ICPCE 2018

INTERNATIONAL CONFERENCE ON PSYCHOLOGY COUNSELLING AND EDUCATION

icpce2018.psychreg.org

2nd–4th August 2018

NEW ERA UNIVERSITY
Quezon City, Philippines

PSYCHREG
Let's talk about behaviour

ICPCE 2018 is a Psychreg event

Jointly organised with

NEW ERA UNIVERSITY

Asian Psychological Association

GLOBAL PSYCHOLOGY AND LANGUAGE RESEARCH ASSOCIATION

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Asian Psychological Services and Assessment

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ISPCE

International Society of Psychology Counselling and Education

Message from the Conference Chair

On behalf of the organisers of the **1st International Conference on Psychology, Counselling and Education (ICPCE 2018),** I warmly welcome you all to this event.

As some of you might already be aware, this is the second Psychreg event that we are hosting – the first one being the International Conference on Innovation in Psychology, Education and Didactics (ICIPED 2017) which was held in collaboration with the Vasile Alecsandri University of Bacau in Romania, last 10th–11th March 2017.

This year, we are pleased to bring you this Psychreg event to the Philippines – with the support of New Era University, the Asian Psychological Association, the Global Psychology and Language Research Association, Eagle Broadcasting Corporation, the Asian Psychological Services and Assessment, and Hopkins International Partners.

We have carefully chosen the theme of ICPCE 2018: the intertwined disciplines of psychology, counselling, and education have never faced greater challenges than in the current environment. It is our hope that through our collective efforts, we can arm ourselves with essential information so that as psychologists, counsellors, and educators we will be able to maximise the opportunities for change and improvement as they are presented.

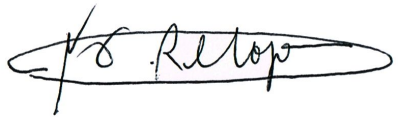
There are a range of important issues facing these disciplines – and it is best to tackle these in the spirit of collaboration. In this conference, we hope to be able to discuss these issues as researchers, educators, and practitioners so we can, in our own way, be agents of change.

ICPCE 2018 will also see the launch of the **International Society of Psychology, Counselling and Education (ISPCE).** The core mission of ISPCE is to become a

global organisation that advances the the professional development of psychologists, counsellors, and educators; facilitates the generation and dissemination of knowledge; and shapes public policy through providing global perspectives; and, fosters colaboration and partnerships towards social transformations.

And finally, I thank you, the delegates, for enriching these annual conferences by your presence. We hope you will enjoy the conference, renew old friendships, make new friends, acquire new ideas, and above all, have a good time.

Best wishes,



Dennis Relojo, MSc, MBPsS
Conference Chair, ICPCE 2018

President
International Society of Psychology, Counselling and Education

Message from the President of New Era University

We are delighted for the opportunity to host the **1st International Conference on Psychology, Counselling and Education (ICPCE 2018)** here in Quezon City, Philippines.

Over the years, New Era University have had the privilege of hosting numerous significant events. Yet, ICPCE 2018 is the first international conference that we are hosting. Therefore, we want to do everything we can to support your important work, and to make your experience in the Philippines as enjoyable as possible.

Fundamentally, hosting ICPCE 2018 is a reflection of the University's mission to foster intellectual conversations within the scientific community. We continually seek ways to make our university a place where educators can come together to share ideas, disseminate high-quality research, and of course, create connections.

An intellectual culture and a reverence for scholarship are defining attributes of New Era University. We are steeped in collaborative and interdisciplinary teaching and research, driven by core values of academic excellence, critical thinking, an openness to perspectives that are different from our own, and a willingness to be self-critical. Here you will find a community of students and faculty with a passion for applying their knowledge and talents for the betterment of the world – values that are deeply rooted in the doctrines of the Iglesia Ni Cristo (Church of Christ).

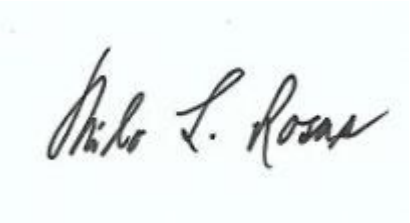
We have incubated an ambitious conference programme that addresses the contemporary trends in psychology, counselling, and education. Presentations and talks will be delivered by world experts who will share their knowledge and experience, with opportunities for interactive discussions. In a similar vein, the paper presentations will provide an excellent forum on latest research to facilitate additional discussion and collaboration.

As cliché as it may sound, change is constant – and in order to work with circumstances as they arise, and to form international strategy where appropriate, the future lies in closer discussion and cooperation among various institutions.

Without question this conference will succeed in advancing our discourse, and I very much look forward to meeting you all again soon.

Thank you, all of you, for the tremendous work you are doing.

Mabuhay and we wish you the very best!



Dr Nilo Rosas

Message from the President-Elect of the Asian Psychological Society

Updating of knowledge is generally a well-accepted reason for organising and attending an academic event such as conferences. On behalf of the Asian Psychological Association (APsyA), I warmly welcome all the delegates to the **1st International Conference on Psychology, Counselling and Education (ICPCE 2018).**

Beyond sharing research work already done, I hope this international conference would stimulate rigorous discussion on how researchers, especially psychologists, can respond to the problems and issues in the local and global communities.

While research for capacity-building is important, crafting research practices that have significant impact on the improvement of individual well-being is paramount.

With the meeting of minds from different countries (and different backgrounds), I hope our collective eyes can see the problems; and our collective hearts can find the will to embark on research initiatives that would benefit the wider community directly. I also hope that we can also draw inspiration from our colleagues and peers at this conference to speak louder in our respective communities.

The reasoned voice of psychology is needed, to provide more objective views on a wide range of issues. A more direct involvement in community affairs would also elevate the position of psychology in our society. With the changing nature of our profession, a reminder about our duties to – and relationship with the society – is a gentle reminder.

Along with its co-organisers, I congratulate Psychreg for organising this important event to enhance the scientific community of psychology, counselling, and education. The efforts that go into the conference must have been tremendous.

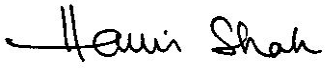
I appreciate the hard work and dedication of all the people involved in running this conference. The involvement and support from other organisations and societies is

hopefully a positive indicator of the collaboration that would sprout from this conference.

We thank the New Era University, participants, oral presenters, keynote and session speakers for helping us to build this very exciting conference programme.

To all the delegates, I wish you a productive and enjoyable time.

Kind regards,



Dr Harris Shah Abd Hamid

Message from the President Global Psychology and Language Research Association

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It is indeed an honour and a privilege to welcome you to the **1st International Conference on Psychology, Counselling, and Education (ICPCE 2018)**, to be held in Quezon City, Philippines from 2nd–4th August 2018. The theme of the conference is 'Preparing Psychologists, Counsellors, and Educators for the Contemporary Trends of the 21st Century'.

As the incumbent president of the **Global Psychology and Language Research Association (GPLRA)**, I would like to take this opportunity to orient you about the association.

GPLRA is a conglomeration of academia and professionals for the promotion of research and innovation – which creates a global footprint. GPLRA is promoted by Global Research and Development Services (GRDS), whose motto is 'collaborate to co-create'.

By and large, GPLRA aims to bring together worldwide researchers and professionals. It also encourages intellectual development and provide opportunities for networking and collaboration. The association is actively involved in academic networking, meetings, conferences, workshops, projects, research publications, academic awards, and scholarships. GPLRA invites you to join its diverse group of international members. Please visit our website: www.grds.com

Psychreg has done a remarkable job in spearheading ICPCE 2018. This conference is an excellent opportunity to foster networking and collaboration within the interrelated disciplines of psychology, counselling, and education.

Therefore, GPLRA supports Psychreg and other organisation to collectively disseminate innovative research and best practices. GPLRA makes continuous efforts in transforming the lives of people around the world through education,

application of research, and the promotion of innovative ideas. We can all do it together.

