



A different kind of anniversary

Anniversaries are funny things.

They are, for the most part, happy occasions, celebrated to mark a notable event in one's life. It marks the day when a couple says "I do" in front of God, their families and their friends, the founding of an institution or an organization, or perhaps a young adult's first day in the corporate world after years of studying. Other times they are sad, as when you commemorate the passing of a loved one. They can be very personal, impacting your person alone such as the first time you listened to a Beatles song and wondered how you haven't been listening to it your whole life, or the first time you put brush to canvas and discover you have a gift for the arts. Or, it can have a global impact, altering the course of history, as when the atomic bombs were dropped in Hiroshima and Nagasaki and the world saw the massive destruction such weapons bring, or the 9/11 World Trade Center attacks which changed the face of air travel, or the day when penicillin was discovered, a medical breakthrough that paved the way for humans to fight infections that were otherwise fatal.

Last March 11, the world celebrated a different kind of anniversary - when Covid 19 was declared a pandemic by the World Health Organization. One for the history books, it was, at the time, surreal, something you only read about in books, or watch in movies. It changed the world and it changed humankind, upending our lives abruptly, taking us away from our day-to-day routines, and we, all of us, struggled to adapt to the "new normal" which in reality, was anything but.

A year into the pandemic, the situation is no less dire albeit with a tiny ray of hope as vaccines start rolling out. As current and budding psychologists, we find ourselves transformed, a little more resilient, a bit more grateful perhaps, and hopefully more equipped to fight the "shadow" pandemic that crept up silently on the back of Covid 19. These are the mental health issues that have cropped up in the face of prolonged isolation, the endless worry over getting sick or having their loved ones get sick, anxiety over loss of jobs and financial means, trauma of domestic abuse victims who have been cooped up with their abusers, and grief over lives and freedoms lost.

This issue hopes to remind each one of us why we embarked on this field in the first place. How being a psychologist is not always easy, but the rewards are always worthwhile. To show us that we need to take care of ourselves so we can take care of others. That we are not alone in this fight, that we have each other, and that together we send out flares filled with sparks of hope into the sky.

About the Artwork

The Creation of Adam is part of the Sistine's Chapel ceiling painted by Michaelangelo. Often interpreted in religious terms, psychologists may see it as a metaphor for the synapse - the tiny gap between two neurons where messages are transmitted. Synaptic plasticity contributes to learning and memory and varies from person to person, akin to man's uniqueness - a result of free will bestowed to him by God at the moment of creation.

The painting of the Sistine Chapel was commissioned by Pope Julius II. It took four years for Michaelangelo to complete it, from 1508 to 1512.

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FEEDING THE SOUL AND MIND THROUGH READING

The last book I read was *Through my Eyes* by Tim Tebow. Football, the American version, is not a popular sport in the Philippines but Tim Tebow is a football player with many followers even here where basketball is the craze. Tebow was the first ever sophomore to win the Heisman Trophy. It is awarded to the most outstanding player in college football. Tim identifies with Filipinos very closely. He was born in the country because his parents were missionaries assigned in General Santos City (GenSan). Two years after their assignment, his mother became pregnant with Tim. The circumstances surrounding his conception was complicated. The OB doctor taking care of Mrs. Tebow recommended that he be aborted because he would not survive full term anyway or be mentally and/or physically disabled. As Christians, however, it was against their convictions and therefore insisted on carrying on with the pregnancy but the family had to go to Makati Medical Center for better medical care.

He was born in 1987 and spent 5 more years of his childhood in GenSan. The family relocated back to the US where Tim proceeded to be the outstanding athlete that he came to be known.

What is noteworthy about the life of Tim is his unswerving Christian testimony in and out of the playing field. Today, already retired from active football, and sports broadcasting, he heads Tim Tebow Foundation (TTF). A 30-bed hospital for kids, named Tebow CURE Hospital, was built by the TTF in Davao City providing physical and spiritual healing to deserving children in Mindanao.

STARTING THE DAY RIGHT

I start by praying and by reading God's word. I believe that prayer is powerful, not only does it change things, it changes a person too.

