




Department of Education
Region III
Division of City Schools
Angeles City



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RELEASED

APR 10 2018

By 
DepEd Angeles City
Division of City Schools

April 6, 2018


DIVISION MEMORANDUM

No. 152 s. 2018

**PSYCHOLOGICAL FIRST AID TRAINING FOR REGION AND DIVISION
DRRM COORDINATORS, NURSES AND GUIDANCE COUNSELORS**

To: DRRM Coordinators
Nurses
Guidance Counselors

1. Please be informed of the attached DepEd Unnumbered Memorandum, dated April 2, 2018, entitled "*Psychological First Aid Training for Region and Division DRRM Coordinators, Nurses and Guidance Counselors*".
2. Immediate and wide dissemination of this Memorandum is desired.


LEILANI SAMSON CUNANAN, CESO VI
Schools Division Superintendent



Republic of the Philippines
DEPARTMENT OF EDUCATION
REGION III

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Telephone Numbers: (045) 598-8580 to 89 local 102 and 103

DepED R.O. III
APR 04 2018

MEMORANDUM:

TO : Schools Division Superintendents


FROM : Regional Director

SUBJECT : PSYCHOLOGICAL FIRST AID TRAINING FOR REGION AND DIVISION
DRRM COORDINATORS, NURSES AND GUIDANCE COUNSELORS

DATE : April 2, 2018

Attached is a memorandum from the Office of the Undersecretary for Administration Alain Del B. Pascua, dated February 2, 2018 requiring DRRM Coordinators, Nurses and Guidance Counselors to attend the Psychological First Aid and Training for Region and Division DRRM Coordinators, Nurses and Guidance Counselors on April 9-13, 2018 in The Bayleaf, Gen. Trias, Cavite.

For your information and strict compliance.


MALCOLM S. GARMA, CESO V
Director III
Officer-In-Charge
Office of the Regional Director

ESSD/essd5

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Republika ng Pilipinas
Kagawaran ng Edukasyon
Tanggapan ng Pangalawang Kalihim

MEMORANDUM

02 February 2018

For: **Armm Regional Secretary
All Regional Directors
All School Division Superintendents**

Subject: **PSYCHOLOGICAL FIRST AID TRAINING FOR
REGION AND DIVISION DRRM COORDINATORS,
NURSES AND GUIDANCE COUNSELORS**

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

Last year, a total of 173 Region and Division DRRM Coordinators and selected DepEd Personnel were trained in PFA. As part of increasing the pool of PFA providers of DepEd, DRRMS is organizing a five-batch PFA Training for Region and Division DRRM Coordinators, Nurses and Guidance Counselors.

In light of this, **every region is required to send one (1) representative** while **every division is required to send two (2) representatives**, preferably those who are not yet capacitated in PFA, to attend the PFA training this April to June 2018. The priority representatives for regions and divisions are the DRRM coordinators. The regions can send a nurse and the divisions can send a nurse and a guidance counselor/ designated guidance counselor as representatives, if

Office of the Undersecretary for Administration

(Administrative Services, Information and Communications Technology, Disaster Risk Reduction and Management, Schools Health, Youth Formation, Baguio Teachers' Camp, Education Facilities/School Buildings)

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the DRRM coordinators has been trained on PFA. (See Annex A. List of region and division DRRM coordinators who are not yet capacitated in providing PFA)

Below is the schedule and venue of the 5-batch PFA training:

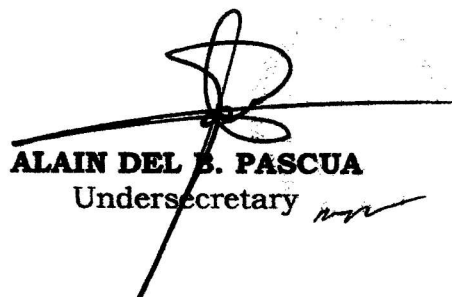
Batch 1	Date	Venue*	Region
1	9-13 April 2018	Cavite City	I, II and III
2	23-27 April 2018		IVA, IVB, CAR and NCR
3	7-11 May 2018	Ormoc City	V, VI and VIII
4	28 May - 1 June 2018		VII, IX, X, XII
5	11-15 June 2018	Cotabato City	XI, ARMM, CARAGA

**Specific venue will be announced on a later date.*

Board and lodging during the training will be shouldered by DRRMS while travel and other related and allowable expenses of participants shall be charged to respective local funds subject to the usual accounting and auditing rules and regulations.

For clarification and/or confirmation, directly communicate with Mr. Paolo Aquino of DRRMS at telephone numbers (02) 637-4933; (02) 637-4606 or email address drmo@deped.gov.ph **on or before 28 March 2018**. Attached also are the Annex B. Confirmation sheet and Annex C. PFA Indicative Program.

For strict compliance.