The conference is structured in such a way that each participant gets the most from the conference and can cherish the time and efforts that has been invested to attend the conference.

I certainly believe that this conference will bear fruitful results and lay the firm groundwork for future developments within psychology, counselling, and education.

Good wishes to all participants. Welcome to the Philippines.

Mabuhay!

Dr Dahlia Domingo

Message from the Chief Operating Officer of the Asian Psychological Services and Assessment

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Our heartfelt congratulations to ICPCE 2018 for organising and inaugurating its first international conference in collaboration with New Era University here in the Philippines.

Initiatives of this kind, which are focused on preparing school managers for the 21st century educational needs is important to foster action-based reforms needed to secure necessary learning outcomes that could bring any individual a long way.

We, at the **Asian Psychological Services and Assessment (APSA),** are fortunate to have been invited to witness the unfolding of this event. APSA supports endeavours of this kind for its alignment to its vision of actualising the fullest potential of individuals – students or employees as part of an institution.

This event provides a venue for APSA to contextualise such vision in the setting of the audiences of ICPCE 2018 but with a heavy meld of both national and international perspectives, which APSA blends in its assessment products and services.

The said fusion of perspectives brought to the level of intellectual, practical, and educational discourses that are accessible to any school manager is hard to find elsewhere.

APSA is thus grateful to partner with ICPCE 2018 for this event. Its initial participation is just a step toward long-term partnership with ICPCE 2018 on capacity building needs of the education sector not merely in the Philippines but of the world.

I thank the conference committee for their hard work and dedication to organising ICPCE 2018. On behalf of APSA, we welcome you to ICPCE 2018.

Enjoy your conference!

Best wishes,

Dr Liberty Nolasco

CONFERENCE OBJECTIVE

Psychreg, New Era University, the Asian Psychological Association, Global Psychology and Language Research Associaton, Eagle Broadcasting Corporation, the Asian Psychological Services and Assessment, and Hopkins International Partners have joined forces to organise this event to disseminate innovative research and best practices in psychology, counselling, and education – to bring you the **1st International Conference on Psychology, Counselling and Education (ICPCE 2018)** at New Era University in Quezon City, Philippines on 2nd–4th 2018.

The overarching goal of ICPCE 2018 is to promote relevant and timely discussion in the intimately intertwined disciplines of psychology, counselling, and education. The event will also launch the **International Society of Psychology, Counselling and Education (ISPCE)**.

MASTER OF CEREMONIES

Day 1

- Dr Alexis Jan Patacsil, New Era University
- Dr Nerissa Guilermo, New Era University

Day 2

- Fraser Smith, Glasgow Caledonian University (United Kingdom)
- Isabel Ghisolfi, Columbia University (United States)

Day 3

- Professor Bernie Balmeo, New Era University
- Professor Febe Malinis, New Era University

CONFERENCE COMMITTEE

Dr Orlando Cabigting – New Era University

Dr Julie Valencia – New Era University

Dr Dahlia Domingo – GPLRA (Philippines)

Dr Harris Shah – Asian Psychological Association (Malaysia)

Dr Berney Wilkinson – Webster University (United States)

Dr Richard Marshall – Webster University

Graham Howell – Psychreg (United Kingdom)

Dr Diana Lee Tracy Chan – New Era University

Dr Lucia Ramos – New Era University

Dr Mylene Andaya – New Era University

Professor Jovito Espinas – New Era University

James Manzanero – Eagle Broadcasting Corporation (Philippines)

Dr Liberty Nolasco – APSA (Philippines)

Conference Chair: Dennis Relojo – Psychreg (United Kingdom)

5 KEYNOTE LECTURES

Professor Jamie Hacker Hughes *was the President of the British Psychological Society from 2015–2016 and the former Head of Healthcare Psychology at the UK's Ministry of Defence. He was Founder Director of both the UK Psychological Trauma Society and the Veterans and Families Institute at Anglia Ruskin University and its Veterans and Families Research Hub and is a former director of EMDR UK and Ireland Association. Professor Hacker Hughes is Visiting Professor of Psychology at the University of Hertfordshire, Visiting Professor at Northumbria University, and Honorary Professor of Psychology at Lomonosov Moscow State University.*

Working with victims and survivors of disasters, terrorism, war, abuse and accident both individually and systemically: A 25-year perspective

The past quarter of a century has seen a multiplicity of wars, disasters, and terrorist incidents around the globe. In addition, and very sadly, the daily cycles of serious accidents, crime, and abuse continue in every country around the world. The author qualified as a clinical psychologist 25 years ago and has been working as a clinical psychologist specialising in trauma throughout that period, a period in which there have been many innovations and significant developments in psychological and psychotherapeutic approaches to intervening with and treating survivors of war, accident, disaster, terrorism, and abuse. Such developments will be reviewed, illustrated by case examples gained from the author's clinical experience gained in working with individual survivors of crime, abuse, war, disaster and terrorist incidents, and through working systemically with the military, organisations involved in disaster relief, and those working with the refugees and asylum seekers. Although the examples cited will come predominantly from the author's personal clinical and organisational experience in the UK, it is hoped that the lessons which may be drawn can be applied in and international context.

Dr Harris Shah Abd Hamid *is the President-Elect of the Asian Psychological Association (APsyA) and Vice President of Malaysian Psychological Association. He obtained a PhD in Ergonomics from Loughborough University. He has over 18 years of teaching experience at various universities in Malaysia. He is currently teaching at the University of Malaya. Dr Hamid is also actively involved in professional training programmes in both psychology and ergonomics. He is the co-Editor-in-Chief of Malaysian Journal of Psychology and had recently been appointed as a member of the Editorial Board of the Malaysian Journal of Psychology and Counselling.*

Threats to self-care: Who's interested in personal health?

The management of personal health is becoming more complex in terms of options and procedures. The healthcare systems are expanding to accommodate various pressures and constraints to their operations. Competing healthcare modes are also pervasive; sometimes with direct confrontation against the science-based medical care. A sociotechnical model on patient work had identified systemic elements that may influence the effectiveness of self-care. However, the influences are expressed more as barriers to self-care. In health psychology, the research on adherence to medication has also identified the barriers. These lines of research should be expanded to account for the elements external to the healthcare systems that may jeopardise self-care. Possible research directions are the taxonomy of the external threat elements, the mechanism whereby the external threats influence self-care, and the design of the internal system to counter the external threats.

Dr Berney Wilkinson *is co-host of Psychreg Podcast. Dr Wilkinson earned his PhD in school psychology from the University of South Florida in 2005, specialising in paediatric psychology. He went on to complete a postgraduate programme and is a Diplomate with the American Board of School Neuropsychology. He is a licensed psychologist in Florida and owns a private practice that includes other psychologists and counsellors. He is the Associate Editor of Psychreg Journal of Psychology.*

Overcoming barriers to effective parent-teacher partnerships

Homeschool collaboration has long been recognised as a valuable tool for student education and development. As one group of researchers put it: 'Indeed, family-school relations and parental involvement in education have been identified as a way to close demographic gaps in achievement and maximise student' potential (Hill & Tyson, 2009).' Unfortunately, despite the well-known benefits of homeschool collaboration, multiple factors impede its implementation. Poor and inconsistent communication, variations in expectations, and differing values among the most common barriers to homeschool collaboration. The execution of an effective homeschool collaborative plan necessitates the acknowledgement and resolution of these barriers.

Dr Richard Marshall *is co-host of Psychreg Podcast. Dr Marshall earned an EdD in reading and learning disabilities at West Virginia University (WVU) in 1982. Upon completion of his degree he became an Assistant Professor of Paediatrics at the WVU Medical School. After moving to Florida in 1983, he joined the faculty in the Department of Paediatrics in the College of Medicine at the University of South Florida and worked for five years in the Neonatal Developmental Follow-Up Programme. He is the Associate Editor of Psychreg Journal of Psychology.*

Applying educational psychology: Theory and practice

As we approach the third decade of a new millennium, educational psychology seems precariously perched between significant contributions and extinction. From the professional community, there are calls for evidence-based practices and more rigorous research. At the same time, however, other segments demand that we eliminate evolution from the curriculum, that we ignore scientific evidence and slash funding for scientific research, that we measure educational achievement and teacher effectiveness with grossly inadequate tests, and that we accept the suspension and expulsion of disproportionately large numbers of students of colour. And yet, we remain optimistic, as the need for evidence-based research, new instructional formats, and emerging finding from neurosciences offer new and exciting challenges. Surely, the role of the educational psychologist will change, but the goal of translating theory into practice remains.

