Department of Education
Region VI – Western Visayas
DIVISION OF AKLAN
Archbishop G.M. Reyes St., Kalibo, Aklan

October 30, 2019

DIVISION MEMORANDUM
No. 387, s. 2019

PSYCHOLOGICAL FIRST AID TRAINING OF TRAINERS

To: **Chief Education Supervisors**
Public Schools District Supervisors
District DRRM Coordinators
All others concerned

1. This office, through the Disaster Risk Reduction and Management Service (DRRMS), provides Psychological First Aid to disaster-affected learners and personnel. The PFA aims to help the learners and personnel who experienced a traumatic event to release their feelings and emotions and cope with their current situation.

2. As part of increasing the pool of PFA providers of DepEd, the Division of Aklan will conduct a PSYCHOLOGICAL FIRST AID TRAINING OF TRAINERS on November 6-8, 2019 (exclusive of travel time) at Casa Pilar Resort, Boracay, Malay, Aklan.

3. Please see Enclosure No. 1 for the list of Participants/ Resource Speakers/ Facilitators and Enclosure No. 2 for the Training Matrix. Participants are requested to wear comfortable jeans and shirts during the duration of the training.

4. This is a live-in training. Participants must be at the venue before 8:00 A.M. on November 6, 2019. Meals and accommodation will be funded by the DRRMS while travel and other related and allowable expenses by the participants will be charged to respective local funds or school MOOE subject to the usual accounting and auditing rules and regulations.

5. Teacher – participants are entitled to Service Credits where they apply in accordance with DepEd Order No. 53 2003 entitled: Updated Guidelines on the Grant of Vacation Service Credits to Teachers". On the other hand, non-teaching personnel including the management staff shall be provided with Compensatory Time Off (CTO) as per Civil Service Commission (CSC) and Department of Budget and Management (DBM) Joint Circular No. 2, s. 2004 o Non-Teaching Monetary Remuneration for Overtime Service Rendered.

6. For clarification and other concerns, kindly reach us through Ms. Apple Gay M. Oquendo, Education Program Specialist II – Social Mobilization and Networking via email address depedaklan.drrm@yahoo.com and tel. no. 036-268-3097.

MIGUEL MAC D. APOSIN, Ed.D., CESO V
Schools Division Superintendent

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LIST OF SPEAKERS/FACILITATORS/PARTICIPANTS FOR THE PSYCHOLOGICAL FIRST AID TRAINING OF TRAINERS

Casa Pilar Beach Resort, Boracay, Malay, Aklan

November 6-8, 2019

NO.	DISTRICT	FIRST NAME	LAST NAME	SCHOOL
1	Division Office	Apple Gay	Oquendo	Division Office
2	Division Office	Jeselee	Marzona	Division Office
3	Division Office	Sarah Khadija	Pioquinto	Division Office
4	Division Office	Sheena Ricka	Mamburam	Division Office
5	Division Office	Jerald	Dela Cruz	Division Office
6	Altavas	Analyn	Perez	Dinaut Elementary School
7	Altavas	Shella May	Dela Vega	Dinaut Elementary School
8	Altavas	Rosebeth	Flores	Lumaynay Elementary School
9	Altavas	Maria Zayda Pedes	Bonifacio	Linaysaan National High School
10	Balete	Jose Darren	Andres	Balete Integrated School
11	Balete	Remrem	Damian	Balete Integrated School
12	Balete	Ryan	Malilay	Aranas Elementary School
13	Banga	Emma	Intano	Taba Ao Primary School
14	Banga	Jenzen	Rubi	Muguing Elem. School
15	Banga	Victor Rey	Isagan	Torralba National High School
16	Batan	Angelo	Astrolavio	Caiyang Elementary School
17	Batan	Emerson	Francisco	Batan Academy (Main)
18	Batan	Joseph	Rentillo	Camaligan Elementary School
19	Batan	Risa Len	Tagua	Camancia National High School
20	Buruanga	Jingky	Dioso	Buruanga National High School
21	Buruanga	Andro	Tabiolo	Pepe Elementary School
22	Ibajay East	Beverly	Manocan	Naisud National High School
23	Ibajay East	Roy	Salvacion	Naili Naitional High School
24	Ibajay East	Eric	Chiu	Naisud Central School
25	Ibajay West	Claire	Fernandez	Sta. Cruz Elementary School
26	Ibajay West	Richard Nier	Ureta	Ondoy National High School
27	Ibajay West	John Japeth	Robles	Sta. Cruz Elem. School
28	Ibajay West	Romero	Cardenas	Ondoy National High School
29	Kalibo I	Mary Faith	Cahilig	ANHSAT
30	Kalibo I	Raffy	Paller	Gaudencio L. Vega National High School
31	Kalibo I	Frederick	Iguban	Kalibo Pilot Elementary School
32	Kalibo I	Armando, Jr.	Concepcion	Kalibo Pilot Elementary School
33	Kalibo II	Josephine	Vicente	RSHS For Region VI
34	Kalibo II	Grace	Biador	KISEC
35	Kalibo II	Elnor	Luna	Bakhaw Norte Integrated School
36	Lezo	Florence	Francisco	Bugasongan Elementary School
37	Lezo	Shirley	Cortez	Lezo Integrated School
38	Lezo	Rushel	Orale	Sta. Cruz Biga-A Elementary School
39	Lezo	Cincinnati Kid	Senatin	Lezo Integrated School

