



WEEKLY

Newsletter



Editor's Note,

The theme "Thriving after Trauma" resonated deeply across ICTMH's January engagements, weaving together professional insight, lived experiences, and collective reflection. From the ICTMH Friday Training to the Mental Health Wellness WhatsApp Week, a consistent message that trauma does not signal the end of growth, it can become the starting point for renewed strength, meaning, and connection became clear.

Dr. Oluyemi Peter Atibioke's session on Post-Traumatic Growth set a powerful tone, reframing trauma not only as a source of pain but also as a potential catalyst for resilience, self-discovery, and purpose. The breakout room discussions further reinforced this message, as participants courageously shared personal stories of loss, workplace challenges, caregiving, and healing. These shared narratives reminded us that growth is often born from struggle and nurtured through safe, supportive spaces.

Complementing the training, the Mental Health Wellness WhatsApp Week translated theory into daily, practical reflection. Each themed day, from Reset Monday to Stillness Sunday, encouraged participants to engage with healing at their own pace. The Let's Talk Tuesday poll underscored a vital truth: thriving after trauma is largely about rebuilding trust in life, honoring individual timelines, and accepting that healing is not linear.

Collectively, these activities reaffirm ICTMH's commitment to compassionate, accessible, and culturally grounded mental health education. As this edition highlights, thriving after trauma is not about erasing pain, but about processing it with courage, support, and hope, one reflective step at a time.

Ese Ogheneovo
for ICTMH

Weekly Webinar Training

Friday Training Session Review

Date: January 23rd, 2026

Venue: Virtual

Topic: Post-Traumatic Growth (PTG)

Guest Speaker: Dr. Oluyemi Peter Atibioke

Host: Initiative for Cognitive Therapy and Mental Health (ICTMH)

Understanding Post-Traumatic Growth

Post-traumatic growth was described as the process through which individuals develop a deeper appreciation for life, build stronger relationships, gain increased personal strength, discover new possibilities, and experience spiritual or existential growth. Unlike post-traumatic stress, which focuses on distress and impairment, PTG reflects positive change that emerges from deep struggle. Using personal, cultural, and religious illustrations, including the biblical story of Job, the session demonstrated how adversity can ultimately lead to a more meaningful and fulfilling life.

Key Characteristics of Post-Traumatic Growth

- Valuing life more deeply
- Building stronger social connections
- Developing resilience and confidence
- Reassessing beliefs, priorities, and life goals
- Discovering new opportunities after loss or disruption
- Opening pathways to innovation, education, and entrepreneurship

Pathways to Healing and Growth

- Education and continuous learning
- Emotional regulation and self-awareness
- Positive cognitive reframing
- Disclosure, storytelling, and open communication
- Social and community support systems
- Practicing self-care
- Speaking out rather than suffering in silence
- Supporting and helping others

Key Quotations from the ICTMH Friday Training

Dr. Oluyemi Peter Atibioke (Guest Speaker)

- *"Post-traumatic growth is the positive psychological transformation some people experience after severe trauma."*
- *"Trauma is not only about distress; it can also lead to greater appreciation of life, stronger relationships, and personal strength."*
- *"Resilience is important, but post-traumatic growth goes beyond resilience—it is about growing beyond your previous self."*
- *"As long as there is life, growth is still possible. A living dog is better than a dead lion."*
- *"Adversity often forces us to rethink our beliefs, and sometimes that disruption opens the door to new possibilities."*
- *"Speaking out is not weakness; sometimes, speaking out is therapy."*
- *"Emotional regulation, positive thinking, and social support are essential if people are to thrive after trauma."*

BREAKOUT SESSION

Breakout Sessions and Participant Reflections

An interactive highlight of the training was the Breakout Room Discussions, where participants shared lived experiences related to grief, anger, workplace frustration, illness, loss, and displacement. These conversations revealed how adversity helped many uncover inner strength, build empathy, develop new skills, and support others facing similar challenges.

Discussion questions included:

- How can we honour pain without rushing the healing process?
- What personal and social supports transform trauma into growth?
- How can individuals create safe spaces for healing?



Session Facilitator & Participants

Ese Ogheneovo (Session Host):

- *“The solution components of post-traumatic growth center on trauma processing, cognitive restructuring, emotional regulation, support, purposeful action, and time.”*

Breakout Room Participant (Grief Reflection):

- *“After losing my mother, I realized I could do many things I once believed I could not do without her.”*

Breakout Room Participant (Workplace Trauma):

- *“Being frustrated at work pushed me to build more skills and become better for myself.”*

Breakout Room Participant (Caregiving and Loss):

- *“After my father’s illness and passing, I found strength in encouraging others who were caring for loved ones.”*

Breakout Room Participant (Support & Healing):

- *“People heal better when they feel safe enough to talk and know someone truly listens.”*

Key Takeaway

- Trauma does not have to define or destroy an individual
- Healing is possible with the right mindset and support
- Post-traumatic growth involves processing pain meaningfully

Weekly WhatsApp Interactive Session

ICTMH Mental Health Week Report

Theme: Thriving After Trauma

Date: 19th – 25th January 2026

compiled by: Dr.