Dr Dahlia Domingo *is the President of the Global Psychology and Language Research Association (GPLRA). Dr Domingo has been teaching at New Era University for 18 years. She holds a PhD in Applied Linguistics from Philippine Normal University. She also holds Master in Education: Teaching English as a Second Language from the University of the Philippines. In May 2016, she delivered a keynote address at the 6th International Conference on Teaching, Education and Learning held in Kuala Lumpur, Malaysia.*

21st century skills for educators and counsellors in dealing with the millennials: Basis for counselling programme

Today, information and communications technologies (ICTs) infiltrate classrooms around the world at an exceedingly rapid pace. In the wake of this influx, both educators and counsellors face growing challenges as they deal with a very 'wired' – and more and more 'wireless' – generation of students using technology that is evolving every day. Therefore, as practising professionals, in order to effectively communicate with the millennial generation, we need to be better equipped with 21st century skills. These skills does not only involve keeping abreast with the latest resource, but more importantly it involves promotion of a collaborative learner-centred environment to which students will relate and respond effectively. This keynote will highlight real-world scenarios in the 21st century classroom, with the overarching aim of using this discussion as a basis for a counselling programme.

6 SESSION PRESENTATIONS

A mental health blogger, ***Dennis Relojo*** *is the founder of Psychreg and is also the Editor-in-Chief of Psychreg Journal of Psychology. Aside from PJP, he sits on the editorial boards of international journals, and is a Commissioning Editor for the International Society of Critical Health Psychology. A Graduate Member of the British Psychological Society, Dennis holds a master's degree in psychology from the University of Hertfordshire and his research interest lies in the intersection of psychology and blogging.*

Putting the spotlight on mental health through blogging

Taking into account the features of blogging, it is arguably one of the effective medium to raise awareness about mental health. Blogs have the capability to demonstrate that people with mental health problems are cared about, understood, and listened to. Through the use of blogs, the powerful lived-experience narratives are reaching far more people. With the increasing popularity of blogs, it is only sensible that they should be adapted in order to change the way people think and act about health psychology, and ultimately about mental health. It is comforting to know that across the world, people use blogs as an effective medium to share their narratives and experiences, to increase awareness and understanding, and to offer comfort and support. And not only that, blogs in similar genres are now being given recognition similar to those of mainstream blogs.

Professor Laura Caulfield *is the Chair of the Institute for Community Research at the University of Wolverhampton. Professor Caufield has a background as a psychologist and criminologist. Her research expertise lies primarily within the criminal justice system, and she is skilled in bridging the gap between evidence, policy, and practice. She has received funding from the UK Government, Economic and Social Research Council, the National Criminal Justice Arts Alliance, the National Health Service, the Youth Offending Service, and several third-sector organisations. Her latest book, Criminological Skills and Research for Beginners was published in April 2018.*

The role of the arts in the criminal justice system: Innovative approaches to prisoner rehabilitation

Arts-based interventions have a long and complex history of work within the justice system. From fine art, to drama, creative writing and poetry, dance, to music – the art forms are many and varied. The arts in prison settings have provided an alternative or complimentary component to rehabilitation, and there is significant evidence that participation in the arts has a positive impact: increasing confidence and social skills; promoting engagement with education and treatment programmes; improving attitudes and behaviours; and a positive impact on well-being. While much useful and insightful research has been produced on the role of the arts in criminal justice, the evidence base has been subject to criticism. For example, the focus of much research in this area has been based on self-reported measures, there has been a lack of robust quantitative data, and it is rare to see evaluations that use pre-test and post-test scores. This lecture will explore the history and role of the arts in prisoner rehabilitation, discuss current research and criticisms of the existing evidence base, and propose new and robust approaches towards understanding the impact of the arts on prisoner rehabilitation.

Dr Dean Wilkinson *is a Senior Lecturer in Psychology at the University of Worcester. He has experience of conducting research using qualitative and quantitative designs and has developed research areas and interests motivated by, and exploring, issues. One of Dr Wilkinson's research areas has been motivated by exploring issues within the criminal justice system. He has been involved in a number of projects exploring the use of arts in prison, as an alternative terrain, and led on a project exploring how older offenders engage with a music-based prison project.*

Responding to an ageing population: Exploring the use of innovative arts-based interventions with older prisoners

The number of older people in prison has increased dramatically in recent years. Data from Public Health England (PHE) shows that the proportion of people in prison in England and Wales aged 50 or older increased by 150% between 2002 and 2017. A similar pattern has been seen in many countries around the world. The rising number of older people in prison brings with it a host of health and well-being challenges for psychologists and other professionals. Indeed, the scale of the challenge posed by an ageing population has been recognised as an international concern. For example, in early 2018 the UK government announced £300 million of investment to develop technologies and industries that can help the UK prepare for an ageing society. As society begins to respond to an ageing population, so too must the criminal justice system. There is a need to explore innovative ways of working with older people in prison. This lecture will present findings from research into a novel, arts-based intervention with older men in prison.

A counselling psychologist in training and a Tutor at Glasgow Caledonian University, ***Fraser Smith*** *conducts qualitative analysis in sexual health and antibiotic resistance. Fraser is the host of GetPsyched, a video blog on YouTube which explores numerous topics in psychology which are designed to be relevant for psychology students and graduates. He is the Counselling Representative of PsyPAG, the national organisation of psychology postgraduates in the UK.*

What 'manning up' really means? The stigma around mental health of men

Men's mental health lacks empirical research and established understanding. Men are more likely to die from suicide and yet less likely to seek therapeutic assistance. The issue of men's mental health is a growing public health concern and one that needs deeper appreciation if it is to be in anyway mediated. Still, little is known about why men experience greater mental health challenges and what barriers men experience in terms of accessing psychological therapy. The barriers experienced by men had led to many refusing to seek help for their challenges with mental health. Masculinity and stigma are huge contributing factors to this lack of therapeutic uptake. This session will attempt to shed light on the complexity of stigma and masculinity experienced by men, and how this contributes to the lack of men who access therapy. The developing issue in overall men's mental health and how therapists and psychologists can positively impact the way in which men deal with their mental health difficulties and seek therapy, will also be discussed.

Rohit Sagoo, MRes *is Senior Lecturer at Anglia Ruskin University. Rohit teaches the BSc programme in Children's Nursing. Previously, he taught at City and Islington College, London for several years around study programmes relating to Health and Social Care, Access to Nursing and Social Work and preparing students for university. He is also an editorial board member for Psychreg Journal of Psychology.*

The impact of sport psychology on mental health and goal attainment: Future directions and implications

The game of snooker is very much seen as a soloist sport like tennis and darts. Nonetheless, the mental cognition and toughness surrounding such solo sports can often be an isolated journey for the player who is in the pursuit of sporting elitism. During this path, mental cognition around a particular sporting ability increases a high level of knowledge and skills. Snooker as a game plays into that form of cognitive development and in turn can be considered a benefit in supporting an angle of positive mental health and mental cognition for any individual who plays snooker. With this borne in mind, an opportunity for discussion arises in relation to the mental health and cognitive benefits of playing snooker as an 'everyday player'.

Dr Nida Roncesvalles *is an Associate Professor from Texas Tech University where she teaches life span motor development, motor behaviour, kinesiology, among others. Her primary research expertise lies within biomechanics and sports psychology. She holds a PhD in Motor Development from the University of Oregon where she also finished her master's degree. Dr Roncesvalles is an active member of the North American Society of the Psychology of Sport and Physical Activity.*

Bridging the mind and the body: Will increased efficacy translate to optimal movement?

