



GTH: GATEWAY TO HOPE

Lunch & Learn: Introduction to Attachment Styles

PRESENTED BY

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Meeting Agenda

- Who we are – GTH and HHCI
- Today's topic: **Introduction to Attachment Styles**
- Next Topic: Obsessive-Compulsive Personality Disorder – March 2nd
- Questions
- Stay Connected
- Survey



Hope and Healing Center & Institute

Our four-part approach



01. Education

Raise awareness and educate community on relevant mental and behavioral health topics.



02. Training

Develop local networks of guidance and support with Gateway to Hope training.



03. Clinical Services

Provide personalized mental health care through dedicated professional services.



04. Research

Explore and advance new resources and approaches for unmet mental health needs.



RECOGNIZE

a mental health concept

Attachment Theory

Developed by John Bowlby (1969)

- Theory based on the belief that an early relationship with caregivers has an overarching influence on social, intimate and work relationships in the future.



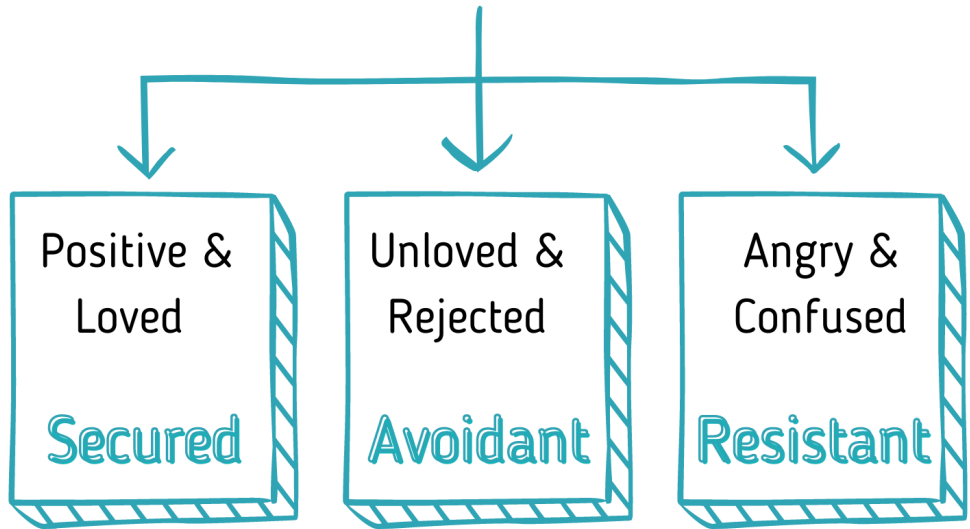
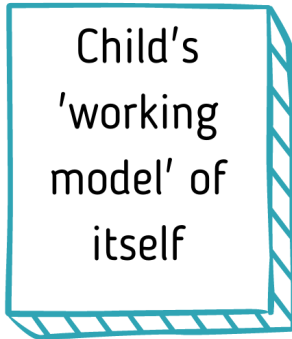
Attachment Styles

- Secured
- Anxious (Preoccupied in adults)
- Avoidant (Dismissive in adults)
- Disorganized (Fearful-Avoidant in adults)

Attachment Styles Matter

Attachment to a caregiver helps to meet the needs of infants.

- **Proximity Maintenance**
- **A Safe Haven**
- **A Secure Base**
- **Separation Distress**

