

RUBEN LIMCAOCO ENCARNACION, PhD

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14 October 1960	58 years old	Filipino	R. Catholic
Married, with 4 children	175 cm.	94 kg.	Good health

Private Practices:

Clinical Psychologist, 1991 to present. Practice has centered on addressing the psychological needs of children and parents within the framework of *the family system*. Specialties are *individual adult psychotherapy, marriage and family therapy, play therapy* for children with learning, emotional, behavioral, and adjustment difficulties; *memory practice for seniors; psychological evaluation, clinical assessment and diagnostics*. Utilizing *hypnotherapy, Cognitive-Behavioral therapy, Gestalt therapy, and Dialectical Behavior Therapy, Qi-gong, and mindfulness* for insight into anxiety and depression, stress and pain management, and other referrals from medical practitioners. Treatment, evaluations, and expert testimony have been sought in not less than 30 cases involving adoption, annulment, custody among Filipino, Asian, Amerasian, American, Canadian, German, British, French, Swiss, Greek, Peruvian, and Brazilian nationals.

Registered Psychologist No. 0000637, by the Philippine Professional Regulation Commission, 20 March 2015.

Provider, Veterans Evaluation Services (VES), Houston, Texas, for US war veterans from Afghanistan, Iraq, Desert Storm, Vietnam, and World War II. December 2017 to present.

Consultant Psychotherapist for Adult Patients, Memory Center, Institute of Neurosciences, St. Luke's Global City. November 2013 to present.

Consultant Psychotherapist, RCW Foundation, Inc., 59 C. Salvador, QC, April 2016 to present.

Consultant Psychotherapist for Adolescents, Primecare Multispecialty Diagnostic Services, Doctors allied with Capitol Medical Center, Quezon City. June 2013 to 2016.

Treasurer, 2015-present; Board of Directors, 2013-present; Internal Review Board (IRB), 2008-present. Consultant Clinical Psychologist, Tropical Disease Foundation of the Philippines, 2005 to 2010. Planning and implementation of psychosocial care activities to improve adherence to treatment of TB and MDR-TB patients. Mentoring the clinic staff and social workers.

Psychology Board Reviewer, Pathways International, 2014.

Team Psychologist, 2013. Arellano Chiefs, under Coach Koy Banal.

Consultant Clinical Psychologist, 2011 to present, Philippine Long Distance Telephone Co.

Consultant Clinical Psychologist, 2010 to present, Medical Towers Laboratory Diagnostic.

Consultant Clinical Psychologist, 2003 to present, Ippokratis Diagnostic Services Center Inc.

Counselor, In Touch Community Services, Inc., 1995 to 2002. Provided psychotherapy for Filipinos and expatriates including U.S. Peace Corps volunteers, and Crisis Intervention and Stress Debriefing (CISD) for Philippine Geothermal, Inc. and Raytheon Ebasco Phils.

Consulting:

President, PsychVisions, Inc., 1992 to 2014. Services included **psychological assessment, training, and organization development** for industrial clients. Past **testing** clients included Bristol-Myers Squibb/Mead Johnson, Cemex, General Motors, National Panasonic, Petron, RCBC, Visteon, Zuellig Singapore. **Training** workshops conducted include MBTI sales and team building seminars entitled *TypeSell* and *Hekadics* for A&E Equinet, Accenture, AIM Faculty, Ayala Corp. LiveIt, Johnson & Johnson, Mandarin Oriental, PLDT; team building workshops for Bank of Commerce, Fit for School, Magsaysay Lines, Provident Insurance, and DSWD; **organization development** interventions included visioning for Beefalo Restaurants in 2016, organizational diagnosis for capacity development for Capstone Group, management assessment profiles and development plans for Bayer, Cemex, NBC 92.3 and National Youth Commission, and a climate study for Pepsi.

Market Research Consultant, 1992 to 2003. Clients include Good Thinking!, Philippine Survey and Research Center, Inc.-Research International (PSRC-RI), Leo Burnett, Nestle, Jimenez D'Arcy, and ACNielsen. Focused Group Discussions conducted and integrative reports written on family bonding in the 21st century, men's lifestyles and consumption behavior, masculinity in the 90s, children's media, product, and leisure preferences, and marketing across children's cognitive and psychosocial stages.

Academe:

Faculty, Ateneo Graduate School of Business, April 2016 to present, teaching Leadership and Human Resources.

Arellano University, Program Head, Psychology Department, College of Arts & Sciences, 2013 to 2014. Most Outstanding Professor for two years in a row by students' vote.