Previous research has revealed that older women are more vulnerable to injury and falls than men. Hence, fears arising from falls and threat of falls are real. Before it grabs a firm grip on women, it is worth investigating if this state is malleable or even preventable. Documentation of health, mental state, heart rate, activity levels, and other demographic data were conducted during baseline screening. Inclusion to the final participant pool required low to moderate concern for falling. Results were attributed to having participants not yet vulnerable to fear (low to moderate concerns). Follow-up on those with greater fear is recommended. Furthermore, fall prevention strategies should be comprehensive and multifaceted. As a form of prevention, stakeholders should prioritise research and public health initiatives to further define the burden, explore variable risk factors and utilise effective prevention strategies.

5 WORKSHOPS

As an international human rights activist, since 1990, ***Mandy Sanghera*** *has been supporting victims and survivors of honour-based violence and cultural abuse such as female genital mutilation, and forced marriages. At present, she is currently working with the European Parliament on forced marriages, to prepare a report based on the information from the 28 EU Member States and the selected associated countries. Mandy serves as the Global Diversity Adviser for Psychreg.*

Psychological trauma of abuse, harm and violence around the world: What can mental health professionals do?

According to the United Nations, around the world at least one woman in every three has been beaten, coerced into sex, or otherwise abused in her lifetime. Most often the abuser is a member of her own family. Moreover, every year, two million people experience domestic abuse. There are 100,000 people at risk of being murdered or seriously harmed; 130,000 children live in those households. For every person being abused, there is someone else responsible for that abuse: the perpetrator. And all too often, children are in the home and living with the impact. Increasingly, gender-based violence is recognised as a major public health concern and a violation of human rights. The effects of violence can be devastating to a woman's reproductive health as well as to other aspects of her physical and mental well-being. Taking these into account, this workshop aims to address what can mental health professionals do.

Dr Imelda Virginia Villar *is a board member for the Professional Regulatory Board of Psychology and the Chairperson for the Continuing Professional Development (CPD) for Psychology at the Professional Regulation Commission (PRC). She finished a postdoctoral course in counselling psychology from the University of Oregon and holds a PhD in Clinical Psychology from the University of Santo Tomas. Dr Villar finished her master's degree from De La Salle University.*

Unleashing the power: Neurolinguistic programming techniques and positive psychology

All human actions are positive. For instance, if a plan fails or the unexpected happens, that experience can be judged as neither good nor bad – it simply offers us a useful information. Neurolinguistic programming (NLP) is a psychological approach that involves analysing strategies used by successful individuals and applying them to reach a personal goal. This session will cover concepts of positive psychology and neurolinguistic programming. Using sample cases, it will illustrate how NLP techniques are utilised to bring about the positive emotions, engagement, relationships, meaning, and accomplishments (collectively known as PERMA, which sits at the core of positive psychology). If time permits, a brief demonstration can be done.

Isabel Ghisolfi *is a Psychology student at Columbia University in New York, a Parent-Child Interaction Therapy Programme Assistant at the Child Mind Institute, and a Research Assistant at the the Child Psychiatry unit of the New York State Psychiatric Institute (NYSPI). Isabel is working at NYSPI investigating the neurological implications of ADHD and anxiety disorders in children and adolescents. She is also pursuing a research study examining racial bias in the diagnosis of Oppositional Defiant Disorder (ODD) in children.*

Parent-Child Interaction Therapy (PCIT): Treatment effectiveness and implementation

PCIT is a research-supported parent coaching and child-focused intervention that has been found to be highly effective for behavioural disorders such as oppositional defiant disorder (ODD) and conduct disorder (CD). Young children with autism often present with a range of behavioural problems similar to ODD and CD including aggression, tantrums, and difficulty transitioning between activities. Therefore, PCIT holds considerable promise as a potentially effective treatment for children with autism. Studies reveal that PCIT interventions for children with autism lead to a decrease in the intensity and frequency of child disruptive behaviours as measured by the Eyberg Child Behavior Inventory; as well as a decrease in the intensity of parental distress related to such behaviours. However, the decrease in parental distress exceeds the decrease in the intensity and frequency of child disruptive behaviours.

Dr Jonathan Macayan *is an educator, practitioner, researcher, and an education leader. He holds a PhD in Educational Psychology from De La Salle University. Dr Macayan has over 20 years in the academia and serves as the Dean of School of Languages, Humanities and Social Sciences at Mapua University and the Interim President of the Association of Education Researchers and Trainers (ASSERT). As a Registered Psychologist (RPsy) in the Philippines, he has been doing private consultation projects in various areas involving behavioural intervention programmes, psychological assessment, and organisational development.*

Decoding Outcome-Based Education

Outcome-Based Education (OBE) has been a widely known education framework that has captured the interest of numerous educational institutions in the world. Many countries have attempted to implement OBE, but many have failed in their attempts at educational reforms using this framework. OBE was borne out of a positive philosophy that underscores success for all learners. But how has such a framework deeply anchored on learners' success failed? Did OBE really fail? Or, did the implementers of the education reform fail OBE? This workshop will revolve around thorough discussions on the important elements and principles of OBE that will address why and how many institutions failed in implementing OBE. In the process, the workshop will decode the essential aspects of OBE, particularly the five pillars of OBE and the overarching 'laws of alignment' that will ensure successful implementation of education framework.

Owing to her expertise in counselling, ***Cherrie Ragunton, RPm*** *appeared in CNN Philippines several times. Cherrie is a registered psychometrician in the Philippines and behavioural specialist at Interspect Training Services. She earned her master's degree in psychology from the Polytechnic University of the Philippines, and soon after she taught at Our Lady of Fatima University, and Central Colleges of the Philippines. She is a member of the American Psychological Association and of the Philippine Association for Counsellor Education, Research and Supervision (PACERS). More recently, she was one of the speakers at International Conference in Counselling Psychology held in Osaka Japan last October 2017.*

Self-compassion and mindfulness for helping professionals

It is often easy and quite natural for helping professionals to be kind and compassionate towards their clients. Unfortunately, at some point, helping professionals may struggle in extending the same kindness towards themselves. They were trained to be empathic and sympathetic to their clients and to feel how their clients feel amid life struggles, but also to help them to see the value of their own suffering in their own lives. As helping professionals do this, they are likewise teaching them to gain resilience and confidence whenever they find themselves facing life's adversities. Their job is fulfilling and rewarding, yet admittedly, oftentimes draining (emotionally, psychologically, and physically). It is therefore rather essential for them to practise self-compassion such that they may continuously serve their clients and avoid burning themselves out.

DAY 1
Thursday, 02 August 2018

07:00–08:30 Registration and Signing up for Saturday workshops
NEU Lobby

08:30–09:30 Opening Prayer, National Anthem, and NEU Hymn

Welcome Remarks
Dr Nilo Rosas
President, New Era University

Opening Remarks
Dennis Relojo, MSc, MBPsS
Founder, Psychreg (United Kingdom)

Presentation of Delegates
Professor Alexis Patacsil and Dr Nerissa Guillermo
New Era University

09:30–10:30 Keynote Talk 1
University Hall

Introduction of the Keynote Speaker
Dr Rosalie Cervantes
Vice Dean, College of Arts and Sciences, New Era University

Working with victims and survivors of disasters, terrorism, war, abuse, and accident both individually and systematically: A 25-year perspective
Professor Jamie Hacker Hughes
Visiting Professor, University of Hertfordshire (United Kingdom)

10:30–11:30 Session Talk 1
University Hall

Introduction of the Speaker
Dr Margele Andres
Dean, College of Communication, New Era University

Bridging the mind and the body: Will increased efficacy translate to optimal movement?
Dr Nida Roncesvalles
Associate Professor, Texas Tech University (United States)

