



Republic of the Philippines
Department of Education
REGION III
SCHOOLS DIVISION OF ANGELES CITY



June 24, 2021

DIVISION MEMORANDUM
No. 161, s. 2021

**DIVISION TRAINING OF TRAINERS ON THE UTILIZATION OF
MINDFULNESS ART-BASED THERAPY (MABT)**

To: OIC-Chief ES, CID
School Governance and Operations Division
School Heads, Public Elementary Schools

1. The Schools Division of Angeles City, through the Division Youth Formation Unit, will conduct the **Division Training of Trainers on the Utilization of Mindfulness Art-Based Therapy (MABT)** on **June 28-29, 2021 (MONDAY-TUESDAY)**, from 9:00 A.M. to 12:00 N.N. via **Google Meet**.
2. The objective of the training is to train SPG teacher-advisers and CPP Coordinators on how to utilize the MABT to help their respective pupils:
 - ✓ improve their abilities to pay attention and focus.
 - ✓ regulate emotions and improve decision making.
 - ✓ improve mood, self-confidence, and encourage positive thinking.
 - ✓ manage symptoms of anxiety, depression, and chronic pain.
 - ✓ explore creativity with courage.
3. The participants are SPG Teacher-advisers and CPP Coordinators in the public elementary schools. Please use this link <http://bit.ly/MABTElem> to register on or before June 25, 2021.
4. Likewise, participants are advised to find a conducive place at home or in school which is free from any distractions, prepare art supplies/materials, and wear comfortable clothes.
5. Wide dissemination of and strict compliance with the contents of this Memorandum is earnestly desired.

MA. IRELYN P. TAMAYO PhD, CESE
Assistant Schools Division Superintendent
Officer-In-Charge
Office of the Schools Division Superintendent *eh*

cal/sgod/yfp

Control No: 2021-108



Address: Jesus Street, Pulungbulu, Angeles City
Telephone No. (045) 322-4101; Email Add: angeles.city@deped.gov.ph





Republic of the Philippines
Department of Education
 REGION III
 SCHOOLS DIVISION OF ANGELES CITY

Division Training of Trainers on the Utilization of Mindfulness Art-Based Therapy (MABT)
 June 28-29, 2021 via Google Meet

TRAINING MATRIX

DAY 1 June 28, 2021	
Preliminaries National Anthem Invocation Webinar Etiquette Welcome Remarks	AVP Fernandina P. Otchengco PhD <i>Asst. Schools Division Superintendent</i>
Message from the SDS	Ma. Irelyn P. Tamayo PhD, CESE <i>OIC-Schools Division Superintendent</i>
Expectation Check	Maria Cristina S. Sarmiento <i>PDO-DRRM</i>
Statement of Purpose	Edgar L. Manabat PhD <i>EPS-SGOD</i>
Session 1: Mind Full or Mindful? Mindfulness Art-based Therapy (MABT) Activities	Clarisa A. Lagman <i>PDO-Division Youth Formation Coordinator</i>
DAY 2 June 29, 2021	
Recap of the First Day Webinar	
Session 2: Mindfulness Art-based Therapy (MABT) Activities	Judith C. Zata, Rpm <i>ADAS II, Apung Guidang Nepomuceno ES</i>
Closing and summing up of the 2 webinars	Clarisa A. Lagman <i>PDO-Division Youth Formation Coordinator</i>

Vilma T. Enciso
 EPS II-HRD Unit
 Moderator



Address: Jesus Street, Pulungbulu, Angeles City
Telephone No. (045) 322-4101; **Email Add:** angeles.city@deped.gov.ph

