



WEEKLY

# Newsletter

## Stages of Attachment



**Pre-attachment: Birth to 6 Weeks**  
Baby shows no particular attachment to specific caregiver



**Indiscriminate: 6 Weeks to 7 Months**  
Infant begins to show preference for primary and secondary caregivers



**Discriminate: 7+ Months**  
Infant shows strong attachment to one specific caregiver



**Multiple: 10+ Months**  
Growing bonds with other caregivers

## Editorial Note

It is with great joy that we present this special report on the ICTMH Mental Health Wellness Week, held from August 25th - 31st, 2025. Themed Understanding Attachment: Doorway to Adult Healing (Part Two). As you will see in the highlights, each day unfolded with intention, from motivational teachings and open conversations, to wellness practices, gratitude exercises, and moments of lighthearted fun.

On our Weekly Friday Training Session with Dr. David Thompson deepened this message, offering both psychological insight and practical tools for navigating insecure attachment styles.

His reminder that “healing happens in relationships, not in isolation” resonated deeply with our community and captured the spirit of ICTMH’s mission, to create safe spaces where mental health and wholeness can flourish.

As you read, you are invited to pause and ask yourself: Which lesson speaks most to my own journey, and how can I carry it into the days ahead?

On behalf of the ICTMH Wellness Team, I extend heartfelt appreciation to our facilitator, Elizabeth Idowu, guest speaker, Dr. David Thompson, and every participant who contributed to this transformative week.

**Warm regards**  
**Ese Ogheneovo**  
**for ICTMH**

# Weekly Webinar Training

**Topic:** Understanding

Attachment: Doorway to Adult Healing (Part 2).

**Date:** August 29, 2025

**Host:** Dr. David Thompson

## Introduction

ICTMH held its Friday training session with guest speaker Dr. David Thompson, U.S. Army Major, chaplain and pastor. This session, on the subject above built on last week's foundation and focused on insecure attachment patterns, their impact in adulthood, and practical steps for healing.

Attachment is the deep emotional bond between a child and their caregiver. These early experiences shape how we build relationships later in life, especially in marriage and close partnerships.

- Early caregiving forms "internal working models", blueprints that guide how we see trust, safety, and love.
- When caregiving is secure, it sets us up for healthy intimacy.
- When caregiving is inconsistent, neglectful, or frightening, it can lead to insecure attachment styles that affect us well into adulthood.

Dr. Thompson drew on the work of John Bowlby and Mary Ainsworth, reminding us that while attachment styles are powerful, they are not fixed. With awareness, compassion, and supportive relationships, people can grow toward secure attachment. He highlighted two insecure styles in particular:

### **Avoidant-Dismissive Attachment** (The Independent Protector)

• **Core Belief:** "I must rely on myself; needs are risky."

• **Development:** Emerges from caregivers who were emotionally unavailable or dismissive of dependency needs.

#### • **Key Signals:**

- Strong value on independence.
- Keeps emotions private, may seem "cool" or unavailable.
- Avoids deep emotional exchanges.
- Focuses on self-sufficiency.

#### **Under Stress:**

- Withdraws emotionally or physically to regain control.
- Minimizes problems ("It's not a big deal").
- Shifts focus to tasks instead of feelings.
- These responses are protective strategies, not flaws.

#### • **Growth Path:**

- Notice and name emotions and body signals.
- Share in small steps with safe people.
- Intentionally schedule time for connection.

### **If Your Partner Has This Style:**

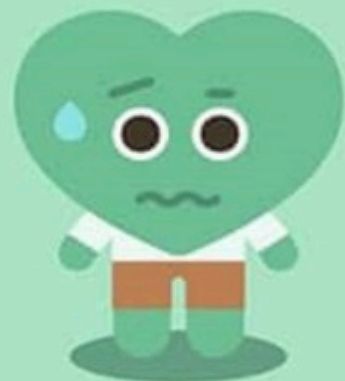
- Give them space without punishment.
- Invite gently, don't chase.
- Notice and appreciate small gestures of care.



# Weekly Webinar Training

## Attachment Styles

### Anxious



I want to be extremely emotionally close with other but they abandon me.

### Fearful Avoidant



I have trust issues and maintain distance from others.

### Avoidant



It is very important that I feel independent and self-sufficient.

### Secure



I don't worry about being abandoned or about someone getting too close to me.

### Disorganized/Fearful-Avoidant Attachment (The Conflicted Heart)

**Core Belief:** "I want closeness, but closeness isn't safe."

·Development: Rooted in caregivers who were both a source of comfort and fear (abuse, neglect, trauma, or unpredictability).

#### Key Signals:

- Push-pull dynamics in relationships.
- Shifts between closeness and withdrawal.
- Deep craving for intimacy but simultaneous fear of it.
- Difficulty trusting others.
- Under Stress (The Pendulum Swing):
- Perceived threat → anxious protest → avoidant shutdown → abandonment and shame.
- Creates cycles of instability and mistrust.

#### Growth Path:

- Trauma-informed therapy (e.g., EMDR, EFT, IFS) and somatic practices.
- Build safe closeness gradually.
- Develop safety routines or "emotional containers."

