

Maria Luisa M. Guinto, Ph.D., R.Psy.



Associate Professor | Research Director | Sport Psychologist
University of the Philippines, Diliman
College of Human Kinetics
Department of Sports Science
Professional Regulation Commission License 0000178 (Psychologist)
mmguinto1@up.edu.ph | doc.marissa.upck@gmail.com
+63 9177900608 | +63 9209607486
Skype: marissa_philippines
https://www.researchgate.net/profile/Maria_Luisa_Guinto
<https://up-diliman.academia.edu/MariaLuisaGuinto>
Web of Science Researcher ID: S-3927-2017
ORCID: <https://orcid.org/0000-0002-2430-555X>

EDUCATION

Ateneo de Manila University

AB Psychology | MA Community Psychology | PhD Social & Organizational Psychology
1983 | 1988 | 2011

PROFESSIONAL APPOINTMENTS

University of the Philippines, Diliman Campus

College of Human Kinetics, Department of Sports Science

Associate Professor | Research Director | Sport Psychologist

January 2015 to present

Technical Research Review Committee Member, Office of the Vice
Chancellor for Research and Development

November 2018 to 2020

Ateneo School of Medicine and Public Health (ASMPH)

Lecturer | Mentor

June 2011 - 2014

Ateneo | Center for Organizational Research and Development (CORD)

Program Developer and Facilitator

June 2011 - 2013

Ateneo de Manila University | Department of Psychology

Lecturer (1989 – 2007) | Instructor (2007 – 2011) | Sport Psychologist (2007 – 2011)

Philippine Center for Sports Medicine (PCSM) Sport Psychology Unit

Consultant for Sport Psychology (1993 – 1995)

Hong Kong Sports Institute (HKSI) Sport Psychology Unit

Exchange Fellow for Sport Psychology (1994)

Ateneo | Human Resources Center (HRC)

Training Director (1993 – 1994)

PROFESSIONAL AFFILIATIONS

International Sport Psychology Society (ISSP)

Member: 2013, 2021 – 2025

International Association of Physical Education and Sports for Women and Girls (IAPESGW)

Executive Board Member: 2019 – present

Country Representative: 2017 - 2021

Asian South-Pacific Association of Sport Psychology (ASPASP)

Managing Council: 2014 - present | Treasurer: 2018 – present

Women in Sports Commission (WiSC), Philippine Olympic Committee (POC)

Member: 2018 – present

The Foundation of Global Community Health

Scientific Advisory Board | 2017 – present

Special Interest Group – Sport and Exercise Psychology (SIG-SEP)

Psychological Association of the Philippines (PAP)

Chair | 2016 – 2017 | Member | 2018 – present

Psychological Association of the Philippines (PAP)

Registered Psychologist: 2013 – present

Association of Sport and Exercise Psychology of the Philippines (ASEPP)

Founding Member | 2012 - present

CONTINUING EDUCATION

University Diploma in New Trends in Sports Science

Universidad Catolica de Murcia | June – July 2021

Designing Online Assessments

University of Technology Sydney | Office of the Vice President for Academic Affairs University of the Philippines | July 2021

Basic Research Ethics Training

Philippine Health Research Ethics Board | Philippine Council for Health Research and Development, Department of Science and Technology | April 2021

NVivo 12+ Workshop

Philippine Consortium for Social Welfare and Human Development Research, Inc. | January 2021

If Exercise is Medicine, How do we Prescribe it?

The Philippine Association for the Study of Overweight and Obesity | Weighing-in on Waistlines and Well-being to Stop Diabetes | October 2020

Stop COVID Deaths: Clinical Management Updates (COVID-19, Mental Health and Mindfulness)

University of the Philippines | National Telehealth Center | Philippine Health Insurance Corporation | July 2020

Fundamentals of Social Science Research and Methodologies (International Webinar Series)

Philippine Continuing Professional Development Training Center | June 2020

Child Protection in COVID Pandemic: Capacity Building for Social Workers and Community Service Providers

UNICEF, Philippine Red Cross, and Department of Social Welfare and Development | Online | June 2020