Lyceum of the Philippines University, Special Lecturer, Psychology Department, College of Arts, 2013 to 2014.

Kalayaan College, Professorial Lecturer, Social Sciences Department, 2011 to 2013.

Miriam College Graduate School, Associate Professorial Lecturer, Psychology Department, 2008 to 2009.

De La Salle University Graduate School, Associate Professorial Lecturer II, Psychology Department, 2001.

San Carlos Seminary, Facilitator in Self-Discovery Class, 1993; Lecturer in General Psychology, 1991.

Guidance Services Specialist II, Philippine High School for the Arts (PHSA), 1991-92.

Ateneo de Manila University, Lecturer in General and Experimental Psychology, 1990; Research Assistant for the Academic Vice-President, 1989-90.

Assumption College and Miriam College, Lecturer in EDP, 1987-89.

Industry Employment:

IBM Philippines, Inc., 1983-86; Various positions held in the Marketing Division: Education Specialist, Associate Marketing Representative, Assistant Systems Engineer.

Campus Recruitment Program participant, Magnolia, San Miguel Corporation, 1982.

EDUCATION:

Ateneo de Manila University:

Ph.D. in Clinical Psychology, 1997. Internship at Home Care Clinic and New Beginnings Foundation. Clinical supervision of adult and child cases by Luciano P.R. Santiago, MD and Cornelio G. Banaag, MD respectively. Dissertation title: *The Filipino's pursuit of happiness*. Awarded a Dissertation Grant by the Philippine Social Science Council.

M.A. in Counseling Psychology, 1991. Awarded a Graduate Scholarship by the Ateneo Scholarship Foundation, a Research Assistantship on the second year, and a lecturer position on the third year. Thesis title: *Coping strategies of manic depressives*; published in the *Philippine Journal of Psychology* and *Philippine Studies*. Awarded a Thesis Grant by the Philippine Social Science Council.

B.S. in Management Engineering (*cum laude*), 1978-82. Competitively gained a half-tuition College Scholarship from the Ateneo Scholarship Foundation.

ACTIVITIES:

Fellow, Psychological Association of the Philippines; Member, Philippine Association of Graduate Educators; speaker; writing psychological articles for magazines and journals; interviewed for feature articles and guested in various TV shows and radio talk shows; President, Tivoli Greens Homeowners Association, 2010-2011, Director, 2005-2011; Adviser, AIESEC-UP, 1996-2000; President, Sacred Heart Parents Auxiliary Council, 1996-97; Hobbies are swimming and playing guitar; Parish church choir master and lector, 2012-2013; U.P. Madrigal Singers, 1987-89; President, Ateneo College Glee Club (1st World Tour), 1981-82.

RECENT SEMINARS AND WORKSHOPS ATTENDED:

“Deepening the Practice in Narrative Therapy,” by Dr. Karina Therese Fernandez, 9 February 2019, Ateneo Bulatao Center for Psychological Services.

“An Overview of Narrative Therapy Workshop,” by Dr. Karina Therese Fernandez, 10 November 2018, Ateneo Bulatao Center for Psychological Services.

Annual Faculty Conference, Ateneo Graduate School of Business. El Nido, Palawan, 23-25 October 2019; Misibis Bay, Albay, 24-26 October 2018; Henann Beach Resort, Bohol, 25-27 October 2017; Limketkai Luxe Hotel, Cagayan de Oro City, 19-21 October 2016.

“Basic Life Support Certifying Course,” at St. Luke’s Medical Center, Global City, 22 September 2018.

“Hypnotherapy Basics: Exploring Subjective Realities,” by Dr. Gilda Dans-Lopez, 9-10 March 2018, Ateneo Bulatao Center for Psychological Services.

“Anger Management,” by Dr. Brian Walker, 5 November 2016. Ateneo Bulatao Center for Psychological Services.

“Hypertension/Heart Disease/Cancer in the Health Psychology Lecture Series,” by Dr. Wolfgang Linden, 18, 22, and 25 October 2016. Ateneo Bulatao Center for Psychological Services.

“Basic Life Support, BLS for Healthcare Providers Course,” at Philippine Heart Center, 15 August 2016, American Heart Association.

“Reparenting the Child Within,” 22-24 July 2016, RCW Foundation, Inc. Partnership Center, QC.

“Evidence-Based Psychotherapies for Disaster Survivors,” by Dr. Rony Berger, 1-5 February 2016, Ateneo Bulatao Center for Psychological Services.