Prayer is a conversation with God. When I pray I come before God, I seek his mercy, and offer thanksgiving for grace that is needed to live the day. In the Psalms, King David states, "... your word is a lamp to my feet, and light to my path." I know I can only accomplish the plans, agenda, ideas, wishes through God's guidance. It is best to read the word of God each day especially as I start it.

FAMILY TRADITIONS

My maternal family, the Teodoros of Manila may be one of the families, if not the only one, that persists to celebrate a reunion annually. It started way, way back by my uncle, Toribio. He was the eldest among 4 siblings. My mother, Rita, was the youngest, the middle children were a sister, Josefa, and a brother, Julio.

It was providential, I believe, that both my grandparents' death anniversaries fell in February. Every year hence, Toribio would prepare a sumptuous lunch for his siblings and their respective spouses and children after the morning prayers at the family mausoleum, and a worship service at church. The celebration continued year after year, the number of their children increasing each time. Until later, the reunion already featured impromptu family presentations. The children were prompted to sing, dance, play the piano, violin or guitar. Scheduled on a Sunday, the event became more fun with the addition of traditional Filipino parlor games. Winners brought home toys or money for the kids, and some bric-a-brac for adults.

Food and drinks were served from lunch to merienda. Everybody then went home full and happy.

The evolution of the Teodoro family reunion continued on after the death of its patriarchs. Because the clan had become so large, it was decided to adopt family colors: Red, Yellow, Green, and Blue. To equitably distribute the brunt of expenses, the family council also thought that each year one family would host the reunion.

For the longest time, the Teodoro Family Reunion is celebrated, each year being better than the last. The toys and money given to kids remain as staple stuff. The bric-a-bracs have become TV sets, washing machines, cellphones, ipads and laptops, travel tickets, hotel accommodations, sacks of rice, dinner for 2 in some fancy restaurants. Last year's affair was hard to top! The grand prize was a brand new Toyota Wigo!!!

Well, unfortunately, this year's reunion could not be enjoyed. The pandemic sadly intervened.

There are more benefits than what one sees from beyond what is obvious as winning prizes. While such things help perk up the scene, a reunion is a time of bonding for the family. How many times have we lost track of family members who have moved away from a radius that used to be reachable? The closeness among cousins, uncles, aunts, even brothers and sisters disintegrates because we do not regularly see each other anymore. If at all, a wedding, baptism, or a funeral may conveniently bring us back together, but how often do they happen?

I love reunions because it is an avenue to foster recognition of who we are as a family. People closest to us who otherwise would be nothing but strangers are kept intact as what we are, family! It preserves our long held traditions of caring, kindness, and love for each other. Most of all, I cherish the very important fact that we hold on to the faith handed down by our forebears.

Making the Shoe Fit

Becoming the Psychologist You Want to Be by Mello Yukdawan

Psychologists come from various backgrounds, but no matter what field you come from, the right program, training, and opportunities give you the chance to become one. It's all about making this metaphorical shoe be the perfect fit.

I was one of the graduate students taking the Masters in Clinical Psychology program who volunteered to facilitate cognitive behavioral therapy sessions for people living with HIV, and I could not be more excited. As an option for fulfilling internship hours, we were given the incredible opportunity to learn more about their lives, find out their issues and concerns, and guide them in navigating towards better mental health through cognitive behavioral therapy. Of course, this was a moment of truth as well – finally, all that we have learned can be applied! One thing that stuck in my mind then was, “Will the shoe fit?”

Our senior psychologist and supervisor, Ms. Rea Celine Villa, has established a wholesome partnership with the Pasig Treatment Hub and its lively members. These are individuals who identified as part of the LGBTQIA+ community, with unique personalities that face society with grace and dignity despite the stigma they receive.

With so much at stake, the question then becomes: how do you make the shoe fit?

Learn what shoe you want



Preparing for the sessions ahead will let you know ahead of time what you need to work on, what you can expect, and what to brace yourself for. Before heading to the Treatment Hub, we were briefed about the issues and concerns people living with HIV face, and how the sessions will be structured to resolve such issues through cognitive behavioral therapy.