40	Libacao	Lyra	Zante	Libacao National Forestry Vocational Hs
41	Libacao	Marlon	Asiong	Calamcan Elem. School
42	Libacao	Joven Pat	Turang	Ortega Integrated School
43	Madalag	Jelyn	Ripas	Loreto N. Nedic National High School
44	Madalag	Terry Sasset	Daguman	Pang-Itan Elementary School
45	Madalag	Romar	Saquita	Madalag National High School
46	Makato	Raymond	Timonera	Makato Integrated School
47	Makato	Jo-Ed	Aguirre	Makato Integrated School
48	Malay	Helen	Rejuso	Naasog Elementary School
49	Malay	Jenny	Nama	Napaan Elementary School
50	Malay	Mark Anthony	Aparicio	Caticlan Elementary School
51	Malinao	Rizaldy	Yabut Ii	San Roque Integrated School
52	Malinao	Rocky	Inawasan	Rosario National High School
53	Malinao	Joven	Iledan	Tambuan Elementary School
54	Nabas	Grichelle	Pelayo	Solido National High School
55	Nabas	Dominic	Castor	Gibon Elementary School
56	Nabas	Earl	Briones	Toledo National High School
57	New Washington	Dache	David	New Washington Elementary School
58	New Washington	Madel	Mabanes	New Wash. Natl. Comprehensive HS
59	New Washington	Bernard	Fuentes	New Wash. Natl. Comprehensive HS
60	Numancia	Joyce	Cawaling	Dongon Elementary School
61	Numancia	Edsil	Reunir	Albasan Elementary School
62	Numancia	Ramie	Mansayon	Dongon Elementary School
63	Tangalan	Mark	Daroy	Vivo Integrated School
64	Tangalan	Jaypee	Alayon	Dumatad Elementary School
65	Tangalan	Wyron	Lorenzo	Tangalan Elementary School

Republic of the Philippines
Department of Education
Region VI – Western Visayas
DIVISION OF AKLAN
Archbishop Gabriel M. Reyes Street, Kalibo, Aklan

Title of Training/Program: **Psychological First Aid (PFA) Training of Trainers**
Date: **November 6-8, 2019**
Venue: **Casa Pilar, Boracay Island, Malay, Aklan**
Objectives: **The PFA aims to help the learners and personnel who experienced a traumatic event to release their feelings and emotions and cope with their current situation.**
Basis: **OUA Memo 12-08-19-0283**
Delivery Mode/Modality: **Bidding**
Expected Outputs: **Trained Psychological First Aid (PFA) Trainers**