WORKSHOPS, LECTURES AND TALKS DELIVERED:

- “Raising Emotionally Secure Children,” in *Libertas* on GNN, Sky 213, 27 December 2018.
- “Mental Health Issues in the Philippines,” in *Libertas* on GNN, Sky 213, 7 June 2018.
- “Beauty, Mind and Body,” in *Libertas* on GNN, Sky 213, 12 April 2018.
- Critical Incident Stress Debriefing (CISD) for an Australian NGO Manila office of Acacia Connection, Australia among employees whose senior manager suddenly died, 16 January 2018.
- “Raising kids in the digital age,” *Hinge Inquirer: Northern and Southern Living Event*, 27 April 2017, Bellevue Hotel Manila.
- “Leadership: A stroke of EQ and personal transformation,” 29 September 2016, to Alexander Mann Solutions BPO, Wellness Week event by Philinsure.
- “Patient-Centered Assertiveness Training,” to healthcare professionals and staff of Tropical Disease Foundation, Inc., 15, 17, 19, 22, and 24 August 2016.
- “Where’s the Beef?: Vision Mission workshop for Beefalo Restaurant,” Caliraya, Laguna, 4-6 August 2016.
- “Emotional Maturity (EQ) in the Workplace,” 15 October 2015, to Alexander Mann Solutions BPO, Wellness Week event by Philinsure.
- Teambuilding Evaluation, *Good Thinking!* 24 June 2015, Tagaytay.
- “An Experience In Trust, Communication, And Team Interdependence,” Teambuilding for A&E Equinet Support, Inc., 22-24 May 2015, Bataan Technopark.
- “Understanding Suicide,” November 2014, to Institute of Social Order, Ateneo de Manila University.
- Critical Incident Stress Debriefing (CISD) for Typhoon Yolanda victims among the Tacloban staff and families of German Development Cooperation (GIZ), 19-24 November 2013.
- “Overcoming Math Anxiety,” August 2013, Math Club, Lyceum of the Philippines University.
- “Time Management,” July 2013, to the faculty of Arellano University College of Arts & Sciences.
- “Affirming Values, Vision and Ventures,” Teambuilding and Bottom-Up Feedback, for GIZ Conflict Sensitive Resource Allocation and Management (COSERAM) Program, 14-15 May 2012, Butuan City, Agusan del Norte.
- “Hekadics (MBTI) for Teambuilding and Intimate Systems Relationships,” A&E Equinet Support, Inc., 10 January 2015, March 2010, July-Sept 2009; Ayala Corp. LiveIt, 17 August 2011; Accenture, 4 November 2010; Cathay Pacific Steel Corp., 8 & 9 October, 16 July 2010; Tropical Disease Foundation, 30 April 2008; Asian Institute of Management faculty, 20-21 August 2001.
- “Proactive teen parenting: Fostering teenage resiliency,” Reedley International School parents, 9 March 2012.
- “The Right Stuff: Team Effectiveness and Leadership,” GIZ Office Manila, 27-28 September, 2012; Fit for School NGO, 2-3 December 2011; *Good Thinking!*, 14-16 May 2008.
- High level Mediation between GIZ German International Cooperation and Fit for School NGO, 21-22 November 2011; between top executives of Fit for School, 17-18 October 2011, Cagayan de Oro.

“Basic Facilitators Training Workshop,” to clinical staff, Jan-March 2009, and to social workers of Tropical Disease Foundation, Feb-May 2008.

“Don’t Worry, Be Happy,” Miriam College, 2 September 2008.

“Equipping Your Child for Academic Excellence,” Kumon Philippines, Inc., 7 June 2008. Shangri-La.

“Stress Management,” to high school sophomores of St. Paul College Pasig, 16 November 2007.

“Understanding and Coping with Learning and Emotional Disorders in the Family,” Kumon Philippines, Inc., 11 November 2006.

“The Passionate Bachelor,” to the male staff of Hyatt Hotel and Casino, 8 & 10 August 2006.

“Good Bonding! Teambuilding Workshop,” Good Thinking! Market research, 30 July-1 August 2006.

“Child Research Methodologies,” ACNielsen, 16 November 2001.

“Color Stimuli and Responses in Market Research,” ACNielsen and Unilever, 19 October 2001.

“Success from Within: The Bare Essentials,” an outdoor training workshop for 13-16 year old boys from Northfield, 11-14 March 2001.

