philippines, Diliman

"Yoga-Enhanced Cognitive Behavioral Intervention for Anxiety Management: A Preliminary Investigation" by Nelly Limbadan, Ateneo de Davao University and Maureen Jean Lara, San Pedro College, Davao City

12:00-1:30

Lunch Break

PM

1:30-5:00

Simultaneous Workshops

Workshop 1: **"Sport Interventions as Psychosocial Support in Crisis and Disaster"** by Marissa Guinto-Adviento and Michele Joan Valbuena

Workshop 2: **"The Use of Yoga for Optimal Performance"** by Jonathan Cagas

Workshop 3: **"The Psychology of Coaching"** by Naira Orbeta and Mona Maghanoy

*Snacks served in the workshop

July 16, 2016

8:30am-5:00pm

Continuation of Workshops

*snacks and lunch are served in the workshops.

*certificates are given in the workshops.

**"Sport and Exercise Psychology for the Development of Individuals and Communities
in a Challenging World"**

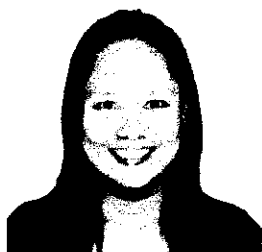
**11th Psychology Regional Forum, July 15-16, 2016, Silliman University,
Dumaguete City**

WORKSHOP FACILITATORS/TRAINERS

Workshop 1: "Sport Interventions as Psychosocial Support in Crisis and Disaster"

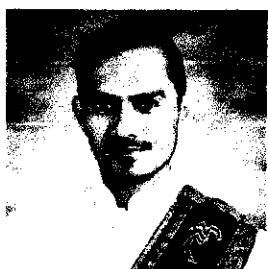


Dr. Maria Luisa Guinto-Adviento is the research director and sport psychologist of the College of Human Kinetics of the University of the Philippines. As one of the pioneering sport psychologists in the Philippines, she is a founding member of the Association of Sport and Exercise Psychology in the Philippines (ASEPP) and a forerunner of the Special Interest Group for Sport and Exercise Psychology at the Psychological Association of the Philippines (PAP) where she is currently a fellow member. She is also one of the elected members of the Managing Council of Asian-South Pacific Association of Sport Psychology (ASPASP). Her extensive experience in providing psychological skills training and counseling to recreational and competitive athletes for more than two decades has made her a valuable resource person to a variety of teams, schools, and organizations. Her professional practice in the field of performance enhancement has further expanded her reach from the sporting arena to the corporate world where she mentors leaders and managers in developing the champion mindset in the work place.



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 in Sport Psychology in 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.

Workshop 2: "The Use of Yoga for Optimal Performance"



Jonathan Cagas is an assistant professor in the Department of Sports Science at the University of the Philippines Diliman College of Human Kinetics. He teaches undergraduate and graduate courses in research methods, sports psychology, and measurement and evaluation. Jonathan completed the European Master in Sport and Exercise Psychology program from the University of Jyväskylä and University of Leipzig in 2013. He also completed MS Physical Education from the University of the Philippines Diliman in 2006. His primary research interest is in exercise motivation and physical activity promotion. A long-time yoga practitioner and instructor, Jon received 200-hour yoga teacher training certificates from the Centered Yoga Institute in Thailand the Kaivalyadham Yoga Institute in

**"Sport and Exercise Psychology for the Development of Individuals and Communities
in a Challenging World"**

**11th Psychology Regional Forum, July 15-16, 2016, Silliman University,
Dumaguete City**

India. He conducts yoga classes from beginners to advanced levels, and he teaches regularly at Yoga Manila.

Workshop 3: "The Psychology of Coaching"



Naira S. Orbeta has a BA in Psychology and a MA in Guidance and Counseling from De La Salle University, Manila. She has over 20 years of experience in training/teaching and psychological consultancy. She has designed and/or conducted various courses, including professional development training, team-building training/activities, and wellness and sports psychology among others. Her experience in psychological consulting covers counseling services for varsity/school league athletes and clubs, army shooters, professional and semi-professional teams, and individuals of various age groups in the areas of stress management, adjustment, injury management, general well-being and life skills. She is a Registered Psychologist of the Professional Regulation Commission.



Mona Maghanoy is finishing her thesis for a Master's degree in Psychology specializing in Clinical Psychology at the College of Social Science and Philosophy (CSSP) at the University of the Philippines (U.P.). Her Bachelor's degree is in Sports Science from the College of Human Kinetics (UP-CHK) in U.P. In 2007, she received her nursing in degree and is currently a registered nurse. Mona is a faculty member of the Department of Sports Science at UP-CHK. She teaches undergraduate courses in Human Biomechanics, Exercise Physiology and Sport Psychology. She handles PE classes in Team-Building and Philippine Games. Her research interests are in the field of sports psychology for collegiate-level athletes and recreational athletes. Her research has been on Imagery, Athletic Coping Ability, Mental Toughness and Positive Emotions in Sport. Currently, she is involved with mental skills training for student-athletes. Her work also includes organizing three national conferences on sport pedagogy and being a representative of the college in the Exercise is Medicine, Philippines coalition.