Personal preparation is also important. You'd have to refresh your memory on cognitive-behavioral techniques. Certain tools, like a handout on cognitive biases, were translated into Filipino so the clients will find it easy to understand. Watching cognitive behavioral therapy sessions on YouTube help give you an idea of how a session typically flows. Additionally, we've been taught with the right skillset through the Masters in Psychology program to prepare us for what's ahead. All these theories are now ready for application.

When in doubt, ask for help

Most likely, the shoe on the shelf wouldn't fit you the first time. Maybe they don't have it in your size. Maybe the shoe is your size, but for some reason, it squeezes your soles and makes walking particularly difficult.

Once you're in the moment, taking in your psychologist role, it can make you feel different things. Excitement, nervousness, uncertainty—dealing with clients' problems is not predictable, because these people have different problems with different emotional baggage to unpack. And at that moment, you may begin to feel overwhelmed and doubt your abilities.

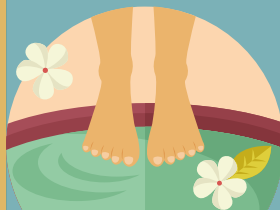
And that's okay. That is a pretty normal reaction, and this is where your senior psychologist would step in. The importance of having a supervised session is that there is feedback exchanged between the psychologist-in-training, and the psychologist. What are the things you're doing right? What do you need to work on for improvement? When in doubt, the best practice is to ask for help.



Get comfortable

Remember how despite getting the right size, you'd still get

callouses and bruises on your feet from the first few times of using your new shoes? That's pretty much how it'll feel like after your first session. It would be common to feel emotionally and mentally drained—and you won't be alone on this. The other volunteer psychologists and I had debriefings after every session. Debriefing



was usually us grabbing a bite to eat, sitting down and talking about our experiences. It is amazing hearing other volunteer psychologists' insights about their clients' stories, and how our clients' provide us inspiration to become better therapists and advocates for their mental health.

My personal thoughts

The moment you've finally got a taste of what being a psychologist is, it's good to take a step back and become mindful of the experience—you just got yourself a new pair of shoes; you just helped individuals with unique personalities and concerns make sense of their experiences and their problems! I found that every after a session when I've debriefed with my co-volunteers, I would write about this experiencing through journaling or sharing my insights on social media. All the while, these experiences should give you the reaffirmation that you need—that the shoe fits, and you are made to become a psychologist.

Beyond Comfort Zones

Non-Psych majors talk about their MAP journey

"The journey of a non-Psych major will traverse a very challenging road ahead. Primarily, your insecurities will emerge and you will even question yourself on why you embarked on this voyage to begin with. But as you carry on with your travel, you discover more about yourself and find answers on why you pursued this novel endeavor. The uncharted territory of Psychology parlance will eventually become clearer.

As for me, I know my mom's death in 2017 was the conduit why I started strong and ultimately finished strong. My perseverance, curiosity and resilience brought me to my destination."



- Julie Garcia-Nolasco

"As a non-Psychology major in college and now taking MAP in Southville International School, I find myself attracted to the facets of Psychology, psychometric assessment, and psychotherapy. It is indeed empirical and life science. Each and every word and line are interesting in course books.

On my journey to Psychology, I've learned to perceive it as not about reading people's mind but about studying one's mental health, helping them recover, and promote personal well-being and development in order to improve the value of life. It is challenging, but beautiful and amazing!"

- Fr. John Phan



"I took the plunge!

One need not be a Psychology major to get into Master of Arts in Psychology.

My situation is one that is transferring from one graduate program to another. When I decided to pursue a different path, I was interviewed by no less than the Dean of the Graduate School of Psychology, Dr. Ruel Cajili. From the early stages of the application to the process of signing up and admission to class, Dean, together with the other school staff, were very helpful in giving assistance. It was a great digital student experience. Fast, responsive and frictionless.

Finding an atmosphere that I am comfortable with is a significant element in pursuing my studies. Finding a culture that agrees with my attitude toward learning is also fundamental. These, among others, were all what I discovered in Southville.

My classmates are all from around the world and everyone has a different point of view which makes class discussions more interesting. The vitality, love and passion toward Psychology are contagious from these people.

Taking the plunge of transferring from one program to another is one of my best decisions. Here's to hoping that I, jointly with the school's mission and vision, will become a premier leader in my chosen field, a valued member of the community, and most importantly a responsible citizen of the world.
Viva Sikolohiya!"