#### If Your Partner Has This Style:

- Prioritize safety and predictability.
- Set clear, kind boundaries.
- Pace vulnerability slowly.
- Encourage professional support as a way to strengthen connection.

*"The patterns of attachment in childhood are the seeds from which the relationships of adulthood grow."* – **Dr. Thompson**

### Breakout Discussions

Participants reflected on these teachings in smaller groups:

#### ·Group 1 – Avoidant Attachment & Independence

Childhood inconsistency often makes independence feel safer than relying on others. This can lead to emotional distance, avoidance of deep talks, and difficulty expressing needs.

#### ·Group 2 – Fearful Avoidant Attachment & Closeness

People with this style crave intimacy but fear betrayal, leading them to withdraw just as relationships deepen.

#### ·Group 3– Spiritual Truths for Healing

God's presence offers safety and consistency. His covenant love makes it possible to be vulnerable without fear of rejection.

#### ·Group 4 – Practical Support Steps

Supportive relationships require consistency, respect for boundaries, encouragement toward openness, validation of emotions, and calm modeling of security.

### Memorable Quotes

*"Not because you were taught in this way means that you have to continue to be this way."* – **Dr. Thompson**

*"Healing happens in relationships. Our wounds occur in connection with others, and our healing must occur there as well."* – **Sue Johnson**

*"Attachment is the emotional blueprint we carry from childhood, shaping how we trust and connect in adulthood."* – **Anonymous**

# Weekly WhatsApp Interactive Session

## ICTMH Mental Health Week Report

**Theme:** : Understanding Attachment: Doorway to Adult Healing (Part 2)

**Date:** August 25th – August 31st, 2025

### Overview

ICTMH’s theme on this week’s Mental Health Wellness was chosen as a continuation of Part 1, exploring how childhood experiences shape adult relational patterns and offering pathways for growth and healing. The week combined reflection, dialogue, wellness practices, gratitude, and lighthearted fun, ensuring a balanced approach to mental health awareness.

### Motivational Monday

The week began with a recap of Part 1 and a deeper dive into attachment styles:

**Secure:** Balance of closeness and independence.

**Anxious:** Constant need for reassurance, fear of rejection.

**Avoidant:** Pulling away to feel safe.

**Disorganized:** Craving love but fearing it at the same time.

Participants were encouraged to identify which style resonates with them and to take small, intentional steps toward healthier connections.

Key Insight: Your past may have shaped you, but it does not define you. Healing begins with recognition, not condemnation.

