



REPUBLIKA NG PILIPINAS
REPUBLIC OF THE PHILIPPINES
KAGAWARAN NG EDUKASYON, KULTURA AT ISPORTS
DEPARTMENT OF EDUCATION, CULTURE AND SPORTS
DECS Complex, Meralco Avenue
Pasig City, Philippines



*Sama-Sama
sa DECS*

*Tanggapan ng Kalihim
Office of the Secretary*

July 27, 1998

DECS MEMORANDUM
No. 301, s. 1998

TRAINING ON PSYCHO-SOCIAL COUNSELLING

**To: Bureau Directors
Regional Directors
Schools Division Superintendents**

1. The Training on Psycho-Social Counselling is one of the project implementation components of Poverty Alleviation Program 2 (PAF2) and is designed to help pupils/students who are victims of domestic violence, sexual abuse, exploitation; are left unattended, in difficult circumstances and in hazardous occupation; and who are living in areas that are disaster-stricken and with peace and order problems.

2. The training aims to:

- a) increase awareness on the importance of mental health and being able to cope with crisis;
- b) increase knowledge and insights in psychological intervention concepts and strategies;
- c) provide information on how a critical incident could affect individuals; and
- d) equip the participants with the needed skills to conduct debriefing and intervention strategies.

3. A core team, shall be created at the regional level with the following proposed members and functions:

Chair: Asst. Regional Director

Members:

- Chief, Regional Health and Nutrition Unit
- Chief, Elementary Education Division
- Chief, Secondary Education Division
- Chief, Non-Formal Education Division
- Supervisor In-Charge of the Guidance Program/Guidance and Counselling

Its functions:

- plan and coordinate the training of trainers;
- tap the services of the training staff of the National/Regional/Provincial/governmental and non-governmental agencies/organization concerned with mental health promotion, local psychologists, psychiatrists and mental health experts for the conduct of the training;
- see to it that funds are available for the training
- monitor the conduct of the training at the division/district level

4. The proposed participants to the training are the division/district supervisors, coordinating principals, medical officers, guidance counselors and nurse-in-charge.

5. Transportation and other expenses shall be charged against the administrative cost of PAF2 programs released to DECS regional offices and/or local funds, subject to the usual accounting and auditing rules and regulations.

6. Inclosed is the prototype training design, which includes among others, the rationale, methodology and working knowledge in mental health promotion; and skills to conduct psycho-social intervention activities.

7. For further information on this training, please contact Dr. ADELFO A. TRINIDAD, Health and Nutrition Center, DECSCO Telefax 6337245.

8. Immediate dissemination of this Memorandum is desired.

Andrew Gonzales
ANDREW GONZALES, FSC
Secretary

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Incl.:

As stated

Reference:

DECS Memorandum: No. 336, s. 1997

Allotment: 1—(D.O. 50-97)

To be indicated in the Perpetual Index
under the following subjects:

HEALTH EDUCATION
TRAINING PROGRAMS

TRAINING DESIGN

I. RATIONALE

Current statistics show that in schools, there are pupils/students who are victims of domestic violence, sexual abuse, exploitation; are left unattended, in difficult circumstances and in hazardous occupation; and who are living in areas that are disaster-stricken and with peace and order problems. These children have varied reactions which are normal in crisis situations, however, they should be assisted emotionally and psychologically so that they can live a normal life by way of instituting preventive measures as well as appropriate interventions if necessary.

School children who are in crisis situations exhibit disturbed behavior like extreme aggressiveness, antisocial behavior, shyness, etc. A single, unmet emotional need may be expressed in a variety of forms of behavior. Hence, teachers and other school personnel should be aware of the early manifestations of such deviations from normal behavior, so that remedial measures can be instituted.

It is in this context that this training is being proposed to equip the concerned personnel with working knowledge on promoting mental health, and skills to conduct psychosocial intervention activities as well as to train other school personnel on crisis management.

II. OBJECTIVES

The training aims to improve the capabilities of the participants to effectively conduct crisis intervention strategies. Specifically, it shall aim to:

1. increase their awareness on the importance of mental health and being able to cope with crisis;
2. provide information on how a critical incident could affect individuals;
3. increase their knowledge and insights in crisis intervention concepts and strategies;
4. equip the participants with the needed skills to conduct debriefing and intervention strategies; and
5. prepare action plans for level II training and monitoring.

III. PARTICIPANTS

The proposed participants are the division/district supervisors, coordinating principals, medical officers, guidance counselors and nurse-in-charge.

IV. CONTENT

1. Mental Health
2. The Revitalized School Guidance Program
3. Crisis Intervention Concepts and Strategies
4. Crisis Situations/Critical Incident
5. Life Skills
6. Critical Incident Stress Debriefing (CISD)
7. Actual Debriefing Sessions
8. Preparation of Action Plans

V. METHODOLOGY

1. Lecture-discussion
2. Small group discussion
3. Demonstration
4. Role Play
5. Analysis and Synthesis

V. FUNDING REQUIREMENT

Expenses to be incurred in the conduct of the training including the travel expenses and per diems of the participants shall be charged against the amount released to the DECS regional offices for operations of PAF2 Programs and/or local funds, subject to the usual accounting and auditing rules and regulations.

VI. CORE TEAM/CONSULTANTS/RESOURCE SPEAKERS/FACILITATORS

Chairperson	:	Assistant Regional Director
Members	:	Chief, Regional Health & Nutrition Unit Chief, Elementary Education Division Chief, Secondary Education Division Chief, Non-Formal Education Division Supervisor In-Charge of Guidance Program/ Guidance and Counselling

Resource speakers/persons and consultants will come from national/regional/provincial governmental and non-governmental agencies/organizations concerned with mental health promotion, local psychologists, psychiatrists and mental health experts.

VII. VENUE AND DATES

The duration of the training is 3 ½ to 4 days. The venue and dates of the training shall be determined by the Core Team.

VIII. EXPECTED OUTPUTS

1. Increased awareness on the importance of mental health and coping with crisis; and on the Revitalized School Guidance Program.
2. Increased knowledge and insights on crisis intervention concepts and strategies; and on life skills development.
3. Better informed participants on the effects of crisis situations/critical incidents on the individuals.
4. Acquired skills needed to conduct debriefing and intervention strategies.
5. Prepared action plan for the level II training and monitoring.

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