

# Who we are..

This Center for Psychological Wellness Manual provides the significant and humane statement of function, concerns and direction of the office. From the College of Social Sciences and Philosophy Center for Psychological Wellness to University level, the center will cater to the wellness and mental health needs of all the units of the university. Then, extending the services of the center, it would draw a program that highlights and addresses mental health awareness, prevention of pathological conditions and promote the psychological well-being of the region. Being the *heart* of the university, it commits itself to translating the university Vision and Mission statements into worthwhile services and programs that promote mental health on a regional level.

The Center for Psychological Wellness was conceived side-by-side with the offering of the Bachelor of Science in Psychology program through the able and competent leadership of then dean Dr. Reynaldo S. Naguit in 2008. The center was then manned by a clinical psychologist - a faculty member too of the college who was taking the lead in offering services to the community outside of the university and in collaboration with other Psychology faculty members. Trainings were afforded to equip the center head and others who share in the toil. It then received clients and patients both within and outside the university free of charge.

For every client, initial profiling is facilitated by a qualified staff. Psychological assessment would follow at the direction of the center head and then intervention service through counseling and psychotherapy. The office/center being part of the Psychology program is being utilized for the housing of psychological test materials, psychological assessment, interview of clients, and interventions to clients by way of counseling, play therapy, Cognitive Behavior therapy and appropriate psychotherapy.

To date, the center accommodates interns both in the graduate and undergraduate levels as there are increasing number of clients and therefore concerns and tasks.

Being a university center for psychological wellness, the office thrusts would be services and programs promotive of mental health and wellness for the whole institution and the whole region. Thus, continuous research, extension, publication and enterprising will be

## University Vision statement

Bulacan State University is a progressive knowledge generating institution globally recognized for excellent instruction, pioneering research, and responsive community engagements.

## University Mission statement

Bulacan State University exists to produce highly competent, ethical and service-oriented professionals that contribute to the sustainable socio-economic growth and development of the nation.

## University Goals

In the pursuit of its mission, the initiatives and efforts of the University are geared towards the attainment of the following goals:

1. *Quality and Excellence.* Promoting quality and relevant educational programs that meet international standards.
2. *Relevance and Responsiveness.* Generation and dissemination of knowledge in the broad range of disciplines relevant and responsive to the dynamically changing domestic and international environments.
3. *Access and Equity.* Broadening the access of deserving and qualified students to educational opportunities.
4. *Efficiency and Effectiveness.* Optimizing of social, institutional and individual returns and benefits derived from the utilization of higher education resources.

## Center Goals

It is in the above-stated concerns where the Center for Psychological Wellness is anchored on, to ensure among other things:  
Profiling of the institution's workforce then the whole region;  
Mental health status;  
Relevant programs to partake; and  
Sustenance of mentally healthy populace

## Objectives

The Center for Psychological Wellness aims to:  
Promote mental health among the people of the region  
Prevent whenever possible pathological reactions amongst people  
Intervene where needed in pursuit of its goals

## Organizational Structure



**CECILIA S. NAVASERO-GASCON, Ph.D.**  
University President



**ERWIN DR. MAGSAKAY, REE, MSc**  
Vice President  
Research, Development and Extension



**ALLEN N. MAROMA, Ph.D.**  
Director  
Development and Innovation



**JOSEFINA C. OCHOA, PhD, Rpm,  
LPT**  
Center Manager



# Services Offered

## The Center for Psychological Wellness

Conducts research that is focused on mental health

Connects research results to extension services of university, offering among others:

- Needs assessment
- Profiling
- Understanding the present condition of patients/populace
- Discerning and designing appropriate intervention programs
- Conducting interventions such as:
  - ✓ Counseling
  - ✓ Psychotherapy
  - ✓ Psychoeducation
  - ✓ referrals

## The Mandate of the Center

Initially, the Center serve as a window of care and wellness under the College of Social Sciences and Philosophy - Department of Psychology extending services to BulSU studentry to the communities served by the college. In this new installation and upgrade, the center services embrace the larger community and Region 3 with the following endeavor:

1. Prepare a comprehensive plan to create a program for psychological wellness;
2. Promote research activity that focuses on mental health and psychological wellbeing;
3. Perform other functions related to the above-mentioned duties and responsibilities.

## Workflow

- The center's clientele would start with the university work force, the student tries too
- then extending to outside communities and up to the whole region 3.
- Intake ---→ Assessment --→ psychological reporting - --→ intervention
- Intake will be done as client's approach (walk-in, referred, solicited) either individually or in group
- Battery of appropriate psychological tests will be conducted
- Results of tests will be presented to requesting authority thru a psychological report
- Intervention program will be brainstormed, designed and implemented soonest possible.

## Research

- The conduct of research is integral to the center's task.
- Research theme will focus on mental health issues in the region.
- Related themes and agenda will be accommodated as time and resources permit.

## Extension

- Results of researches are to be designed as extension services on a university level whenever possible.
- Services are focused on intervention programs promotive of mental health as counseling, psychotherapy, psychoeducation, trainings and wellness programs.

## Contact us:

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