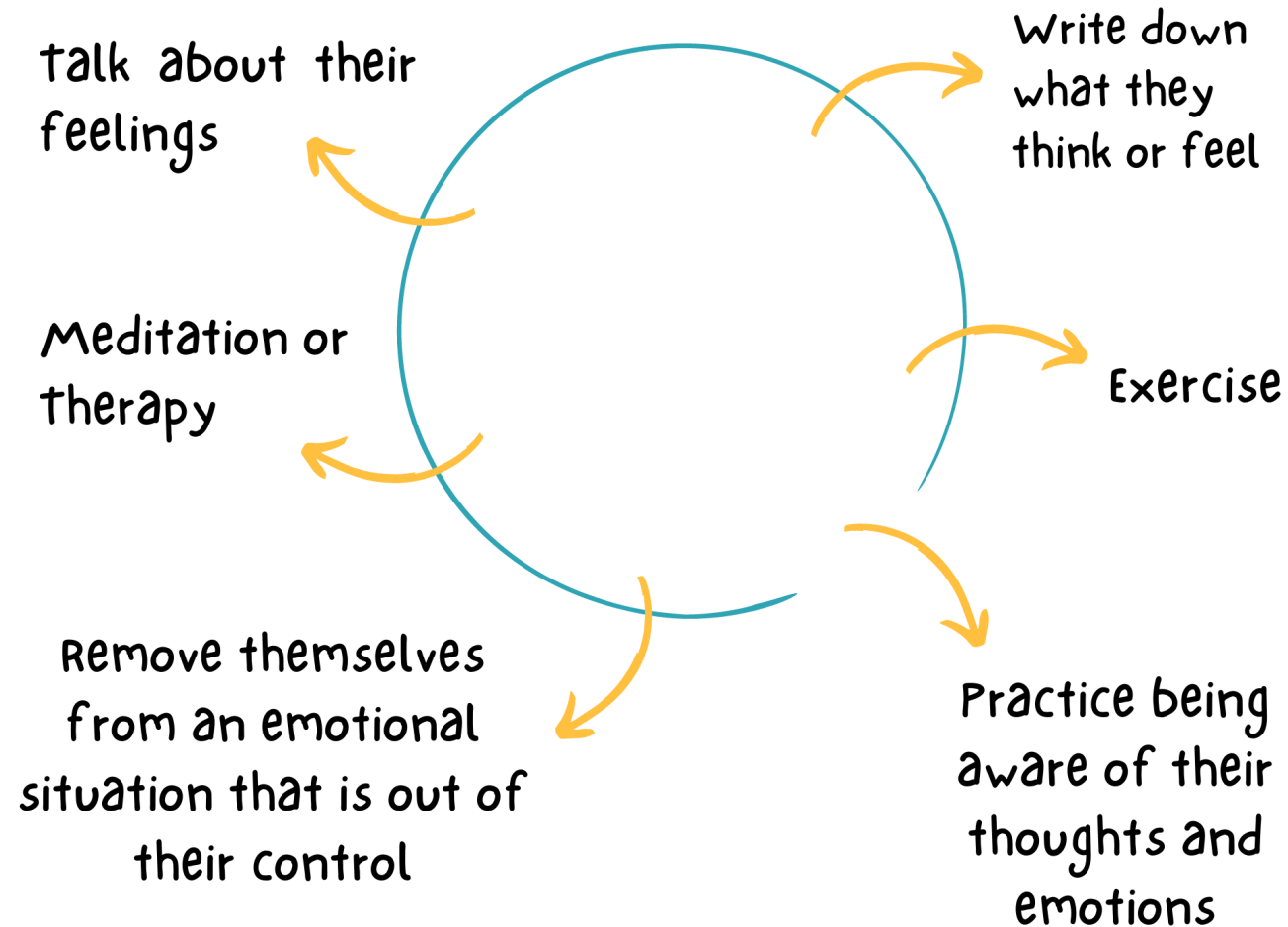


Secured Attachment

Tend to hold a positive self-image and a positive image of others and have an expectation that other people are generally accepting and responsive.

6

Ways a securely attached person may respond to a moment of distress



Preoccupied Attachment

Anxious in children – Tends to hold a negative self-image and a positive image of others. Have a sense of unworthiness but see others positively.

6 Potential Emotional Triggers for Adults with Anxious Attachment

1. A partner behaving inconsistently.
2. When a partner seems distant or distracted.
3. If a partner forgets important events.
4. Partner coming home late.
5. Partner not messaging back when anticipated.
6. Partner failing to notice something new.



How to recognize a person with preoccupied attachment?



- Think highly of others but have low self-esteem.
- When rejected, they often blame themselves.
- Generally, they need constant reassurance that they are good enough.