Elizabeth Idowu

Overview

The Initiative for Cognitive Therapies and Mental Health (ICTMH) successfully facilitated the Mental Health Wellness Week from 19th – 25th January 2026, centered on the theme “Thriving After Trauma.” The week focused on helping participants understand that healing after trauma is not about erasing painful experiences, but about rebuilding emotional safety, trust, resilience, and meaning. Through structured daily content, reflective prompts, and interactive engagement, participants were supported to explore healing at their own pace within a safe and validating virtual environment.

Daily Highlights

Reset Monday

The week began with reflective prompts encouraging participants to acknowledge their trauma experiences without self-blame. Members were guided to see healing as a journey rather than a destination. Engagement showed thoughtful reflections on resilience, emotional courage, and the willingness to begin again despite past pain.



Daily Highlights

Reset Monday

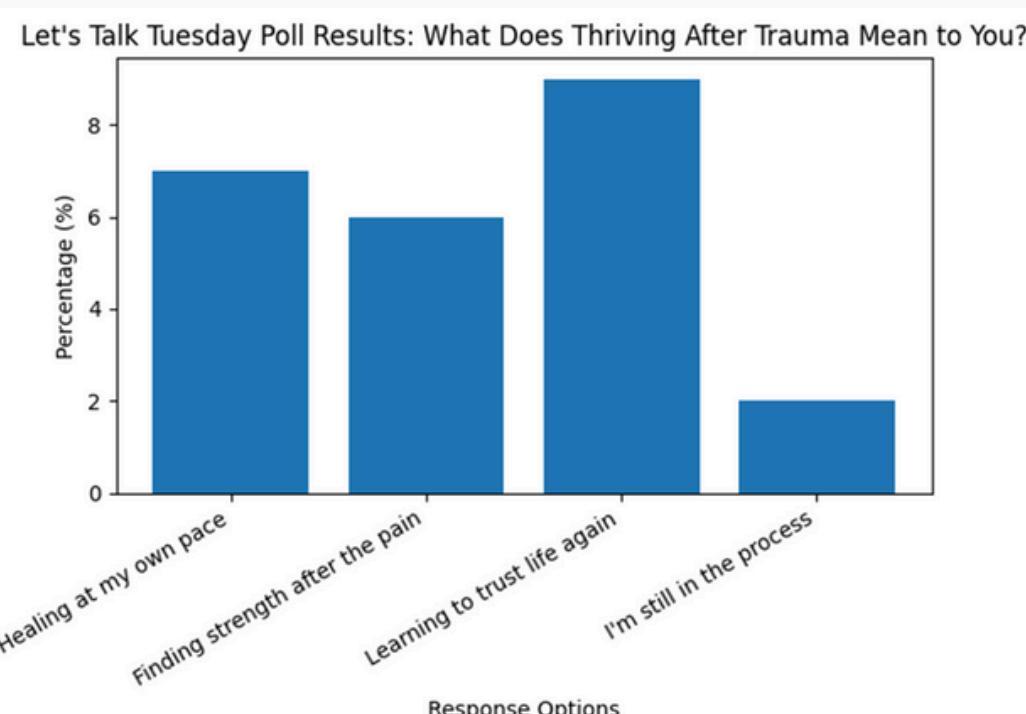
Participants were welcomed into the week with an invitation to renew, refocus, and recharge. Reset Monday encouraged reflection on past disappointments and the intentional release of emotional burdens carried into the new year.

Using a relatable story, the session highlighted how a simple decision to shift mindset can transform frustration into opportunity and stagnation into progress.

Participants were encouraged to give thanks for past lessons, release what no longer served them, and step into the new week with clarity, gratitude, and renewed purpose.

Let's Talk Tuesday

An interactive poll was conducted to explore participants' personal understanding of what thriving after trauma means to them.