Day/Time	No. of Minutes per Session	Topic/Session Title/Activities	In-Charge
Day 1 **November 6, 2019**			
08:00 – 08:30 am	30 minutes	**Preliminaries** • National Anthem • Prayer • Welcome and Opening Remarks • Expectation Setting and Heart Contract and Flow of Activities • Introduction of Facilitators/ Training Team and Participants	**Miguel Mac D. Aposin, Ed.D., CESO V** **Appie Gay M. Oquendo** **EPSt II – Soc. Mob**
08:30 – 09:45	45 minutes	**Mental Health and Psychosocial Support Service**	**FAITH S. CAHILIG** **Guidance Counselor**
		What is Psychological First Aid?	
09:45 – 10:00	15 minutes	**Health Break**	
10:00 – 12:00	2 hours	**What is Psychological First Aid?** (Continuation)	
12:00 – 01:00 pm	1 hour	**Lunch**	
01:00 – 01:15	15 minutes	**Grounding Exercise**	**DRRMS Staff**
01:15 – 01:30	15 minutes	**Warming-up and Unfreezing Activities**	

		Ex. Magsama-sama **Groupings, Group Name and Cheer**	
01:30 – 03:00	1 hour and 30 minutes	**Module 1: Validating and Normalizing Feelings** • Tableau • Mirroring • Music Art	**DRRMS Staff**
03:00 – 03:15	15 minutes	**Health Break**	
03:15 – 05:00	1 hour and 45 minutes	**Module 1: Validating and Normalizing Feelings** (Continuation) • Group Sharing • Summary of Module 1	
05:00 – 05:15	15 minutes	**Community Singing**	
06:30 – 08:00	1 hour and 30 minutes	**Dinner**	
Day 2 **November 7, 2019**			
08:00 – 08:30 am	30 minutes	• Stretching and Breathing Exercises • Recap • Unfreezing Activities	
08:30 – 10:00	1 hour and 30 minutes	**Module 2: Calming Down and Controlling One's Emotion** • What I Usually Do? • Every Breath You Take	
10:00 – 10:15	15 minutes	**Health Break**	
10:15 – 11:00	45 minutes	**Module 2: Calming Down and Controlling One's Emotion** (Continuation) • My Playlist • Summary of Module 2	
11:00 – 12:00	1 hour	**Module 3: Linking: Identifying and Addressing Needs**	
12:00 – 01:00 pm	1 hour	**Lunch**	
01:00 – 01:15		**Warming-up/ unfreezing activities: Song-Dance-Advertisement**	
01:15 – 03:00	1 hour and 45 minutes	**Module 4: Source of Strength** • Storytelling • T-Shirt Art • Lifeline • Crossing the Hurdle • Group Sharing	

03:00 – 03:15	15 minutes	**Health Break**	
03:15 – 04:00	45 minutes	**Reframing Activity**	
04:00 – 05:00	1 hour	**Planning for Simulation**	
06:30 – 08:00	1 hour and 30 minutes	**Dinner**	
Day 3 **November 8, 2019**			
08:00 – 08:40 am	40 minutes	• **Stretching and Breathing Exercises** • **Recap**	
08:40 – 12:00	3 hours and 20 minutes	**PFA Simulation** • **Group Simulation** • **Feedbacking**	
12:00 – 01:00 pm	1 hour	**Lunch**	
01:00 – 01:30	30 minutes	**Warming-up/ unfreezing activities**	
01:30 – 02:30	1 hour	**PFA Synthesis**	
02:30 – 04:00	1 hour and 30 minutes	**Ritual**	
04:00 – 05:00	1 hour	**Closing Program**	

Prepared by:

APPLE GAY M. DQUENDO
Education Program Specialist II
Social Mobilization and Networking

Noted:

LEILA L. PAMATI-AN
Senior Education Program Specialist

MICHAEL D RAPIZ
Chief Education Program Supervisor, SGOD

Recommending approval:

JOSE NIRO R. NILASCA
Assistant Schools Division Superintendent, OIC

Approved:

MIGUEL MAC D. APOSIN, EdD, CESO V
Schools Division Superintendent