- Dina Pagkalinawan



Ang Pag-Ibig kong Ito...

Love stories for all

In February, we had the privilege of listening to the love stories of MAP students Jhoanna, Jestoni and Fr. John Phan, and of course our MAP professor, Ms. Lalie. It was truly inspiring to hear their stories of love and a great reminder that love is for everyone.

We have one more story to tell. A love truly inspiring, it transcends time and space.



*I am Sam Galvez
and this is my love story...*

I was young at 28 when I was appointed to a responsible corporate position. I determined then that I would not marry unless I could well provide for my own family. With the hefty compensation and perks that went with the title, I was ready to get hitched. And so, I planned that my first provincial trip would be in Davao City, my girlfriend's hometown. I boldly proposed marriage to Agnes Abellana who promptly became Mrs. Sam Galvez that same day.

Like most young couples starting family life, we rented a small but decent apartment in Diliman. My new wife immediately went to work to put touches of home accessories here and there. She didn't have a sewing machine but was able to fashion curtains handsewn. We had a number of homes here and in Hong Kong when I was appointed as head of the start-up branch of the company. In all of the houses we lived, it always had the signature brand of the way my wife arranged and decorated them. Not one was ever not pretty nor pleasant.

Agnes was an entrepreneur by heart. She could turn any opportunity into something that brought money. In HK we lived in a 5-storey apartment building. The owners lived on the 1st level occupying all 4 apartments for themselves and their married children. Selling personal care products, she

successfully sold them to every apartment tenant, not sparing even the owners themselves who were unlikely customers because they were the kind who would patronize more expensive brands. In due time, we were collecting a lot of home appliances won from sales contests. We even accumulated memorial plans at one point conveniently given to needy relatives at crucial moments.

It was the same spirit that prompted her to put up an antique & home accessory shop cum art gallery. At the start, her friends in the neighborhood were the avid customers. Soon after, we had to build a place where one unit was the shop/gallery and the other our living quarters. Customer habits and behavior, however, do change. With the advent of malls, she transferred to Alabang Town Center when it was still that small one beside the cinemas. In spite of the Asian crisis in the late 1980s and the present pandemic, Village Art Gallery is still strongly serving the art community of the South.

But Agnes is not anymore found in our home nor in the gallery. She has passed on to the bosom of her Savior Jesus Christ in 2018. It is lonely and at times sad but in my memory are lots of beautiful moments that still bring me joy!

Self-Care 101

MAP students share how they unwind

As psychologists, current and future, a big portion of our time is spent focusing on others: understanding their struggles and finding ways to help them.

But what do you do when **you** start feeling burnt out?

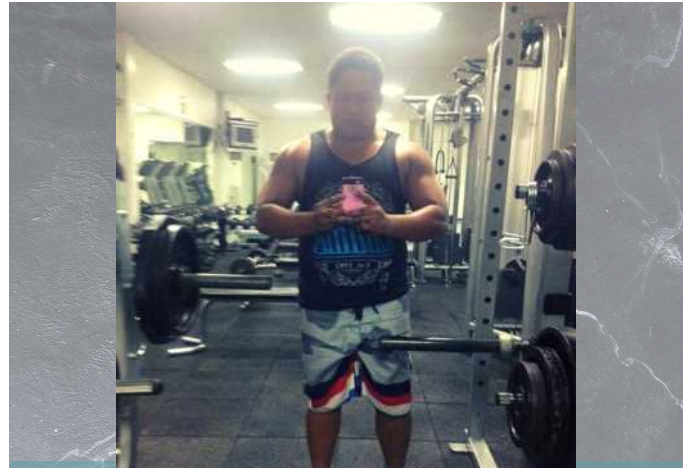
Here, MAP students share some their self-care routines to rest, recharge and prevent burn out.

After all, we cannot give from an empty cup.



I practice self care by making time for my skincare routine. I also make sure I get enough good rest.

- Aura



Self-care is finding peace.

In my case, I find peace every time I am alone and working out in the gym.