The Science of Wellbeing

Yale University Online Certificate Course | Coursera | June 2020

Fearing, Angering and Depressing as a Call for Growth and Healing

Psychological Association of the Philippines | May 2020

Online Counseling: Opportunities and Risks

Psychological Association of the Philippines | April 2020

Telepsychology During the COVID-19 Crisis: Ethical and Practical Tips

Psychological Association of the Philippines | March 2020

Mindfulness Interventions in Sport: An Interactive Workshop

Fédération Européenne de Psychologie des Sports et des Activités Corporelles (FEPSAC) Continuing Education Program, 15th FEPSAC European Congress of Sport and Exercise Psychology
University of Münster, North-Rhine-Westfalia, Germany | July 2019

Applied Exercise Psychology Workshop: Facilitating Mental Skills Delivery Among Exercise Instructors

Fédération Européenne de Psychologie des Sports et des Activités Corporelles (FEPSAC) Continuing Education Program, 15th FEPSAC European Congress of Sport and Exercise Psychology
University of Münster, North-Rhine-Westfalia, Germany | July 2019

Reframing Good Character: Strengths-Based Positive Psychology Interventions to Promote Character Development In Sport

Fédération Européenne de Psychologie des Sports et des Activités Corporelles (FEPSAC) Continuing Education Program, 15th FEPSAC European Congress of Sport and Exercise Psychology
University of Münster, North-Rhine-Westfalia, Germany | July 2019

Applied Exercise Psychology Workshop: Facilitating Mental Skills Delivery Among Exercise Instructors

Fédération Européenne de Psychologie des Sports et des Activités Corporelles (FEPSAC) Continuing Education Program, 15th FEPSAC European Congress of Sport and Exercise Psychology
University of Münster, North-Rhine-Westfalia, Germany | July 2019

The Growth Mindset

Psychological Association of the Philippines (PAP) Continuing Professional Development Program
55th PAP National Conference
De La Salle University, Manila, Philippines | September 2018

**Professional Conduct in High Performance Sport Psychology
Cultural Competence in High Performance Sport Psychology**

International Society of Sport Psychology (ISSP) Continued Education Certificate Program
8th International Congress of the Asian-South Pacific Association of Sport Psychology (ASPASP)
Keimyung University, Daegu, South Korea | July 2018

Drug Use and Recovery: What is the Evidence?

Psychological Association of the Philippines (PAP) Continuing Professional Development Program
PAP | Ateneo de Manila University | International Society for Substance Use Prevention and Treatment
Professionals | Civika and The Lost Sheep Initiative | Manila, Philippines | April 2018

Self-Injurious Behavior: What Every Parent, Teacher and Counselor Should Know

Psychological Association of the Philippines (PAP) Continuing Professional Development Program
Metropolitan Psychological Corporation
Ateneo Professional Schools, Rockwell Center, Makati City, Philippines | March 2017

Mindfulness-Based Wellness for Stress Reduction

Center for Mindfulness Studies (Toronto, Canada) | Ateneo Bulatao Center for Psychological Services
University of the Philippines Diliman, Quezon City, Philippines | March 2016

Care for Carers: How to be Effective and Happy Carers

Ma. Lourdes A. Carandang Institute (MLAC Institute) | PsychConsult, Incorporated
Ateneo School of Medicine and Public Health, Pasig City, Philippines | July 2014

Processing Secondary Trauma through Movement and Art: A Workshop on Healing the Caregiver

The Israel Forum for International Humanitarian Aid | PsyConsult, Incorporated
Ateneo de Manila University, Quezon City, Philippines | June 2014

Overcoming Trauma and Resilience Building

TrainStation Philippines, Incorporated
Jollibee Plaza, Ortigas Center, Pasig City | December 2013

Group Trauma Therapy for Disaster Victims

Ma. Lourdes A. Carandang Institute (MLAC Institute)
Institute for Social Order, Ateneo De Manila University | December 2013

Learning Circle Action Workshop

Center for Organizational Research and Development (CORD)
Ateneo de Manila University | January 2013