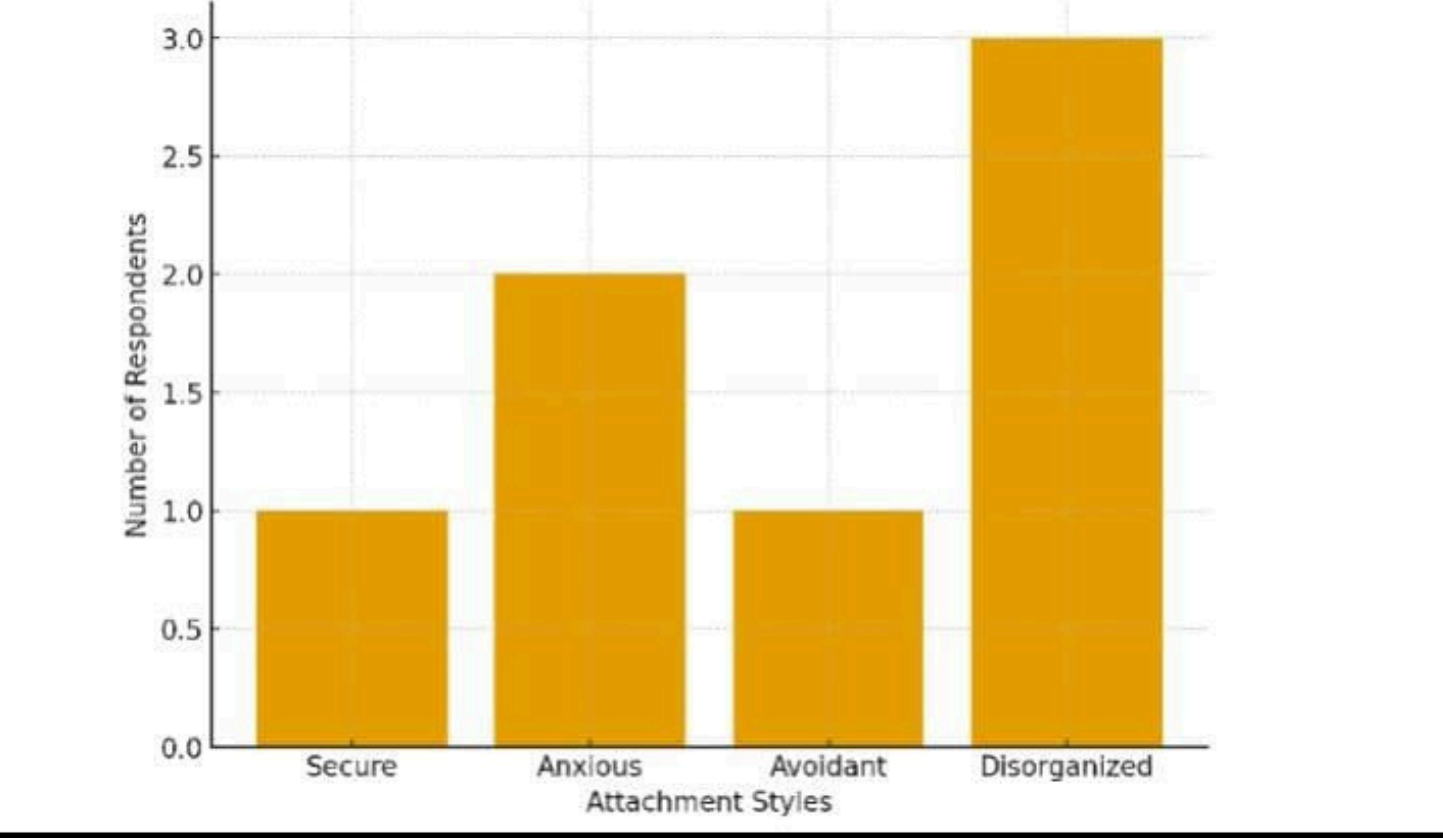
### Talk-It-Out Tuesday

The session engaged participants in a poll to identify their attachment styles and share how these patterns influence their relationships.

POLL results are represented in a bar chart



Talk-It-Out Tuesday: Attachment Styles Poll Results (ICTMH Wellness Week 2025)



Data: ICTMH August 2025 Event Log and compiled by Elizabeth Idowu

#### Key Insight:

*The poll revealed that most participants identified with Disorganized and Anxious styles, often reflecting fear of rejection and inconsistent connections. However, the shared experiences showed a collective desire for growth and healing. The contribution from those with Secure attachment reminded the group of the importance of reciprocity and balance in relationships.*



## Wellness Wednesday

The focus shifted from awareness to action. Participants were guided to practice wellness strategies tailored to their attachment styles:

- Self-soothing for the anxious.
- Safe openness for the avoidant.
- Consistency for the disorganized.
- Being a safe base for the secure.

Practical exercises such as breathing, grounding, sun-gazing, and candle-gazing were shared. Community members testified that these practices brought calm and stability.

**Key Insight:** Wellness is not about perfection but showing up for yourself consistently in small ways.

## Thankful Thursday

Participants engaged in a Gratitude Chain, sharing heartfelt reasons to be thankful—life, health, recovery, family, unseen blessings, and God’s sustaining love. The activity underscored that gratitude multiplies joy and shifts focus from lack to abundance.

## Community Contributions:

Lizzie: Expressed gratitude for family, ICTMH support, friends, health, peace of mind, and God’s mercies.

Hafsat: Grateful for peace of mind amidst busyness and for the prayers and support of her late parents.

Vicky: *“Gratitude helps you to gain altitude you never imagined.”*

## Fun Friday

The day provided space for relaxation and humor. Participants played a fun game choosing one wish they desired most: a romantic lunch, a free vacation, a stress-free week, or someone who truly listens. The responses were lively, humorous, and deeply reflective, with many leaning toward the need for rest, vacation, and meaningful connection

## Self-Care Saturday

The session emphasized that self-care is not selfish but essential. Coincidentally, it was also the birthday of ICTMH’s CEO, Dr. Okolo, who was celebrated with warm wishes, prayers, and heartfelt appreciation from the community.

## Reflections & Q&A Sunday

The week ended with reflections of gratitude and growth. Participants celebrated Dr. Okolo and shared lessons learned during the week.

## Reflection Prompt:

- What lesson touched you the most this week?
- How can you carry that lesson into the new week ahead?

Dr. Okolo expressed deep appreciation for the community’s love and prayers, calling it a memorable and emotional moment of joy.

## Conclusion

The ICTMH Mental Health Wellness Week was a resounding success. It provided participants with practical tools for self-awareness, emotional wellness, and healing, while also reinforcing the importance of gratitude, fun, and self-care.

Through open dialogue, resilience-building practices, and faith-centered reflection, the program strengthened community bonds and reaffirmed ICTMH’s mission: to create safe spaces where mental health and wholeness can flourish.



# RESOURCE & ANNOUNCEMENTS



**Initiative for Cognitive Therapies and Mental Health**

*Join Our Online*  
**MENTAL HEALTH TRAINING SESSION**

**TOPIC**

**ADJUSTMENT DISORDERS:**  
*WHEN LIFE TRANSITIONS TRIGGER MENTAL HEALTH STRUGGLES*

**FRIDAY / 05 SEPT. 2025**  
8:00 PM (WAT)

*Dr. Nafisatu Hayyatudeen*  
**Speaker**

**REGISTRATION**

FOR MORE INFO CALL  
**+234 706 287 4416**

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## 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](mailto:enquiry@cognitiveng.org)

For volunteering opportunities, join our team via social media

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