- Ehric

My self-care activity is reading books. I dedicate at least 2 hours of reading time every morning to wake my brain and to jumpstart my day. My friend and I started our very own book club where we discuss the assigned book of the month! I get really happy when I read because for a moment I get to escape the demands of everyday life.

- Lee



The Problem of TIME

by Jess Anthony "Jestoni" Atup

“Einstein's general theory of relativity implied that the universe must have a beginning and, possibly, an end.
- Stephen Hawking”

Time is a complex idea. Without the aid of a clock, time appears relative for everyone. What may seem eternally long for you may be a wink for another person. And when we are in distress or under pressure, time seems to be a friendly foe.

We ought to understand that something must have to start somewhere, and it ends at a certain point in the future, because change is inevitable, and it is the only thing that sits with TIME unfazed. I am very fond of this quote from Heraclitus where he said that it is not possible to step into the "same river" twice because the river is ever-changing. It is not the same river and you are not the same person.

The challenge we all have in work or school can be summarized by finding an answer to the ancient problem of time.

Where did the time go?

Most of us will agree that productivity is one of the top New Year's resolution items. We commit to ourselves that we will have better time management year on year. And we also fail ourselves every time we make an inventory of what we have achieved in a year. We are miserable beings trying to believe that time is manageable. But can we really manage time? This, I think, is more of a phenomenological question.

The available researches and literature on how to effectively manage time are enormous. There are motivational speeches and blogs posted free on the internet

that will give you tips on how you can avoid wasting time or how you evade the death of procrastination.

Dierdorff (2020) in his research identified three skills that separate time management success from failure:

Awareness: thinking realistically about your time by understanding it is a limited resource.

Arrangement: designing and organizing your goals, plans, schedules, and tasks to effectively use time.

Adaptation: monitoring your use of time while performing activities, including adjusting to interruptions or changing priorities.

Learning the skills mentioned might be easy, but consistently practicing them determines the weight of our victory. Stated differently, time management requires devotion to what you want to achieve.

Serving two masters at a time: a full-time worker and a full-time student

No. We cannot serve two masters at the same time for we will love one and hate the other. It may sound straight from Biblical text, but it is true. To excel in both is an exception rather than a general outcome because of hard work. With consistency in managing your time, you can be good at both worlds. And I think from a practical point of view, that is sufficient.

By doing good, however, we do not condone mediocrity. In Accounting and Finance, you may think of it as a short-term investment and a long-term investment. Your work pays for your immediate needs, and the education you are getting promises a better return for the future. In other words, yes, it is

possible to work and study at the same time. But you need to set in your mind that the gratification you get from studying is not an everyday reward, rather a success that ripens in due time.

Be pragmatic.

Know what motivates you.

Some people are driven when deadlines arrive, and others are excited beating deadlines. My years in the corporate life and the years I have handled projects, beating deadlines work for me. I do not succeed always, but I am energized by the idea that I have finished a task ahead of due date. And it allows me to enjoy generous down time or spend quality time with my family without carrying the stubborn weights of either school or work.

We are built differently. If you become more efficient when you are pressed by time, make sure that this does not add anxiety. But I leave you this question: do you think the quality of an output is improved with the quantity of time spent on it?



The Problem of TIME (cont.)

by Jestoni Atup

Be fastidious.

To do good both in school and work does not mean you subscribe to what is less than excellent. Average breeds mediocrity, others say. But the mere fact that you can balance school and work is already a demonstration of your brand of excellence. Do not stop there.

Look at your calendar and plot your activities.

And commit an hour for reading. This seems like short amount of time, but James Clear in his book *Atomic Habits* demonstrated that you could get better 1% every day. The author mentioned that "Success is the product of daily habits—not once-in-a-lifetime transformations."

Another quote from James Clear summarizes how you can fortify your arrangement skills. "Time magnifies the margin between success and failure. It will multiply whatever you feed it. Good habits make time your ally. Bad habits make time your enemy."

Be YOU.

You can be you but be the person you are aspiring to be TODAY.

As a child who grew up in a Christian family, I am always given quotes, verses, and other reminders on trusting God. One quote that stayed with me was, "write your plans in pencil and give God the eraser."

You see, distractions are inevitable. We can never remove or isolate ourselves from the deafening demands of the world. So, the best way to keep your future self from fading today is to understand that delays or halts are okay.