Communities and Crises: Inclusive Development through Sport

International Council of Sport Science and Physical Education (ICSSPE)
Hotel HausRheinsberg, Germany | October 2012

Performance Enhancement in Sport

Capella Online University, USA | January – May 2009

Foundations of Sport Psychology

Capella Online University, USA | January – May 2009

Employee Engagement and Well-Being

Ateneo de Manila University | Center for Research and Organizational Development | May 2008

Certificate in Online Learning and Teaching

University of California Los Angeles (UCLA) Continuing Education – UCLA Extension | Jan – Dec 2001

RESEARCH

A. Publications

- Kim, Y., Zhang, L., Lu, F., Araki, K., Vongjaturapat, N., Guinto, M. L., Kuan, G., Lee, J-H., Chang, Y-J., Roychowdhury, D., Huang, Z., Acharya, J., Al-Wattar, N., & Ortega, E. (2021). ASPASP position stand: Strategies for the development of sport and exercise psychology in the Asian and South Pacific region, *Asian Journal of Sport and Exercise Psychology*, 1(1), 3-5, ISSN 2667-2391, <https://doi.org/10.1016/j.ajsep.2021.03.001>.
- Guinto, M. L. M. & Logan, I. L. N. (2021). Harnessing the power of sport for disaster recovery. *Qualitative Research in Sport, Exercise and Health*. DOI:10.1080/2159676X.2021.1922493
- Lopez De D'Amico, R., Koushkie Jaromi, M. & Guinto, M. L. M. (Eds.) (2021). *Women and Sport in Asia*. Routledge, ISBN: 978-0-367-67583-7
- Guinto, M. L. M., Lasat-Uy, G., & Cantancio, M. F. (2021). Women in Philippine sport and physical education: Bridging the gender divide. In R. Lopez De D'Amico, M. Koushkie Jaromi & M. L. M. Guinto (Eds.), *Women and Sport in Asia*. Routledge.
- Guinto, M. L. M., Koushkie Jaromi, M., & Lopez De D'Amico, R. (2021). Moving Forward: Conclusion. In R. Lopez De D'Amico, M. Koushkie Jaromi & M. L. M. Guinto (Eds.), *Women and Sport in Asia*. Routledge
- Koushkie Jaromi, M., Lopez De D'Amico, R., & Guinto, M. L. M. (2021). Introduction: Asian women in sport. In R. Lopez De D'Amico, M. Koushkie Jaromi & M. L. M. Guinto (Eds.), *Women and Sport in Asia*. Routledge
- Roychowdhury, D., Ronkainen, N., & Guinto, M. L. (2021). The transnational migration of mindfulness: A call for reflective pause in sport and exercise psychology, *Psychology of Sport and Exercise*, 101958, ISSN 1469-0292, <https://doi.org/10.1016/j.psychsport.2021.101958>.
- Guinto, M. L. (2020). Spirituality in Sport Psychology Consulting. In M. Bertollo, F. Edson, & P.C. Terry (Eds.), *Advancements in Mental Skills Training*, ISBN 978-0-367-11158-8
- Guinto-Adviento, M.L. (2019, July 15-20). Pursuing God's Will: Spirituality in sport psychology consulting. In Kim, Y. (Chair), *Holistic approaches to sport and physical activity preparation in the Asian context #1* [Invited Symposium 01]. 15th European Congress of Sport and Exercise Psychology, Munster, Germany. https://www.uni-muenster.de/imperia/md/content/sportwissenschaft2/arbeitsbereiche/sportspsychologie/abstractbook_fepsac_congress_2019.pdf
- Guinto-Adviento, M. L. & Zavala, M. A. O. (2017). "I am a complete woman": Dragon boat and breast cancer survival. *Revista de Psicologia del Deporte/Journal of Sport Psychology*, 26(3), 12-16, ISSN 1988-5636.
- Guinto-Adviento, M. L. (2016). Coaches' attitudes toward sport psychology consulting. *Journal of Physical Activity, Sport and Exercise (ASPASP-JPASPEX Special Edition)*, 1(1), 30-38. e-ISSN 2289-5817
- Guinto-Adviento, M. L. (2014). The Filipino invasion of pool: Setting new standards in the game. In P. C. Terry, L. Zhang, Y. Kim, T. Morris, & S. Hanrahan (Eds.), *Secrets of Asian Sport Psychology*. 1-19. DOI: 10.1080/1359813042000314781
- Orbeta, N. & Guinto-Adviento, M. L. (2014). Boxing in the Philippines: The fight for survival. In P. C. Terry, L. Zhang, Y. Kim, T. Morris, & S. Hanrahan (Eds.), *Secrets of Asian Sport Psychology*. 1-23. DOI: 10.1080/1359813042000314781