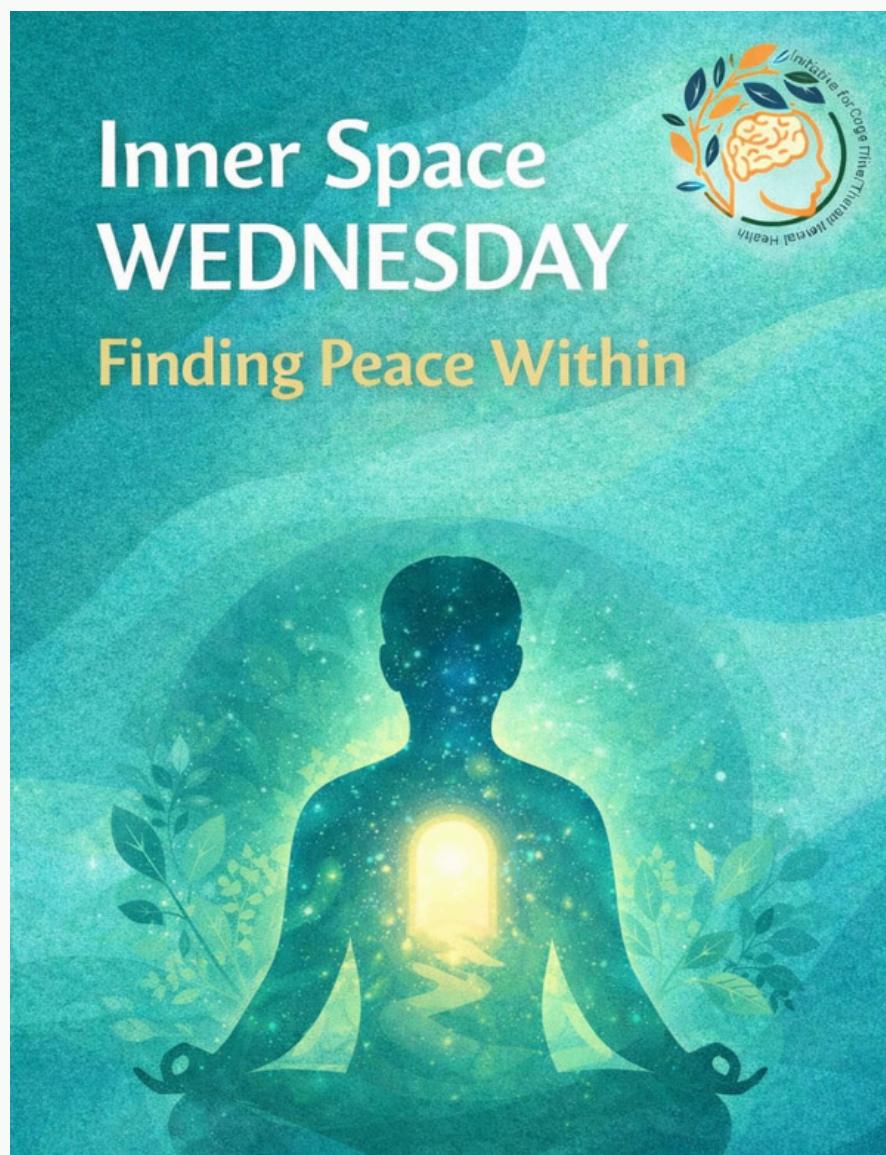


Interpretation of Results:

The bar chart illustrates that the most selected response was “Learning to trust life again,” highlighting how trauma significantly affects participants’ sense of safety and trust. The strong response for “Healing at my own pace” reinforces the understanding that recovery is personal and non-linear. The presence of participants who identified as “still in the process” further emphasizes the importance of patience, compassion, and ongoing support in trauma recovery.

Inner Space Wednesday

Midweek engagement focused on internal emotional awareness and grounding. Participants were guided to recognize how trauma can affect emotions and the body. Reflections showed increased openness to practices such as breathing exercises, emotional check-ins, and self-soothing techniques to restore calm and regulation.



Reframe Thursday

Participants explored how trauma can shape negative self-beliefs and learned patterns of thinking. The session encouraged reframing self-blame and replacing it with understanding and self-compassion. Engagement reflected growing insight as members shared healthier narratives about survival, strength, and growth.

Safe Space Friday

Friday's discussion centered on emotional safety, trust, and boundaries. Participants reflected on what makes them feel safe and how trauma impacts relationships. Responses emphasized the importance of setting boundaries and choosing environments that support healing rather than traumatization.

Rested Heart Saturday

The focus was on rest as a core component of healing. Participants were reminded that rest is not avoidance but restoration. Engagement reflected increased awareness of emotional fatigue, burnout, and the need to intentionally slow down without guilt.

Stillness Sunday

The week concluded with stillness, gratitude, and reflection. Participants were encouraged to pause, acknowledge their progress, and appreciate small wins in their healing journey. Responses reflected calmness, hope, and renewed commitment to personal growth.

Conclusion

The "Thriving After Trauma" Mental Health Wellness Week successfully created a supportive and reflective virtual space for participants to engage with trauma recovery, emotional resilience, and post-traumatic growth. The Let's Talk Tuesday poll results, illustrated in the bar chart, demonstrated that participants largely view thriving as a gradual process centered on rebuilding trust, pacing healing, and recognizing ongoing growth.

Overall, the week reaffirmed ICTMH's commitment to providing accessible, compassionate, and psychologically grounded mental-health education that empowers individuals to heal and thrive beyond trauma.

RESOURCE & ANNOUNCEMENTS

Our Bi-monthly Friday

**Training on Mental Health will
be held Virtually on the 6th of
February, 2026.**

Save the Date!

Call for Journal Articles - ICTMH

ICTMH invites submissions of journal articles focused on mental health and cognitive behavioral therapies, especially those offering African-based solutions. A list of suggested topics is available, but you're welcome to propose your own. Writing guidelines, including word counts and tips, are also provided.

Interested? Contact Ese (07068487474) or Michael(08143296589) on WhatsApp. We're happy to support you through the process.

Thank you!



To get feedback or stories? Email us at enquiry@cognitiveng.org

For volunteering opportunities, join our team via social media

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