Be kind to yourself.

Never forget that the successes we earn from work or school are

temporary.

Just recently I went off the grid and enjoyed some quiet time with my family outside the city. One of the activities we had was a "trek" going to one of the highest falls in Mindanao. That trek turned into mountain climbing because the route going home was so steep that you can say it was almost wall climbing.

As we were heading back home, a question was etched in my head why would "mount climbers" get so obsessed with climbing when aside from being dangerous, it exhausts every single cell in your body. While I know others need it for a statement, I realized you do it because it gives you a heightened focus. You have an objective - to reach to the top,

but you also need to be aware - to feel all the new things around you. You halt and you continue. You ignore small cuts, scratches, and bruises. The exercise to say that it is a metaphor for life is not only an understatement but a lousy comparison to the adventure. There are no privileges in the mountain. You are not a lawyer, you are not a doctor, you are not the professional that you are. You are you - naked of all the things you earned in life. Nature will not respect the clothes you wear neither the position you hold in the corporate world. You are a part of the true ecosystem that you will never own. You cannot tell the rocks to move because you are in a rush. Your patience and sheer willpower are the only things that will define your time.



Begin today.

As I was reaching the top of the mountain, I understood that you will never know how strong a tree is until its roots are all you can hold on to. Similarly, you will never understand your true strength until you know what inspires you. You can begin with knowing that it is possible to manage time, and you can develop the skills to do it if you will just commit to consistency. The problem of time can be resolved when you decide to begin the things you need to do today.

MAP 2021 General Assembly

Scenes from a happy, fun-filled event



Master of Arts in Psychology

Academic Matters

Dr. Ruel A. Cajili
Dean, College of Psychology



General Assembly

March 20, 2021 | 1 PM | ZOOM

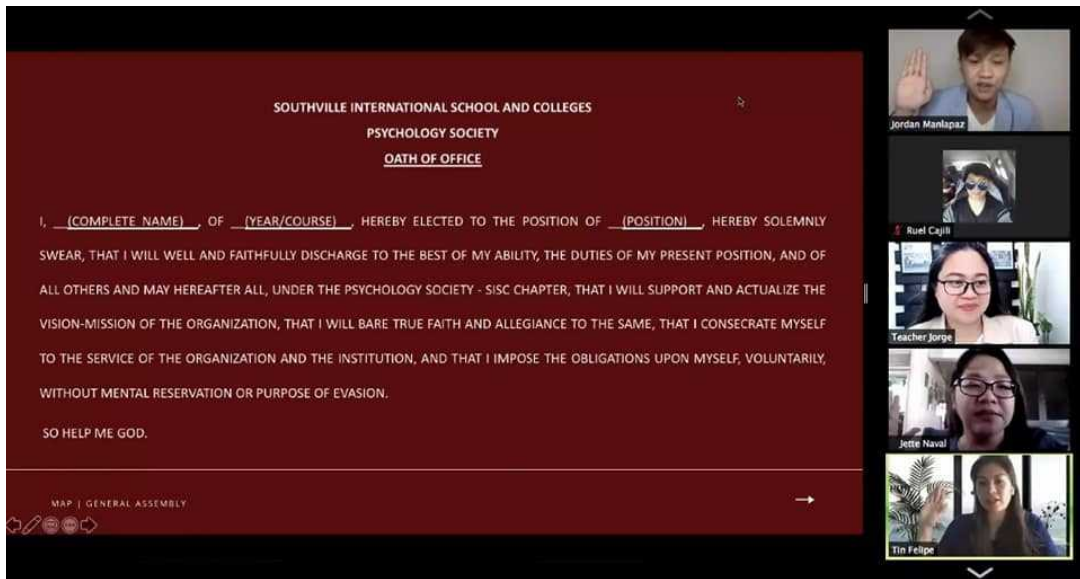


The College of Psychology Faculty

Jessica Vicedo
MAP PsychSoc Secretary

Faculty Members

SISC College of Psychology



Opening Prayer

Father John Phan

Welcome Remarks
Jing Cimacosa
MAP PsychSoc Vice President



Closing Remarks
Jette Naval
MAP PsychSoc On-board Student Representative