- Guinto-Adviento, M. L. & De Guman, J. M. (2010). Character strengths in community survival and resilience: The case of the Ateneville community following typhoon Ondoy, *Philippine Journal of Psychology*, 43(1), 101-113.
- Guinto-Adviento, M. L. (2011). What makes a champion: A narrative analysis of Filipino elite athletes' storied lives (Doctoral dissertation). DOI:10.13140/RG.2.2.34276.01922
- Guinto-Adviento, M. L. (1988). The human factor in law enforcement: An exploratory study of the attitudes of policemen toward prostitution. *Philippine Journal of Psychology*, 21(1), 12-23.

B. Scholarly Presentations in International Conferences

- "It's worse than a break-up": COVID and Filipino College Athletes. *6th International Conference of Physical Education and Sports Science*, State University of Jakarta, Indonesia. Virtual, June 10-13, 2021
- It's not about me: Collaboration as core competence in sport psychology consultation*. 2021 International Symposium on Psychological Training and Consultation for Athletes. Beijing Sport University. Virtual, April 24-25, 2021.
- Cultivating Mental Health in P.E. and Sports during COVID*. Khelo India P.E. and Community Coaching Programme. Sports Authority of India and Lakshmbai National College of Physical Education, Karyavattom, Thiruvananthapuram. Virtual, June – December 2020.
- Mental and Physical Wellbeing through P.E and Sports: An International Webinar on Physical Education and Sports: The Power to Unite Communities*. Sports Authority of India and Lakshmbai National College of Physical Education, Karyavattom, Thiruvananthapuram. Virtual. October 2020
- Bridging the Gender Divide: The Philippine Experience*
Symposium on Developments of Women's Sport in Asia
2020 Yokohama Sport Conference, Japan. Virtual, September 2020
- Walk the Talk: Self-Care as Moral Obligation of the Sport Psychology Consultant*
Symposium on Sport Psychology in Action: Opportunities and Challenges in Support of Performance Excellence
2020 Yokohama Sport Conference, Japan. Virtual, September 2020
- Values in Youth Sport: Implications to Coaching*. Oral presentation at the 2019 Southeast Asian Games Sports Science Conference, 2019 Asia-Pacific Conference on Exercise And Sports Science, 3rd AFSS Conference on Sports Science, Quest, Clark. November 2019
- Harnessing the power of sport for disaster response*. Oral presentation at the 2nd ASEAN University Network Health Promotion International Conference. Novotel, Manila. August 2019.
- 'Pursuing God's will': Spirituality in sport psychology consulting*. . Oral presentation within the Asian-South Pacific Association of Sport Psychology (ASPASP) Invited Symposium at the 15th European Congress of Sport and Exercise Psychology. University of Münster, Germany. July 2019.
- The redemption of a woman: A narrative inquiry on a world bowling champion*. Oral presentation at the International Association of P.E. and Sports for Women and Girls (IAPESGW) International Conference and 70th IAPESGW Anniversary. Universidad de Europa, Madrid, Spain. July 2019.
- Attentional focus in golf: Consulting with amateur and professional golfers*. Invited speaker at the Japanese Society of Sport Psychology (JSSP) Conference. Osaka University of Health and Sport Sciences, Osaka, Japan. June 2019.
- Why play Sports?: An investigation of value priorities in youth sport*. . Oral presentation within the Symposium on "Underlying Issues in the Practice of Sport Psychology: Values, Commitment and Attitudes" at the 8th International Congress of the Asian-South Pacific Association of Sport Psychology (ASPASP). Keimyung University, Daegu, South Korea. July 2018.

