



PHILIPPINE MENTAL HEALTH ASSOCIATION

BAGUIO-BENQUET CHAPTER, INC.

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APR 26, 2017

RELEASED

Christine Gina Dailay-Camsol
Chapter Executive Manager

March 10, 2017

Dear **Fellow Members**:

Warm greetings from your PMHA BBCI family!

Mental health is more than just the absence of mental illness. Rather, it is a state of complete physical, mental, and social well-being. In the Philippines, one in five Filipino adults is suffering from mental health problems. However, proper mental health treatment and interventions are hindered by stigma, denial, and silence, impeding opportunities that could maximize the person's potential and recovery.

Thus, to provide the basics of recognizing and handling mental health problems, the University of the East – Ramon Magsaysay Memorial Medical Center, Inc. Psychiatry Department and the Philippine Society for Child and Adolescent Psychiatry in partnership with the PMHABBCI will be conducting a Postgraduate Course entitled:

**BREAKING THE SILENCE:
Essentials in the Detection and
Management of Current Mental Health Problems**

on **June 9, 2017, (Friday)** from **8:00 A.M. to 5:00 PM** at the **Grand Ballroom, Venus Parkview Hotel, Kisad Road, Baguio City.**

The one day post graduate course will feature lectures on understanding the adolescent storm, media and children, addictions among children, domestic violence, bullying among adults and in the workplace, and trauma focused psychotherapy.

We are inviting our members, school personnel, department heads/supervisors, government employees, social workers, nurses, mental health workers, human resources staff and other interested individuals to be part of this gathering. The registration fee which shall cover the participant's seminar kit, brochures, certificate, lunch and snacks is as follows:


	PMHA Members as of April 28, 2017	Non- Members
Early Registrants (on or before April 28, 2017)		
Student	Php 750.00	Php 850.00
Professional	Php 900.00	Php 1,000.00
Regular Registrants (April 29, 2017 - June 2, 2017)		
Student	Php 850.00	Php 950.00
Professional	Php 1,100.00	Php 1,200.00

Note: Onsite registrants will NOT be accommodated. Payments are transferrable but nonrefundable.

As one of our valued members, we are glad to invite you to attend this worthwhile activity. To confirm your attendance, you may contact us thru (074)442-2337; 09494989757; or at pmhabbc@yahoo.com. The deadline of registration will be on **June 2, 2017**.

Thank you very much and we hope you can join us then.

Sincerely yours,


HON. JUDGE FRANCIS A. BULIYAT, SR. (Ret.)
 Chairperson, PMHA BBCI Board of Management

To: All Administrators, School Heads & Teachers In-Charge Elem. & Secondary (Public & Private)

FOR YOUR INFORMATION AND APPROPRIATE ACTION.


Atty. AUGUSTIN P. LAGAN III
 Attorney III
 Officer-in-Charge



POST GRADUATE COURSE



June 9, 2017,
8:00 A.M. - 5:00 P.M.
Grand Ballroom,
Venus Parkview Hotel,
Kleed Rd., Baguio City



BREAKING THE SILENCE

Essentials in the Detection and Management of Current Mental Health Problems

08:00-8:45	Registration
08:46-9:00	Opening Ceremonies Opening Remarks <i>Dr. Sonia M. Castro - Rodriguez,</i> <i>Chair, UERMMCI Department of Psychiatry</i>
09:01 – 9:45	The Adolescent Storm: Brain & Behavior <i>Dr. Cornelio G. Banaag, Jr.</i> <i>President, PSCAP</i>
09:46 – 10:00	Break
10:01 – 10:45	Media & Children: A Problem of Mixed Messages <i>Dr. Georgina Gozo - Oliver</i> <i>Past President, PSCAP</i>
10:46 – 11:30	Addiction & Children <i>Dr. Vanessa Kathleen B. Cainghug</i> <i>Secretary, PSCAP</i>
12:01 – 01:30pm.	LUNCH SYMPOSIUM
01:31 – 2:15	Bullying: Adulthood & the Workplace <i>Dr. Melissa Paulita V. Mariano</i> <i>Research Coordinator/Faculty, UERMMCI Department of Psychiatry</i>
02:16 – 3:00	Domestic Violence <i>Dr. Elham Mae Z. Bocalbos</i> <i>Faculty, UERMMCI Department of Psychiatry</i>
03:01 – 3:15	Break
03:16 - 4:00	Trauma Focused Psychotherapy: A Road to Recovery <i>Dr. Norieta Calma - Balderrama</i> <i>Immediate Past Residency Training Officer/Faculty</i>
04:01 – 4:30	OPEN FORUM
04:31 – 5:00	Closing Ceremonies

For inquiries and pre-registration, please contact PMHA BBCI at 09175172083;09494989757