

WEEKLY

## NEWSLETTER



## Editorial Note

Dear Readers,

As we continue our journey through the complexities of mental health, this issue highlights some vital topics that several encounter: grief, procrastination, and the power of self-care.

In our **Weekly Webinar** on Prolonged Grief Disorder (PGD), Dr. David Thompson swirls our attention to the importance of recognizing when grief lingers beyond its expected duration, potentially becoming a barrier to daily living. This session underscored how grief is not a sign of weakness but a manifestation of love and loss. For those navigating extended grief, professional support, such as Cognitive Behavioral Therapy, can be an invaluable tool in fostering healing.

Our **Voxpop Event** on Procrastination and Impulsivity reminded us of the psychological hurdles that so many of us face in daily life. From self-reflection to insightful conversations with students at the University of Port Harcourt, Nigeria, it was clear that these behaviors affect our productivity and well-being. We're grateful for the participation and honesty that made this event truly special

Finally, our **Mental Health Week on WhatsApp**, as always, proved to be an enriching experience for all involved. Each day focused on a different aspect of healing, from spirituality to self-care, offering a balanced mix of reflection, creativity, and joy. Thank you to everyone who joined us in making this week a memorable one. As Dr. Stephanie Okolo beautifully puts it, "**Your engagement shows we're stronger together.**"

As we look ahead, let's continue to support one another with empathy, understanding, and the shared goal of mental wellness. Healing is a journey, and together, we can make it a bit easier.

**Warm regards,  
Ese Ogheneovo  
for ICTMH**

# WEEKLY WEBINAR

## WHEN GRIEF STAYS TOO LONG

### Sub Theme: Understanding Prolonged Grief Disorder (PGD)

**Date of Webinar:** March 28 , 2025

**Facilitator:** Dr. David Thompson

Grief is something we all carry at some point — but for some, it doesn't ease with time. In this moving session, Dr. David Thompson and Dr. Okolo unpacked Prolonged Grief Disorder (PGD), a newly recognized mental health condition that helps validate the deep, lasting pain many experience after loss.

#### What Is PGD?

PGD is more than “still feeling sad.” It's when longing and sorrow persist for over a year, making everyday life hard to manage. Now included in the DSM-5 TR (code F43.8), PGD helps clinicians and caregivers recognize when grief needs extra care and attention.

#### Signs & Support

PGD shows up as intense yearning, avoidance of reminders, or a deep sense of emptiness. While every grief journey is personal, some need professional support. Therapies like:

#### Cognitive Behavioral Therapy (CBT)

#### Narrative Therapy

#### Expressive Arts

These concepts have proven to help people process and live with their loss in healthy ways.



#### Culture & Compassion

Grief is shaped by our culture, upbringing, and beliefs. For some, spiritual rituals provide comfort. For others, societal pressure to “stay strong” can silence their pain. This session emphasized the importance of holding space — with empathy and without judgment.

“Grief is the price we pay for love.” – Dr. Okolo, quoting Longfellow

#### Final Thoughts

PGD isn't about weakness — it's about love, loss, and the struggle to move forward. This conversation reminded us that healing takes time, and that support, understanding, and compassion are powerful tools for those grieving deeply and long.





# STAR EVENT OF THE WEEK

## Voxpop Event : Procrastination and Impulsivity

Event Date: 12th March 2025

Location: University of Port Harcourt

Presenter: Emerald Unufi

Technical Director: Emmanuel Essien

Camera: Udoma Umoh



## Fun Activity

To add a playful touch, participants were asked to spell the challenging words "PROCRASTINATION" and "IMPULSIVITY," turning the event into a fun, engaging experience for everyone.



## Overview

The **ICTMH Voxpop Event**, held on 12th March at the University of Port Harcourt, tackled the fascinating psychological phenomena of Procrastination and Impulsivity. Under the theme "Understanding the Psychology of Procrastination and Impulsivity," the event provided an interactive platform for students and passersby to share their thoughts and experiences regarding these behaviors.