- Cultural nuances in the investigation of coaches' attitudes toward sport psychology.* Oral presentation within the Symposium on Underlying Issues in the Practice of Sport Psychology: Values, Commitment and Attitudes at the 8th International Congress of the Asian-South Pacific Association of Sport Psychology (ASPASP). Keimyung University, Daegu, South Korea. July 2018.
- Mind over matter: An investigation of cognitive processes among full marathon runners* (co-presented with Mendoza, L. M.) Oral presentation within the ISSP-ASPASP Joint Symposium: Building Blocks of Mental Preparation in Exercise and Sport at the 8th International Congress of the Asian-South Pacific Association of Sport Psychology (ASPASP). Keimyung University, Daegu, South Korea. July 2018.
- 'My knee was reconstructed but my mind was not': Investigating psychological factors in return to play after ACL injury* (co-presented with Malonzo, P.) Oral presentation within the ASPASP Symposium on Psychological Factors in Sport Performance in Southeast Asia at the 8th International Congress of the Asian-South Pacific Association of Sport Psychology (ASPASP). Keimyung University, Daegu, South Korea. July 2018.
- 'Fitspiration': Social media support for nutrition and exercise adherence in obesity.* Invited oral presentation at the 2017 Thailand Applied Sport Psychology Association (TASPA) National Conference. The Center for Strategic Studies, Royal Thai Armed Forces, Chon Buri, Thailand. November 2017.
- An examination of sport values among Filipino youth.* Oral presentation within the Values Symposium 2: Exploring Youth Sports Values in Sport-Specific Questionnaires at the 14th World Congress of the International Society of Sports Psychology (ISSP), University of Seville and Seville NH Collection Hotel, Spain. July 2017.
- 'I Am a Complete Woman': A qualitative study on the meaning of dragon boat toward breast cancer survivors.* Oral presentation at the 14th World Congress of the International Society of Sports Psychology (ISSP), University of Seville and Seville NH Collection Hotel, Spain. July 2017.
- The power of social media on the weight loss journey of a chronically obese female.* Oral presentation at the 18th World Congress of the International Association of P. E. and Sports for Women and Girls (IAPESGW). Barry University, Miami, Florida. USA, May 2017.
- Supporting adherence for good exercise behavior.* Invited oral presentation at the International Conference on Sport Pedagogy Wellness and Health. Celebrity Sports Plaza, University of the Philippines' National Institute of Physics Auditorium and College of Human Kinetics Gym. November 2016.
- Case report of an Open Educational Resource Initiative for developing countries.* Oral presentation at the International Convention on Science, Education and Medicine in Sport (ICSEMIS). Mendes Convention Center, Santos, Brazil. September 2016.
- Re-play, Re-live, Re-create (3Rs): Community resilience through sports.* Invited ICSPPE Symposium: Sport and Physical Activity for the Psychosocial Support of Children and Youth in Crisis at the International Conference on Science, Education, and Medicine in Sport (ICSEMIS). Mendes Convention Center, Santos, Brazil. September 2016.
- Sport psychology for peace and development: Going beyond the borders of psychological skills training for competition.* Invited oral presentation at the SUKMA International Sports Science and 2nd Malaysian Sports Psychology Conference. Imperial Hotel, Kuching, Sarawak, Malaysia. May 2016.
- Caring for the carer: Self-compassion as a moral obligation.* Communities and Crisis: Inclusive Development through Sport. Invited resource person for the International Council of Sport Science and Physical Education (ICSPPE) Certificate Course. HausRheinsberg Hotel am See, Rheinsberg, Germany. October 2014 and November 2015.
- Tracing the footsteps of a boxing legend: Case study on Manny Pacquiao.* Invited symposium on Secrets of Asian Sport Psychology at the 13th World Congress International Society of Sport Psychology (ISSP). Beijing Sport University, China. July 2013.
- What makes a champion: A narrative analysis of elite athletes' storied lives.* Oral presentation at the International Conference on Science, Education, and Medicine in Sports (ICSEMIS). Glasgow, United Kingdom. July 2012.