11:30–12:00 Question and Answer

12:00–13:00 Lunch

13:00–13:15 Video Presentation
College of Arts and Sciences
New Era University

13:15–13:30 Musical Presentation
College of Music
New Era University

13:30–14:30 Session Talk 2
University Hall

Introduction of the Speaker
Dr Alberto Domingo Jr
Director, New Era University – Pampanga

The role of the arts in the criminal justice system: Innovative approaches to prisoner rehabilitation
Professor Laura Caufield
University of Wolverhampton (United Kingdom)

14:30–15:30 Session Talk 3
University Hall

Introduction of the Speaker
Dr Albert Vinluan
Dean, College of Computer Studies, New Era University

Responding to an ageing population: Exploring the use of innovative arts-based interventions with older prisoners
Dr Dean Wilkinson
Senior Lecturer, University of Worcester (United Kingdom)

15:30–16:30 Session Talk 4
University Hall

Introduction of the Speaker
Dr Lita Sagun
Professor, Department of Psychology, New Era University

What manning up really means? The stigma around mental health of men
Fraser Smith
Tutor, Glasgow Caledonian University (United Kingdom)

16:30–17:00 Question and Answer

Closing Prayer

DAY 2
Friday, 03 August 2018

07:00–08:30 Registration and Signing up for Saturday workshops
NEU Lobby

08:30–09:30 Opening Prayer

Introduction of the Speaker
Dr Florentino Doquena Jr
Branch Director, New Era University–Lipa City

Keynote Talk 2
University Hall

Overcoming barriers to effective teacher-parent partnerships
Dr Berney Wilkinson
Paediatric Psychologist, PAC Florida (United States)

09:30–10:30 Keynote Talk 3
University Hall

Introduction of the Speaker
Dr Julie Valencia
Director, Office of Student Discipline, New Era University

Applying educational psychology: Theory and practice
Dr Richard Marshall
School Psychologist, PAC Florida (United States)

10:30–11:30 Session Talk 5
University Hall

Introduction of the Speaker
Dr Niclie Tiratira
Dean, College of Science, University of Rizal System

The impact of sport psychology on metacognition, mental health and goal attainment: Future directions and implications
Rohit Sagoo, MRes
Senior Lecturer, Anglia Ruskin University (United Kingdom)

11:30–12:30 Question and Answer

12:30–13:30 Lunch

13:30–14:30 Parallel Sessions 1–5
Assigned venues

14:30–15:30 Parallel Sessions 6–9
Assigned venues

15:30–16:30 Parallel Sessions 10–13
Assigned venues

DAY 3
Saturday, 04 August 2018

07:00–08:15 Registration
NEU Lobby

08:15–09:00 Opening Prayer

Keynote Talk 4
University Hall

Introduction of the Speaker
Dr Vivian Buhain
Director, Language Studies, New Era University

21st Century skills for practising professionals with the millenials
Dr Dahlia Domingo
President, Global Psychology and Language Research Associaton (Philippines)

09:00–10:30 Workshops

Workshop 1: Mental health | Venue: NDEP

Introduction of the Facilitator
Dr Lucia Ramos
New Era University

Psychological trauma of abuse, harm, and violence around the world: What can mental health professionals do?
Mandy Sanghera
Adviser, European Parliament (United Kingdom)

Workshop 2: Psychology | Venue: Multimedia Room A

Introduction of the Facilitator
Professor Felida Tucker-Rustia
New Era University

Unleashing the power: Neurolinguistic programme techniques and positive psychology
Dr Imelda Virginia Villar
Chairperson, Continuing Professional Development
Professional Regulation Commission (Philippines)

Workshop 3: Educational psychology | Venue: Multimedia Room B

Introduction of the Facilitator
Dr Annie Bigornia
New Era University

Parent-Child Interaction Therapy (PCIT): Treatment effectiveness and implementation
Isabel Ghisolfi
Research Assistant, Columbia University (United States)

Workshop 4: Education | Venue: Multimedia Room C

Introduction of the Facilitator
Dr Dorislyn Tabunda
New Era University

Decoding outcome-based education
Dr Jonathan Macayan
Dean, Mapua University

Workshop 5: Counselling | Venue: Multimedia Room D

Introduction of the Facilitator
Professor Jovito Espinas
New Era University

Self-compassion and mindfulness for helping professionals
Cherrie Ragunton
Owner, Interspect Training Services (Philippines)

10:30–11:30 Parallel Sessions 14–19
Assigned venues

11:30–12:30 Parallel Sessions 20–25
Assigned venues

12:30–13:30 Lunch

13:30–14:00 Book Raffle
University Hall
Ziegfried Noscal
Forensic Accountant, Polytechnic University of the Philippines

Video Presentation
University Hall
New Era University

Video Presentation
University Hall
Eagle Broadcasting Corporation

14:00–15:00 Session Talk 6
University Hall

Introduction of the Speaker
Dr Diana Lee Tracy Chan
College of Arts and Sciences, New Era University

Putting the spotlight on mental health through blogging
Dennis Relojo, MSc, MBPsS
Founder, Psychreg (United Kingdom)

15:00–16:00 Keynote Talk 4
University Hall
Introduction of the Speaker
Dr Ma. Victoria Faiardo
Chair, BS Psychology Programme, New Era University

Threats to self-care: Who's interested in personal health?
Dr Harris Shah
President-Elect, Asian Psychological Association (Malaysia)

16:00–16:30 Closing and Awarding of Certificates
University Hall
Dr Julie Valencia and Dr Mercedes Esmade
New Era University

16:30–17:00 Closing Remarks
University Hall
Dr Orlando Cabigting
Dean, New Era University

Closing Prayer
University Hall

PARALLEL SESSIONS	Friday, 03 August

SESSION 1: Stress and mental health
13:30–14:30 | Venue: Multimedia Room A | Moderator: Marissa Operario

- *Social and pedagogical approaches in mental health practice*
  Rohit Sagoo, MRes
  ANGLIA RUSKIN UNIVERSITY (UNITED KINGDOM)

- *(Gen)X marks the spot: Examining the generational differences of Filipinos on media-influenced attitudes and imagined interactions towards the mentally ill*
  Luke Yap
  UNIVERSITY OF THE PHILIPPINES DILIMAN

- *Excessive smartphone use, anxiety, interpersonal relationships, and sleep quality among selected adolescents*
  Sarah Jane Macaraeg
  UNIVERSITY OF SANTO TOMAS

- *Prevalence of perceived stress and mental health indicators among government workers: Basis for a psychological enabling programme*
  Eva Pacayra
  UNIVERSITY OF SANTO TOMAS

SESSION 2: Loneliness, mindfulness, resilience, and conflict management
13:30–14:30 | Venue: Multimedia Room B | Moderator: Dr Vivian Buhain

- *Loneliness: Examining the unpleasant experience in psychologically healthy and distressed individuals*
  Dr Saif Farooqi
  UNIVERSITY OF DELHI (INDIA)

- *The role of psychological well-being as a mediator in the relationship between dispositional mindfulness and adjustment to university among university students*
  Regina Retno Putri Manjali
  UNIVERSITY OF INDONESIA

- *Thrive and survive: Exploring adolescents' resilience*
  Aron Harold Pamoso
  UNIVERSITY OF SOUTHERN PHILIPPINES

- *ROAD to forever: Conflict management and conflict resolution of dual-earning married couples*
  Marris Reyes
  PALAWAN STATE UNIVERSITY

SESSION 3: Educational Psychology
13:30–14:30 | Venue: Multimedia Room C | Moderator: Rona dela Rosa

- *Stress and coping strategies among Grade 11 students in a private school in Manila, Philippines*
  Dr Ma. Victoria Fajardo
  NEW ERA UNIVERSITY

- *Means of development and maintenance of friendship among adolescents with autism*
  Dr Joie Fe Ancheta
  UNIVERSITY OF THE PHILIPPINES DILIMAN

- *Psychological factors of disengagement of irregular schooling among Alternative Learning System learners*
  Dr Phillip Ramir Punzalan
  DE LA SALLE UNIVERSITY–MANILA