## Objective

- To raise awareness about the psychological aspects of procrastination and impulsivity
- To encourage open discussions and personal sharing on these topics
- To gather insights into how procrastination and impulsivity affect daily life

## Event Outcome

The ICTMH Voxpop event was a resounding success! Participants left with a deeper understanding of **Procrastination** and **Impulsivity**, while the event's interactive nature made it a memorable experience for all involved.

# WEEKLY WHATSAPP INTERACTIVE SESSION

ICTMH Mental Health Week: Overcoming Procrastination – From Delay to Action  
March 24th–30th, 2025

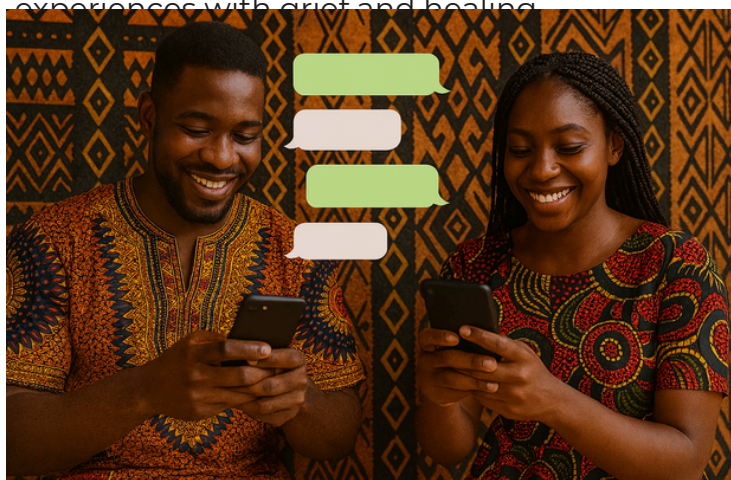
This past week, ICTMH brought together a wonderful group of people for a week-long WhatsApp program designed to boost mental wellness. Each day had its own unique theme, making it a fun yet deeply meaningful experience:

## Motivational Monday

We kicked things off with a heartfelt discussion about the healing power of spirituality in grieving. Faith and hope were at the center, helping everyone reflect on their own journey.

## Talk-It-Out Tuesday

The conversation continued with a survey to hear what participants had to say about their experiences with grief and healing.



## Wellness Wednesday

With a little humor, we personified grief as an uninvited guest who overstays its welcome—participants got creative in expressing how they'd "deal" with it.

## Thankful Thursday

Lizzie led us in a shift from grief to gratitude, reminding everyone to pause and appreciate the little joys in life.



## Fun Friday

A day of lighthearted fun with challenges like riddles, dares, and games. No pressure, just good vibes, and laughter.

