

WEEKLY

Newsletter



Editorial Note

This week's edition of the ICTMH Mental Health Wellness Week Report captures a profound truth that our earliest bonds continue to echo in the ways we love, trust, work, and interact with others as adults. The theme "Understanding Attachment: The Doorway to Adult Healing" reminds us that while childhood experiences shape us, they do not seal our destiny.

Our activities, ranging from Ada's touching story to the survey on attachment styles, group reflections, and Dr. David Thompson's insightful teaching, created a safe space for participants to recognize patterns and begin to imagine new ones. What stood out most was the honesty with which members shared their struggles and breakthroughs, reminding us that healing thrives in community.

As we close Part 1 of this journey, we are encouraged to carry forward the lessons of balance, closeness with healthy space, gratitude with self-care, and reflection with growth. ICTMH remains committed to equipping individuals, families, and communities with tools that promote emotional wellness and stronger relationships.

We look forward, with anticipation, to Part 2 of our Attachment Series, trusting that every conversation brings us closer to the wholeness we seek.

**Warm regards
Ese Ogheneovo
for ICTMH**

Weekly Webinar Training

Topic: Understanding Attachment : The Doorway to Adult Healing (Part 1

Date: August 15, 2025

Host: Dr. David Thompson

Introduction

This week, ICTMH hosted a powerful teaching session led by Chaplain Dr. David Thompson, a board, a certified chaplain, clinician, and researcher with over 14 years of global experience in mental health and spiritual care. His presentation, *"Understanding Attachment : The Doorway to Adult Healing (Part 1),"* invited participants to reflect on how childhood caregiving experiences shape adult relationships, communication, and emotional resilience.

Dr. Thompson reminded us that attachment is not destiny but a pathway to growth. While our early stories may explain why we connect, or pull away, the way we do, they do not define our future. With awareness, education, and support, new patterns can be formed

Words on Marble

"We are who we are by virtue of our background and story. Yet we also have the privilege to break the mold." – **Dr. David Thompson**

"Attachment is not destiny. It is a pathway to understanding and growth." – **Dr. Sue Johnson**

Key Insights

1. Secure Attachment

Safety in Consistency is formed when caregivers are consistent, responsive, and emotionally available. Secure attachment fosters resilience, trust, balanced communication, and confidence in adulthood.

2. Anxious (Ambivalent) Attachment

Love, as uncertainty, is developed through inconsistent caregiving. It leads to clinginess, fear of abandonment, and a heightened need for reassurance. Adults may struggle with self-esteem and trust.

3. Beyond Childhood

Attachment affects not just romance but also parenting, workplace dynamics, and spirituality.

4. Healing is Possible

Self-awareness and therapy, strengthened by faith and community, can help break destructive cycles.



Weekly Webinar Training

Healing & Growth Pathways

Self-Awareness: Recognize when attachment triggers surface.

Self-Soothing: Use tools like journaling, mindfulness, or breathing.

Secure Communication: Express needs clearly without blame.

Building Trust: Create consistency through small, repeated positive actions

Example: Rachel shares her anxiety with her partner instead of acting on it, this vulnerability fosters support and closeness.

.Hope for Transformation

- Attachment is adaptive, not a flaw.
- Awareness creates space for new choices.
- Healing is possible, even with insecure beginnings.
- Professional support (like Emotionally Focused Therapy) helps couples build “earned secure attachment.”

Breakout Rooms’ Summaries

After Dr. Thompson’s teaching, participants engaged in small group discussions. Each group shared a brief reflection:

- **Group 1:** Noted how childhood caregiving practices directly shape adult communication styles. They emphasized the role of consistency in parenting as a foundation for trust.
- **Group 2:** Reflected on marriage and family life, identifying patterns of secure and anxious attachment in their relationships. They agreed that awareness helps couples manage conflict more effectively.
- **Group 3:** Explored workplace relationships, observing that attachment styles often influence collaboration, leadership, and trust among colleagues.
- **Group 4:** Focused on faith and spirituality, highlighting that secure attachment can deepen one’s relationship with God, while anxious attachment may create struggles with trust.
- **Group 5:** Shared personal strategies for healing and growth, including therapy, journaling, mentorship, and relying on cultural and faith-based support systems.

Together, these discussions highlighted the collective need to nurture healthy patterns of connection in homes, workplaces, and communities.