EXTENSION WORK AND PUBLIC SERVICE

- SIPA-in COVID*. College of Human Kinetics. University of the Philippines, Diliman. May 2020 to present
- Tele-psychotherapy during COVID-19*. UP PsycServ. University of the Philippines, Diliman. April 2020 to present
- Sport Psychology Support Service at the 2019 Southeast Asian Games*. Manila. November-December 2019
- Women in Sports Summit at the 2019 Southeast Asian Games*. La Bella, Tagaytay. November 2019.
- Cultivating the Champion Mindset at Work*. Filipinos in Munich Community. Feldmochinger See, Munich, Germany. July 2019
- Dula-Kalinaw: Championing Peace in Physical Education and Sports*. Zamboanga del Sur Sports Academy (ZDSSA), Pagadian City, Zamboanga del Sur. July 2018, Oct 2018, January 2019.
- Re-Play, Re-Live, Re-Create (3Rs): Sports for Disaster Preparedness*. Department of Education, Region VIII and the University of the Philippines. Tacloban, Leyte. April 2016 and November 2017.
- Sport and the SDGs: Youth Funshop*. United Nations Educational, Scientific and Cultural Organization (UNESCO) and the Philippine Sports Commission. PhilSports Arena, ULTRA, Pasig. November 2017.
- Mindfulness: Living in Peace and Ease with Cancer*. Patient Experience Group, Corridor of Hope and St. Luke's Cancer Institute. St. Luke's Medical Center, Quezon City. July 2017.
- Faith and Strength in Adversity: The Power of Sport in Youth Development*. Next Gen Mega Sports Camp Parenting Seminar. Christ's Commission Fellowship Main Center. April 2016.
- Sport Interventions as Psychosocial Support in Crisis and Disaster*. Silliman University, Dumaguete, July 2016.
- Mindfulness: Nurturing the Inner Life in Adversity*. Patient Experience Group, Corridor of Hope, and St. Luke's Cancer Institute. July 2016.
- Community engagement through sports*. University of the Philippines, Tacloban, Palo National High School and Basey National High School. July 2015
- Caring for disaster responders: Care of humanitarian workers*. Christian Aid, Balay Indang, Cavite City. April 2015.
- Psychosocial needs in times of crises and disasters: Understanding the dynamics of sports as intervention in conflict areas*. Western Mindanao State University, Zamboanga City. October 2014.
- Resilience in Disaster*. Remedios Trinidad Romualdez Medical Foundation, Tactoban City, Leyte. September 2014.
- The use of expressive arts for psychosocial intervention*. Cabuynan Grade School, Tanauan and Cabarasan Grade School, Palo, Leyte. May 2014.
- Rescuing the rescuers: Stress debriefing for the Philippine National Police of Region 8*. Police Regional Office 8, Camp Ruperto K, Kangleon, Campetic, Palo, Leyte. December 2013, February 2014.
- Resilience: Bouncing forward from the ruins*. We Shall Rise: A Benefit Seminar for the Typhoon Haiyan Survivors. Christ's Commission Fellowship Makati, A-Venue. December 2013.
- Post-Yolanda psychosocial support for survivors and returning volunteers of SMART Communications and PLDT*. SMART Headquarters, Makati City. November 2013 - January 2014.
- Psychological first aid for typhoon Haiyan survivors*. Villamor Air Base, Taguig. November 2013.
- Training workshop: Providing psychological first aid to typhoon Haiyan survivors*. Community of Faith, BF Paranaque City. November 2013.
- Psychosocial support services for typhoon Pablo survivors and volunteers*. Occupational Therapists of the Philippines. GOAL Clinic, Fort Bonifacio City. January 2013.
- Training of trainers for psychosocial support services Part 2*. Christian Aid. Loreland, Antipolo City. October 2012.

Training of trainers for psychosocial support services Part 1. Christian Aid. San Fabian, Rizal. May 2011.

Psychosocial intervention for typhoon Sendong survivors and volunteers. Xavier University, Cagayan de Oro City. December 2011.