- *Intellectual quotient and problem behaviours among selected children diagnosed with attention-deficit hyperactivity disorder*
  Dr Lara Maguad & Maria Raña Violetta Cabrera
  MAGUAD PSYCHOLOGICAL CLINIC

SESSION 4: Sex education and reproductive health
13:30–14:30 | Venue: Multimedia Room D | Moderator: Professor Maribel Cruz

- *HIV health beliefs, need-based intimacy, and mortality of salience as predictors of sexual abstinence self-efficacy among business process outsourcing agents in Metro Manila*
  Charliemagne Jasperleh Pocong
  UNIVERSITY OF SANTO TOMAS

- *Teeter-totter model of burden-bearing among Filipino teenage mothers: Implications to sex education and psychosocial intervention programme*
  Florence Nawew-Bahni
  SAINT MARY'S UNIVERSITY–NUEVA VIZCAYA
  UNIVERSITY OF SANTO TOMAS

- *The use of eye movement desensitisation and reprocessing in sexually abused youth*
  Joseph Marquez
  HOSPICIO DE SAN JOSE

- *The perception of high school students and teachers towards reproductive health: Basis for reproductive health education and counselling programme*
  Marissa Plantinos
  DOÑA MONTSERRAT LOPEZ MEMORIAL HIGH SCHOOL

SESSION 5: Positive psychology
13:30–14:30 | Venue: NDEP | Moderator: Professor Noe Pobadora

- *Towards measures of mattering in Malaysian occupational context*
  Dr Harris Shah Abd Hamid[1]; Abdul Rahman Badayai[2] ; Hariyati Shahrima Abdul Majid[3]; & Khairil Shahrim Abdul Majid[3]
  [1]UNIVERSITY OF MALAYA (MALAYSIA), [2]NATIONAL UNIVERSITY OF MALAYSIA, & [3] HR WELLNESS DEVELOPMENT(MALAYSIA)

- *The law of harvest: Prosocial behaviours of volunteers*
  Alicia Tablizo
  OUR LADY OF FATIMA UNIVERSITY–ANTIPOLO

- *The effects of gratitude journalling to life satisfaction*
  Alyssa Genela De Leon
  CENTRO ESCOLAR UNIVERSITY–MANILA

- *Humour styles and emotional states*
  Aviva Domasian
  OUR LADY OF FATIMA UNIVERSITY–QUEZON CITY

SESSION 6: Counselling, coping strategies
14:30–15:30 | Venue: Psychology Laboratory | Moderator: Dr Felicidad De Ocampo

- *The use of self in therapy and counselling psychology*
  Fraser Smith
  GLASGOW CALEDONIAN UNIVERSITY (UNITED KINGDOM)

- *Indian immigrants and their counsellors: Implications for Australian counselling practice*
  Madhuri Mathisen
  UNIVERSITY OF NOTRE DAME (AUSTRALIA)

- *Counselling needs of students at Cagayan State University–Carig: A framework for the enhancement of the campus guidance programme*
  Dr Jona Addatu-Cambri & Rosemarie Agpoon
  CAGAYAN STATE UNIVERSITY–CARIG

SESSION 7: Psychological assessment
14:30–15:30 | Venue: Multimedia Room A | Moderator: Dr Lucia Ramos

- *Validation of the short-form Self Compassion Scale among primary school teacher in Malaysia*
  Lim Wee Lee
  UNIVERSITY OF MALAYA (MALAYSIA)

- *Development and validation of work text in psychological assessment*
  Dr Niclie Tiratira
  UNIVERSITY OF RIZAL SYSTEM
  NEW ERA UNIVERSITY

- *Development and validation of vocational career test for Grades 11 and 12 among selected public high school students in Metro Manila*
  Hernani Patches Jr
  UNIVERSITY OF SANTO TOMAS

- *Barriers to mental health help-seeking among displaced adult survivors of Typhoon Yolanda*
  Abigail Del Puerto
  BALIK KALIPAY CENTER FOR PSYCHOLOGICAL RESPONSE

SESSION 8: Social skills, personal development, and teaching
14:30–15:30 | Venue: Multimedia Room B | Moderator: Professor Lilibeth Cruz

- *Proposed diploma programme for students with special needs*
  Dorislyn Tabunda
  NEW ERA UNIVERSITY

- *Fraternity membership, self-identity, and personal development among adolescents*
  Jonel Noche Camalig
  CAVITE STATE UNIVERSITY

- *The effects of types of participation in co-curricular activities to school connectedness, academic integration, and school commitment of senior high school students*
  Herman Briñas
  EMILIO AGUINALDO COLLEGE–DASMARIÑAS

- *Implicit theories of intelligence, science teachers' efficacy beliefs and assessment-based instructional strategy: A gauge of 21st century instruction*
  Jacky Jay Cadulong
  UNIVERSITY OF SOUTHERN MINDANAO

SESSION 9: Students' well-being and counselling
14:30–15:30? | Venue: Multimedia Room C | Moderator: Dr Julie Valencia

- *Assessment of the moderator of depression level of Grade 11 students: Basis for the development of intervention programme*
  Felida Tucker-Rustia
  NEW ERA UNIVERSITY

- *The influence of theoretical orientations of school counsellors to their practical competencies in guidance and counselling practice*
  April Abrazado & Dr Lucia Ramos
  NEW ERA UNIVERSITY

- *School-based mental health programme for university students*
  Dr Jocelyn Viray; Adrian Segovia; & Lordy Angelo Santos
  CENTRO ESCOLAR UNIVERSITY–MANILA

- *Not all wounds are visible: The coping mechanisms of physically abused successful adults*
  Keith Martin
  NEW ERA UNIVERSITY

SESSION 10: Higher education
15:30-16:30 | Venue: Multimedia Room D | Moderator: Dr Mylene Andaya

- *Empowerment and management utilisation in higher education*
  Dr Digna Mac-Paner Alba
  ATENEO DE NAGA UNIVERSITY

- *Managerial skills of basic education school administrators: Career plateau vs non-plateau*
  Dr Amaranth Wong
  DEPARTMENT OF EDUCATION–DIVISION OF ROMBLON

- *Mental health status in relation to personality adjustment: Implications to the development of teaching*
  Dr Fructuoso Salao
  PERPETUAL HELP COLLEGE OF MANILA

- *Management and leadership performance of academic middle managers and the attainment of their trilogic functions: An input to an enhancement programme*
  Geraldine Reyes
  ILOCOS SUR POLYTECHNIC COLLEGE

SESSION 11: Personal development and mental health
15:30-16:30 | Venue: NDEP | Moderator: Dr Aileen Berroya

- *Improving employee engagement: The impact of management styles and psychological contract fulfilment as perceived by employees in a higher education institution in Manila*
  Dr Orlando Cabigting Jr
  NEW ERA UNIVERSITY & MAPUA UNIVERSITY

- *The effect of attitudes and beliefs, and equity knowledge of mental health professionals on their readiness to multicultural therapy for diverse clients*
  Dr Lucia Ramos
  NEW ERA UNIVERSITY & MAPUA UNIVERSITY

- *Policies and laws affecting psychological and counselling practices in the Philippine educational setting*
  Atty Ida Marie Escolano-Canton
  NEW ERA UNIVERSITY (PHILIPPINES)

- *Emotional quotient among Filipino educators*
  Sonia Janice Pilao & Christine Fresco
  CENTRO ESCOLAR UNIVERSITY–MANILA

SESSION 12: Stress, psychosocial problems, bullying, and online disinhibition
15:30–16:30 | Venue: Psychology Laboratory | Moderator: Dr Diana Lee Tracy Chan

- *Psychosocial problems: Anchorage on Emil Durkheim's social integration and social regulations perspectives*
  Christine Era Reyes
  NEW ERA UNIVERSITY

- *Bullying in the countryside: Prevalence, factors, and coping mechanism*
  Dr Jonathan Wong & Dr Amaranth Wong
  ROMBLON STATE UNIVERSITY