“Human Development, Relationships and Sexuality,” to the Crisis Line volunteers of In Touch Community Services, Inc., 8 February 2001.

“Lecture and Case Sharing on the Clinical Applications of the MMPI-2,” to the Technical Division Staff of the Philippine Psychological Corporation, 22 November 2000.

“Active Parenting,” to the clients of Active Play, Inc., 26 October 2000.

“Forming Future Filipino Leaders,” to the Australia New Zealand Association, 2 October 2000.

PUBLICATIONS AND RESEARCH AUTHORED:

On Behavioral Economics and Money Management:

Cruz, Efren L.; Diaz, Alejandro; and Encarnacion, Ruben (2017). Taming the rebellious you: Understanding your brain for better money management. QC: Personal Finance Advisers Phils Corp.

On Child, Parenting and Family Issues:

Encarnacion, Ruben (2013). The Filipino family in the throes of development: A casebook for psychological projective testing. In press.

Encarnacion, Ruben (2010). Lies my parents told me: Filipinos with personality disorders. In press.

Encarnacion, Ruben and Alicia Intalan-Encarnacion MD (2001). “Psychviews,” a column for FR Family Reader, a monthly magazine published by Mega Magazine and Publications, Inc., 2001-2002.

Encarnacion, Ruben (1995). Pedy-Kamp '95 goes to Roxas City. Sunday Inquirer Magazine, April 1995.

Encarnacion, Ruben and Alicia Intalan-Encarnacion MD (1993). Grieving. Parents, 6:7 (July 1993).

Encarnacion, Ruben (1993). Dangerous family liaisons. Parents, 6:4 (April 1993), 25-33.

_____ (1993). 200 special children get big Batangas treat. The Manila Bulletin, 12 April 1993, B-23.

- _____ (1992). How children view death, serialized in The Manila Bulletin, 30-31 October 1992, 11-B21; 25.
- _____ (1992). What kind of a father are you?, Parents, 5:6 (June 1992), 24-26. A popularization of Allen L. Tan, PhD's Four meanings of fatherhood, Philippine Journal of Psychology, 1987.
- _____ (1992). Family secrets, Parents, 5:3 (March 1992), 52-54.
- _____ (1991). Holiday season reunions, Parents, 4:12 (December 1991), 51-53.
- _____ (1991). Down in the dumps: Depression in the family, Parents, 4:8 (August 1991), 22-23.

On Psychotherapy:

- _____ (2011). Affirming the resolve to get well: A standardized three-month manual of group discussions for MDR-TB patients in the intensive phase of treatment. An ePublication for the Tropical Disease Foundation of the Philippines.
- _____ (1997). The Filipino's pursuit of happiness. Unpublished doctoral dissertation.
- _____ (1992). Can we ever be truly happy?, Parents, 5:12 (December 1992), 43-46. A popularization of David G. Myers, PhD's The Pursuit of Happiness (N.Y.: William Morrow and Co., Inc., 1992).
- _____ (1992). Choosing the right career, Parents, 5:8 (August 1992), 32-33.
- _____ (1991). Coping strategies of manic depressives, Philippine Journal of Psychology, 25:1 (June 1992), 40-52; also in Philippine Studies, October, 1993. Masteral thesis.
- _____ (1991). Affect bridge: Healing emotional memory, Parents, 4:2 (February 1991), 50-53.

On Marketing Psychology:

- Encarnacion, Ruben (2009). Deodorant habit formation: A Filipina psychological view. For Unilever.
- _____ (2003). Consumer understanding research on family bonding: Moving towards more adaptive family ego identities across cultures in the 21st century. For Jollibee, JimenezBasic Advertising, and Good Thinking.
- _____ (2002). Study on male beer drinking patterns. For San Miguel Beer, Universal McCann.
- _____ (2002). Marketing across children's developmental stages. For Probus Unilab.
- _____ (1999). Marketing across children's cognitive and psychosocial stages. For Nestle CPW Asia Pacific Marketing Managers.
- _____ (1998). Men's concept of masculinity in the 90s. For Philippine Survey and Research Center-Research International.

On Education:

- _____ (1992). Integrative learning: New teaching style perks up students, Teacher's Quarterly, 2:3 (July-September 1992), 12-14.
- _____ (1992). Teaching talented tots: How to spot and nurture gifted children, Philippine Journal of Education, 71: 2 (July 1992), 85-87.
- _____ (1992). Tips for new teachers, Philippine Journal of Education, 71:6 (November 1992), 246-247.