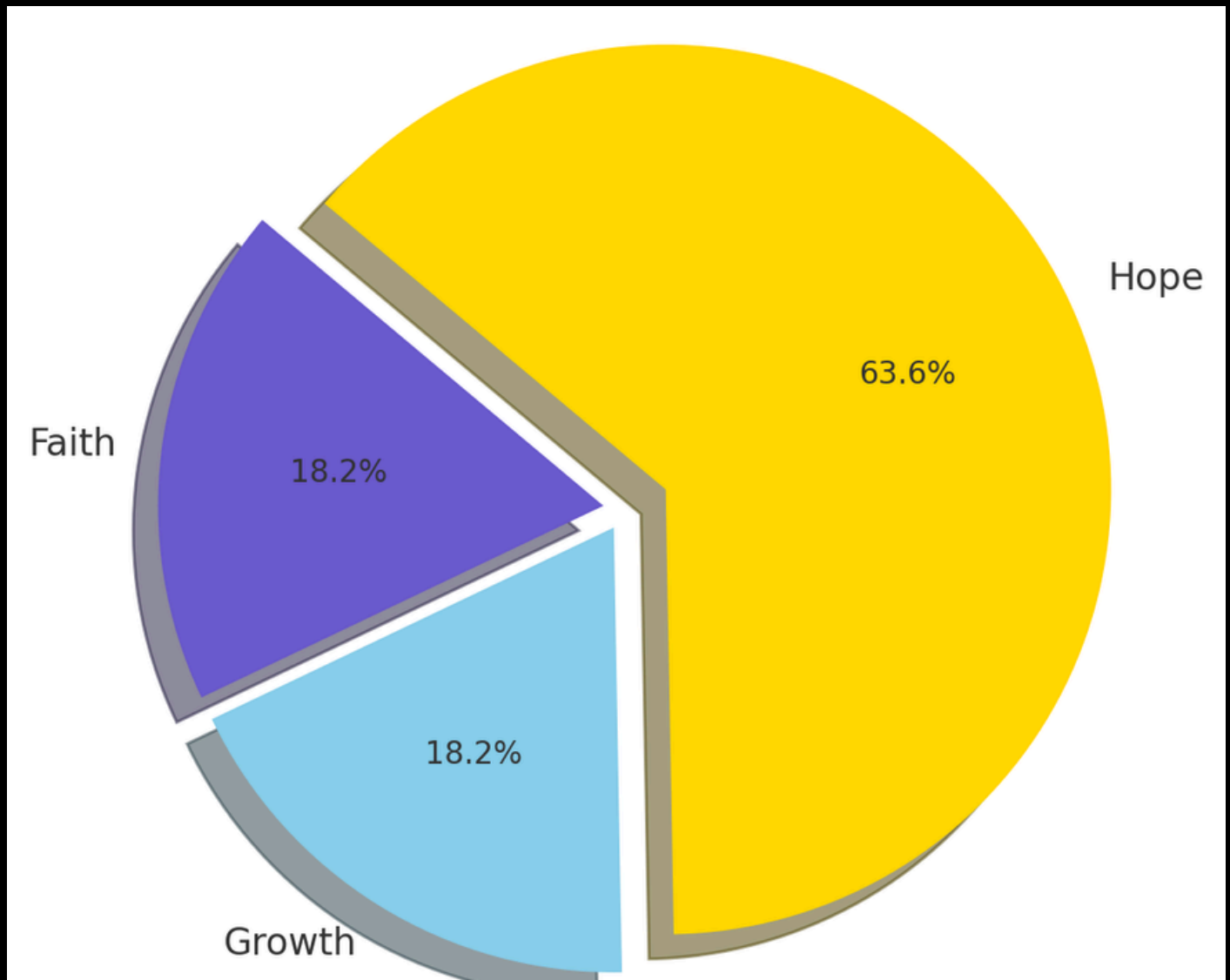
Self-Care Saturday: The focus was on self-care—participants shared how they were taking time for themselves and nurturing their mental well-being.

## Reflection Sunday

The week ended with a moment of reflection, where everyone shared their lessons learned and the insights they'd gained along the way.

The week blended creativity, humor, and deep personal growth. Dr. Stephanie Okolo, ICTMH President, shared her gratitude: "Your engagement shows we're stronger together."

# A SURVEY INSIGHT ON THE ROLE OF SPIRITUALITY IN THE HEALING JOURNEY



Data sourced from ICTMH March 2025 Event Log and compiled by Elizabeth Idowu



# RESOURCE & ANNOUCEMENTS

To get feedback or stories? Email us at  
[enquiry@cognitiveng.org](mailto:enquiry@cognitiveng.org)

For volunteering opportunities, join  
our team via social media

@[www.cognitivetherapiesng](https://www.cognitivetherapiesng.org)  
[www.cognitiveng.org](https://www.cognitiveng.org)

The poster features a white background with blue and red accents. At the top right is the logo for 'COGNITIVE THERAPIES AND MENTAL HEALTH'. The main title 'ONLINE TRAINING ON UNDERSTANDING MENTAL HEALTH MYTHS AND FACTS IN NIGERIA' is in a red box. Below this is a circular portrait of Dr. Mfon Bassey, a woman with long red hair, wearing a black top. To the right of the portrait, the date 'DATE FRI, 11TH APRIL' and time 'TIME 8:00PM(WAT)' are listed. At the bottom right is a red button that says 'REGISTER NOW'. The poster is decorated with a pattern of small red dots and blue chevrons.

ONLINE TRAINING ON  
**UNDERSTANDING MENTAL HEALTH  
MYTHS AND FACTS IN NIGERIA**

**DATE**  
FRI, 11TH APRIL

**TIME**  
8:00PM(WAT)

**Dr. MFON BASSEY**  
Trainer

**REGISTER NOW**