- *Understanding the concepts of bullying and its factors found among high school students*
  Jherleen Cabacungan
  UNIVERSITY OF BAGUIO

- *Understanding the digital self through the lens of Filipino millennials who explore toxic online disinhibition: A semiotic study*
  Jo-Ann Porillo
  LYCEUM OF THE PHILIPPINES UNIVERSITY

SESSION 13: Organisational psychology and social development
15:30–16:30 | Venue: Multimedia Room A | Moderator: Dr Lita Sagun

- *Utilisation of national career examination result in career tracking*
  Cella Ocampo & Dr Lucia Ramos
  NEW ERA UNIVERSITY

- *Recruitment and selection strategies in relation to organisational effectiveness among manpower agencies: Basis for a proposed intervention programme*
  Rolando Visca
  EULOGIO 'AMANG' RODRIGUEZ INSTITUTE OF SCIENCE AND TECHNOOGY

- *Psychological capital and happiness level as correlates to job performance: Basis for enhanced faculty development programme*
  Fatima Manalang
  MANILA CENTRAL UNIVERSITY
  PAMANTASAN NG LUNGSOD NG MAYNILA

- *Social dynamics and development: The case of Barangay 634 in Sampaloc, Manila*
  Dr Mrinalini Landicho
  EULOGIO 'AMANG' RODRIGUEZ INSTITUTE OF SCIENCE AND TECHNOLOGY

PARALLEL SESSIONS	Saturday, 04 August

SESSION 14: Ageing, addictive behaviours, and cognitive psychology
10:30–11:30 | Venue: Multimedia Room A | Moderator: Dr Margele Andres

- *Does manipulation of efficacy affect fear of falling in older women?*
  Dr Nida Roncesvalles & Marie Bregendahl
  TEXAS TECH UNIVERSITY (UNITED STATES)

- *The effect of multitasking and tempo on task performance and time perception*
  Marc Gabriel Meriño & Ma. Victoria Nortiga
  UNIVERSITY OF THE PHILIPPINES DILIMAN

- *Lifestyle and cognitive functioning of the elderly as basis for a cognitive intervention programme*
  Dr Agnes Santos & Dr Dorothea Dela Cruz
  CENTRO ESCOLAR UNIVERSITY–MANILA

- *Phonological competence of kindergarten learners*
  Dr Noel Tancinco
  NAVAL STATE UNIVERSITY

SESSION 15: Lived experiences, coping, and resilience
10:30–11:30 | Venue: Multimedia Room B | Moderator: Dr Anabelle Bigornia

- *Effects of violent conflicts on mental health of internally displaced persons: The moderating role of resilience*
  Martina Amande
  COLLEGE OF EDUCATION (NIGERIA)

- *Children's experiences and feeling in selected evacuation centres in Marikina City*
  Maria Talitha Estrella Borines
  FAR EASTERN UNIVERSITY

- *The lived experiences of single women*
  Laarni Muzones
  UNIVERSITY OF NEGROS OCCIDENTAL–RECOLETOS

- *Adjustment concerns, help-seeking tendencies, and coping strategies of international students*
  Michael Zinampan
  CAGAYAN STATE UNIVERSITY–CARIG

SESSION 16: Guidance programme and teaching
10:30–11:30 | Venue: Multimedia Room C | Moderator: Dr Corazon Quintana

- *Exploring teacher professional competency of university students*
  Dr Ariya Kuha & Harirak Kaewkabthong
  PRINCE OF SONGKLA UNIVERSITY (THAILAND)

- *The status of guidance programme in selected secondary private school in educational districts (EDDIS) IV Division of Bulacan: Basis for a comprehensive guidance programme*
  Rederick Cardenas
  POLYTECHNIC COLLEGE OF THE CITY OF MEYCAUAYAN

- *Assessment for learning in social studies: Effect on student achievement and metacognition*
  Maricar Ortaleza
  POLYTECHNIC COLLEGE OF THE CITY OF MEYCAUAYAN

- *Course guide in teaching science using spiral progression approach with integration of environmental education*
  Ma. Paz Contreras
  POLYTECHNIC COLLEGE OF THE CITY OF MEYCAUAYAN

SESSION 17: Educational psychology
10:30–11:30 | Venue: Multimedia Room D | Moderator: Professor Mary Ann Salazar

- *A review of models for predicting achievement in statistics courses*
  Muhammad Karimi Sulaiman[1]; Harris Shah Abd Hamid[2]; & Jusmawati Fuzaman[1]
  [1]INTERNATIONAL ISLAMIC UNIVERSITY MALAYSIA
  [2]UNIVERSITY OF MALAYA (MALAYSIA)

- *Effects of experience points grading as performance task on the academic performance, behaviour, and interest in physical science of Grade 11 students*
  Julius Howell Regalado
  UNIVERSITY OF THE PHILIPPINES LOS BAÑOS

- *Early to bed, early to rise: Effects of sleep patterns on the academic performance and health of selected Grade 7–10 students*
  Katrina Marie Jolejole
  UNIVERSITY OF THE PHILIPPINES LOS BAÑOS

- *Teacher-peer support and learning behaviour of high school students*
  Jethro Odoy
  UNIVERSITY OF THE MINDANAO

SESSION 18: Reading
10:30–11:30 | Venue: NDEP | Moderator: Professor Monalice Aguilar

- *Reading: Power of changing*
  Sarinda Puti; Dr Hananmuhibbatuddin Nochi; & Dr Ariya Kuha
  PRINCE OF SONGKLA UNIVERSITY (THAILAND)

- *Reading fiction and the development of affectivity: A case study*
  Jennifer Bermudez
  PHILIPPINE SCIENCE HIGH SCHOOL

- *English language exposure and students' attitudes towards learning English*
  Romel Pecajas
  UNIVERSITY OF MINDANAO

- *Effect of direct and focused written corrective feedback in increasing grammatical accuracy and in aiding second language acquisition*
  Norman Tabios
  QUEZON CITY SCIENCE HIGH SCHOOL

SESSION 19: Language
10:30–11:30 | Venue: Psychology Laboratory | Moderator: Professor Leo Paulo Magcalas

- *The impact of English language proficiency of teachers on students' academic performance*
  Marissa Operario
  NEW ERA UNIVERSITY & MANUEL L. QUEZON UNIVERSITY

- *Outdoor play and computer-based games on orthographic awareness and word recall*
  Yña Keiku Agato & Faye Tancinco
  CENTRO ESCOLAR UNIVERSITY–MANILA

- *Code switching: the language of the classroom*
  Rona dela Rosa
  POLYTECHNIC COLLEGE OF THE CITY OFMEYCAUAYAN

- *Discourse analysis of interpersonal meaning as exemplified in President Duterte's first SONA*
  Roland Niez
  NAVAL STATE UNIVERSITY

SESSION 20: Students and educators development
11:30–12:30 | Venue: Multimedia Room A | Moderator: Dr Julie Valencia

- *Determining the emotional quotient of students*
  Raul Tumulak Jr
  UNIVERSITY OF CEBU

- *Capability of technology and livelihood education among teachers in Biliran*
  Francisco Ebio Jr
  NAVAL STATE UNIVERSITY

- *Job performance of teaching and non-teaching personnel: Basis for a training programme*
  Vicente Solteo Jr
  NAVAL STATE UNIVERSITY

- *The assessment of result-based management system among public elementary school teachers*
  Arlyn Torres
  POLYTECHNIC UNIVERSITY OF THE PHILIPPINES

SESSION 21: Depression and dementia
11:30–12:30 | Venue: Multimedia Room B | Moderator: Professor Jason Del Rosario

- *Awareness of cyberbullying in Facebook that leads to depression as perceived by senior high school students*
  Mary Grace Cruz
  NEW ERA UNIVERSITY

- *Clinical implications of prayer breath technique: A case study of two depressive out-patients*
  Philip Manuelson Arandia
  UNIVERSITY OF THE PHILIPPINES DILIMAN