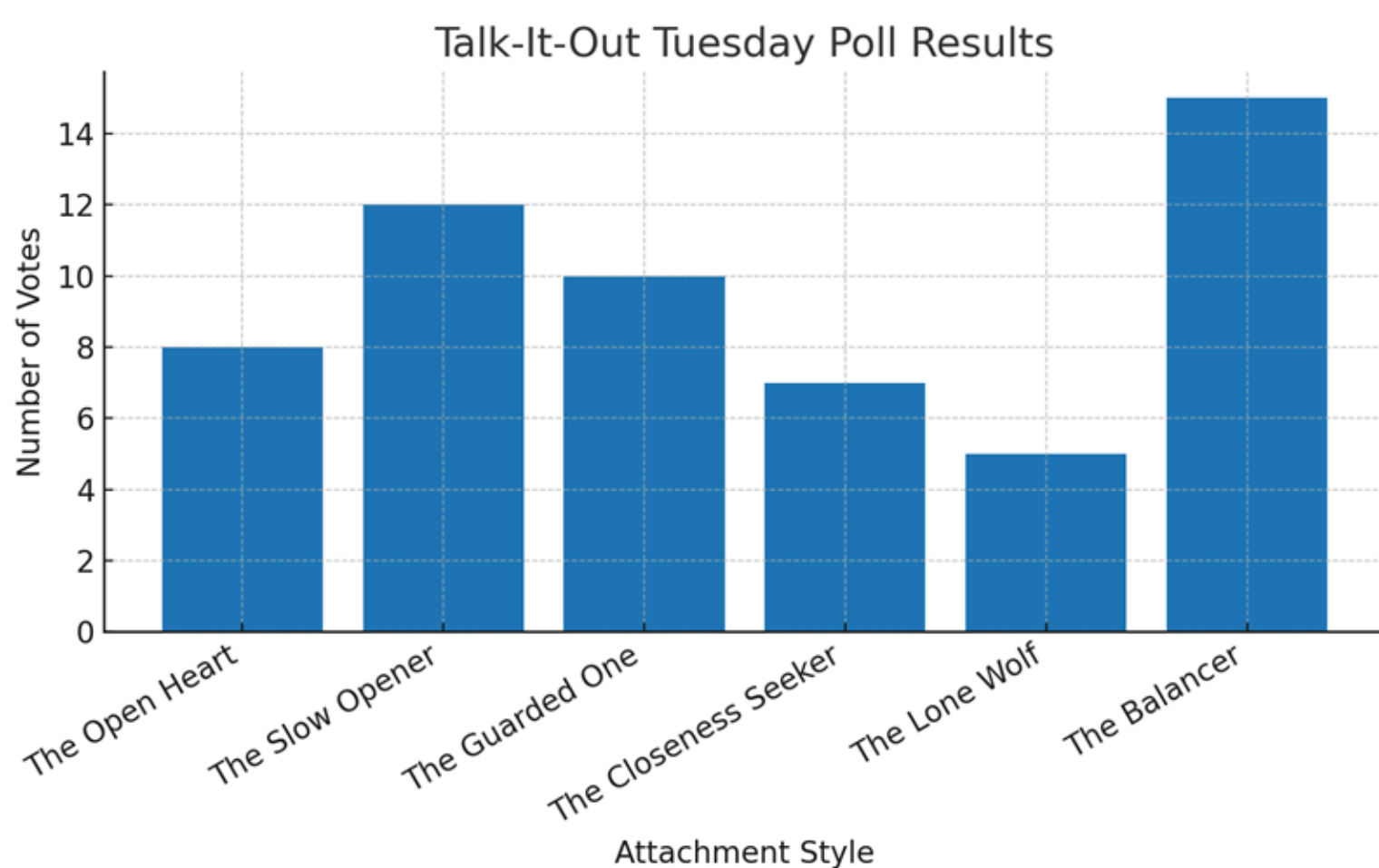
Weekly WhatsApp Interactive Session

ICTMH Mental Health Week
Report Theme: Postpartum Depression in Nigerian Women: The Silent Battles
Date: August 4 – August 10, 2025

Overview
The Initiative for Cognitive Therapies and Mental Health (ICTMH) successfully hosted its annual Mental Health Wellness Week from August 11–16, 2025. Conducted virtually via WhatsApp, the event centered on the theme 'Understanding Attachment: The Doorway to Adult Healing (Part 1).' The week provided participants with an opportunity to explore how early attachment patterns shape adult relationships and emotional well-being.

Motivational Monday
The week began with an inspiring message underscoring the impact of early attachment on adult life. A story about Ada, who struggled with trust but found healing through understanding attachment, resonated strongly with participants.
Community Reactions:
– Uzo: 'Journey of self-discovery and actualization.'
– Hafsat: 'Ada’s story is so relatable... understanding our past can unlock so much healing.'

Talk-It-Out Tuesday
Participants explored six attachment-based self-descriptions:
1. The Open Heart
2. The Slow Opener
3. The Guarded One
4. The Closeness Seeker
5. The Lone Wolf
6. The Balancer
Members engaged in a poll to self-identify their attachment tendencies.



Wellness Wednesday

Midweek reflections reinforced the importance of balancing closeness with boundaries. Ada’s story highlighted that needing space is not a flaw but wisdom.

Wellness Wednesday



Midweek reflection: If you’re someone who treasures connection but also needs space, remember it’s not a flaw. It’s wisdom. Just make sure your space is a place to recharge, not to hide.



**HEALTHY CLOSENESS
+
HEALTHY SPACE
=
HEALTHY YOU.**

Let’s keep growing
in both.

Thankful Thursday

Participants shared gratitude as a means to strengthen resilience and relationships. Expressions of thankfulness highlighted appreciation for support, personal space, and safety.

Fun Friday

Through 'Two Truths & a Stretch,' members shared habits that support healthy boundaries, closeness, and aspirations.



Self-Care Saturday

The day emphasized self-care as a balance of healthy space and closeness, reinforcing the core theme.

Reflections & Q&A Sunday

The week concluded with reflections and Q&A, allowing participants to evaluate personal growth and set goals for balance.

Conclusion

The ICTMH Mental Health Wellness Week 2025 created a vibrant, supportive community dialogue around attachment and healing. Participants gained insights into balancing closeness with personal space, showing strong engagement and commitment to emotional well-being.

RESOURCE & ANNOUNCEMENTS



VOICES UNMUTED: EMPOWERING NIGERIAN YOUTHS FOR MENTAL WELLNESS AND RESILIENCE

With
Dr. Mfon Bassey
SPEAKER

FRI 22, AUG 2025
8:00PM (WAT)

<https://us06web.zoom.us/j/8143296589>

REGISTER NOW

www.cognitiveng.org @Cognitivetherapiesng

Call for Journal Articles - ICTMH

ICTMH invites submissions of journal articles focused on mental health and cognitive behavioural 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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