ALAIN DEL B. PASCUA
Undersecretary

Annex B: Confirmation and Registration Sheet

ADVISORY

Please fill-up the attached Confirmation and Registration Sheet Form and kindly send it to telefax number 02-6374933 or email to drmo@deped.gov.ph as this will serve as confirmation of your participation to the **Psychological First Aid Training for Region & Division Nurses & Guidance Counselors.**

For further inquiries and/or clarification, you may contact **Mr. Paolo Aquino** or **Ms. Joan Llamado** through telefax number **02-6374933** or **637-4606**.

We will appreciate receiving your confirmation **five (5) days before the date of the workshop or earlier.**

Thank you very much!



Republic of the Philippines
DEPARTMENT OF EDUCATION
Meralco Avenue, Pasig City



Confirmation and Registration Sheet

Complete Name	
Nick Name	
Position Title	
Office	
Office Address	
Contact Number:	
Fax No.	
Direct Line:	
Mobile Number	
Email Address	
Signature	

*Note: Please fill-up the form above legibly and send this on or before assigned confirmation dates through fax number **02-6374933** or email to drmo@deped.gov.ph.*



**ANNEX C. PSYCHOLOGICAL FIRST AID TRAINING FOR REGION & DIVISION NURSES
& GUIDANCE COUNSELORS**

Day 0		
Time	Activity	Person-in-charge
1:00 PM	Arrival of Participants, Facilitators and Training Team	
Day 1		
Time	Activity	Person-in-charge
8:00 – 8:30 AM	Registration	DRRMS
8:30 – 9:00 AM	Preliminaries: National Anthem Ecumenical Prayer Welcome and Opening Remarks Expectation Setting and Heart Contract Objectives and Flow of Activities Introduction of Facilitators/ Training Team	ALL
9:00 - 10:00 AM	Overview on Psychological First Aid	PAP
10:00 - 10:10 AM	Health Break	
10:10 - 11:30 AM	Overview on Psychological First Aid (Continuation)	PAP
11:30 -12:00 NN	Open Forum	PAP and Participants
12:00 - 1:00 PM	Lunch	
1:00 - 1:15 PM	Grounding Exercise (Body Movement)	CCP
1:15 - 1: 45 PM	Warming-up and Unfreezing Activities: Magsama-sama (Groupings, Name and Cheer)	DRRMS
1:45 - 3:00 PM	Module 1.a Tableau	DRRMS and CCP
3:00 - 3:10 PM	Health Break	
3:10 - 4:30 PM	Module 1.b Music Art	DRRMS
4:30 - 5:00 PM	Module 1.c Abstraction	DRRMS
6:00 – 8:00 PM	Dinner	
Day 2		
Time	Activity	Person-in-charge
8:00 – 8:15 AM	Grounding Exercise (Body Movement)	CCP
8:15 - 8:25 AM	Day 1 Recap	Participants
8:25 - 8:40 AM	Warming-up and Unfreezing Activities: Bahay, Bata Bagyo	DRRMS
8:40 - 9:00 AM	Module 2.a What I usually do?	DRRMS
9:00 - 10:00 AM	Module 2.b Every Breath You Take	CCP
10:00 - 10:10 AM	Health Break	
10:10 -11:00 AM	Module 2.c My Playlist	CCP
11:00 - 12:00 NN	Module 3. Linking: Identifying and Addressing Needs	DRRMS
12:00 - 1:00 PM	Lunch	
1:00 - 1:30 PM	Warming-up and Unfreezing Activities:	CCP

	Song, Dance, Advertisement	
1:30 - 3:00 PM	Module 4.a T-Shirt Art	DRRMS and CCP
3:00 - 3:10 PM	Health Break	
3:10 - 4:00 PM	Module 4.b Crossing the Hurdle	DRRMS
4:00 - 5:00 PM	Reframing Activity	CCP
6:00 - 8:00 PM	Dinner	
Day 3		
Time	Activity	Person-in-charge
8:00 - 8:15 AM	Breathing Exercise	CCP
8:15 - 8:25 AM	Day 2 Recap	Participants
8:25 - 8:40 AM	Warming-up and Unfreezing Activities: Line and Numbers	DRRMS
8:40 - 10:00 AM	Return Demonstration/ PFA Simulation	Participants
10:00 - 10:10 AM	Health Break	
10:10 - 12:00 NN	Return Demonstration/ PFA Simulation (Continuation)	Participants
12:00 - 1:00 PM	Lunch	
1:00 - 2:00 PM	PFA Synthesis	DRRMS
2:00 - 3:00 PM	Ritual	ALL
3:00 - 3:15 PM	Health Break	
3:15 - 4:30 PM	Closing Program	ALL
6:00 - 8:00 PM	Dinner	
Day 4 - Travel from Venue to Residence		