- *Codependency and its relationship to the level of depression among codependents*
  Ronald Yrog-Irog
  CEBU INSTITUTE OF TECHNOLOGY UNIVERSITY

- *Tending my garden: The lived experiences of carers looking after their parents with dementia*
  RM April Alon
  UNIVERSITY OF ST LA SALLE

SESSION 22: Educational psychology
11:30–12:30 | Venue: Multimedia Room C | Moderator: Dr Diana Lee Tracy Chan

- *Mobile-based instructional material: An assistive teaching tool*
  Berith Grace Magcalas
  NEW ERA UNIVERSITY

- *Development of interest inventory for K12 tracks*
  Efsael Marcelo
  NEW ERA UNIVERSITY

- *Self-modelling video intervention for social skills of children with autism spectrum disorder*
  Mark Ryan Romero
  NEW ERA UNIVERSITY

- *Behavioural rehearsal intervention among at-risk among middle elementary students*
  Annaliza Pagaoa
  NEW ERA UNIVERSITY

SESSION 23: Teachers's development programme
11:30–12:30 | Venue: Multimedia Room D | Moderator: Dr Myla Manalo

- *Financial literacy and performance of public school teachers*
  Vanessa Fajardo & Cristina Moreno
  NEW ERA UNIVERSITY

- *Interplay between teacher professional development and school performance*
  Baby Lyn Castillo
  NEW ERA UNIVERSITY

- *Certification programme for sign language interpreters*
  Alexander Castillo
  NEW ERA UNIVERSITY

- *Instructional technology in teaching science: Basis for a faculty development programme*
  Rosel Lagarico
  POLYTECHNIC UNIVERSITY OF THE PHILIPPINES

SESSION 24: Delinquent and addictive behaviours, aggression, and domestic violene
11:30–12:30 | Venue: Psychology Laboratory | Moderator: Dr Lita Sagun

- *Temperament as predictor of delinquent behaviours among prisoners*
  Razia Anjum
  GOVERNMENT COLLEGE WOMEN UNIVERSITY, SIALKOT (PAKISTAN)

- *The correlation between genetic markers and addictive behaviours: A meta-analysis*
  MinSoo Aaron Kang
  MAGNUS CENTRE FOR ETHICS, SCIENCE AND PHILOSOPHY (SOUTH KOREA)

- *Traumatic bonding in romantic relationships: The role of psychological aggression and relationship-contingent in self-esteem*
  Avila de Jesus
  DE LA SALLE UNIVERSITY–MANILA

- *Children living with domestic violence*
  Rheo Paguibitan & Dr Joseph Terell Malabuyo
  ADAMSON UNIVERSITY

SESSION 25: Psychosocial needs and reflective practice
11:30–12:30 | Venue: NDEP | Moderator: Dr Corazon Quintana

- *Enhancing school leadership skills through reflective practice*
  Namrata
  SIKKIM UNIVERSITY (INDIA)

- *A journey towards forgiveness of women with marital concerns*
  Richard Monteverde
  UNIVERSITY OF THE PHILIPPINES DILIMAN

- *Psychosocial needs and concerns of families in a resettlement community*
  Nephtaly Joel Botor
  UNIVERSITY OF THE PHILIPPINES LOS BAÑOS

- *A phenomenological study of coping styles of LGBT experiencing workplace harassment*
  Christian Ranche[1] & Ronnie Noche[2]
  [1] UNIVERSITY OF THE PHILIPPINES DILIMAN
  [2] FAR EASTERN UNIVERSITY–MANILA[2]

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The **International Society on Psychology, Counselling and Education (ISPCE)** aims to provide a warm and healthy environment to explore and discuss the realms of psychology, counselling, and education. The Society also as aims to act as a bridge for scholarly communication and professional interaction among psychologists, counsellors, and educators around the globe.

Psychological Associates of Central Florida (PAC Florida) provides comprehensive mental health treatment to children, adolescents, families, and adults. PAC Florida takes a comprehensive approach to identifying and treating mental health issues. They take pride of their relationship with healthcare providers and schools in our community and are happy to collaborate to provide clients with the most complete care available.

Serenity Health provides drug and alcohol detox services. Addiction is an illness and it should be treated as such. They do this in a calm and tranquil environment, where the focus is on reduction of stress. Their health and well-being programme runs alongside the client's therapeutic detox programme at their private rehabilitation centre. At Serenity Health, we treat all forms of addiction.

Autism Partnership, as the name suggests, believes that working and collaborating with families, schools, and all those involved is fundamental to the achievement of a child's success. They believe through intensive behaviour treatment based on the principles of Applied Behavioural Analysis (ABA), all whom are affected, can reach amazing potential, foster meaningful relationships, and lead productive lives. They believe children and individuals with autism should have the opportunity to realise their inherent potential and achieve the greatest degree of independence and highest quality of life possible.

Pentagon Review Centre is leading review centre in the Philippines. They offer review sessions for local nurses and nurses who plan to take the NCLEX, CGFNS, HAAS, and Promoterics. Additionally, they also help aspiring teachers to ace the local board exams. They also offer review classes for aspiring Filipino psychometricians and psychologists. Their review programme is comprehensive – with the longest number of substantial and full-filled review hours, thousands of practice review questions, final coaching, pre-board exams, and rationalisations to help you pass and even top the board exam.

Mental.pt is an annual mental health event in Portugal organised to help shed light on mental health through films and other media. It was initiated by Ana Pinto-Coelho, a mental health advocate and a writer for Psychreg.

R. Lapid's is one of, if not the largest manufacturer of chicharon in the Philippines. It has attained competitiveness and maintain a good reputation in the industry. Started in 1974 by a Filipino Entrepreneur with notable name of long years experience in chicharon and barbecue industry. In 1995, R. Lapid's innovated and standardized the system of processing chicharon. It is the first to introduce cooking of chicharon in front of customers inside big establishments such as SM Supermalls, Robinson's Malls, Landmark Supermarket, to name a few.

Microtel by Wyndham – UP Technohub has 120 guest rooms housed in a 6-storey block in the UP-Ayala Land Technohub's commercial development along Commonwealth Avenue in Quezon City, Philippines. The reasonably priced accommodations overlook a triangular, expansive garden that provide an ideal setting for relaxation. To further complement your stay, we have laid out facilities and services that are at par with international standards, including chiropractor-approved mattresses, cable TV, and wireless internet access. The hotel also features a restaurant with an al fresco patio, a function hall with a capacity of up to 300 persons, and 3 function rooms that can accommodate 15-24 persons.

The **Global Academic Research Institute** (GARI) is an international scientific research conference organiser. They work in collaboration with international universities and institutions. They publish the GARI International Journal of Multidisciplinary Research, an international peer-reviewed journal that publishes original and high-quality research papers. As an important academic exchange platform, scientists and researchers can know the most up-to-date academic trends and seek valuable primary sources for reference.

Interspect Training Services is a dynamic organisation that offers training, coaching, and counselling services. Based in Marikina City, in the Philippines, Interspect also serves as a psychology review centre to help aspiring Filipino psychologists and psychometricians. At the heart of its core values is a belief in human greatness and potential, thus, they help people achieve life goals through effective and high-impact training, coaching, and counseling.

Established in 1993, **C & E Publishing** was initially engaged in the business of reprinting and distributing foreign medical and science books with acquired copyright licenses from international publishers. However, at the advent of the 21st century, the company has embarked on a publishing thrust, and started expanding its range of titles. Notably, it has considerably increased its importation of books from reputable publishers as well as intensified the reprinting of widely prescribed foreign titles for basic and tertiary education.

Psychometric Pinas is an online resource and reviewer aimed for both aspiring Filipino Psychometricians, and for those who are preparing to take the Board Licensure Exam for Psychologists and Psychometricians (BLEPP). With an active social media presence, particularly on their Facebook page, Psychometric Pinas has been helping aspiring Filipino psychologist and psychometricians.

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