Dismissive Attachment

Avoidant in children – Tends to hold a positive self-image but a negative image of others. Have a sense of only being able to rely on themselves.

8 Potential Emotional Triggers for Adults with Avoidant Attachment

1. A partner wanting to get too close.
2. A partner wants to open up emotionally.
3. Unpredictable situations or feeling out-of-control.
4. Having to be dependent on others.
5. Feeling like the relationship is taking up too much of their time.
6. Being criticized by their loved ones.
7. Feeling like they're going to be judged for being emotional.
8. Their partner being demanding of their attention.



How to recognize a person with a Dismissive attachment?

- Have high self-esteem.
- They don't rely on others for reassurance and emotional support.
- Highly focused on professional development.



Fearful-Avoidant Attachment

Disorganized in children – Tends to hold a negative self-image and a negative image of others. Fearing both intimacy and autonomy.

8 Potential Emotional Triggers for Adults with Avoidant Attachment

1. Partner behaving inconsistently.
2. Partner seems distant or distracted.
3. Partner forgets important dates.
4. Coming home late or failing to notice something new.
5. Partner attempting to become emotionally close.
6. Unpredictable situations.
7. Having to depend on others.
8. Being confronted by a loved one.



How to recognize a person with a Disorganized attachment?

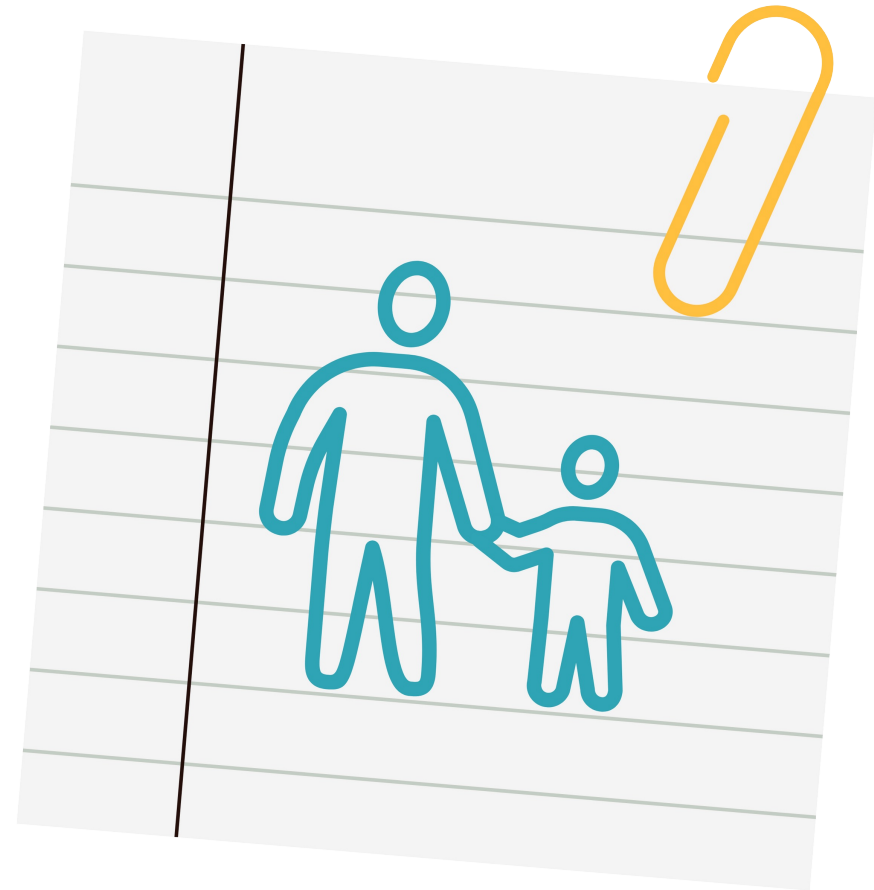


- Believed to have a connection with childhood trauma.
- They want to be loved but are afraid to let anyone in.
- Strong fear of anyone close to them hurting them.

Making the connection

Attachment styles can often impact areas of our adulthood.

- Parenting
- Romantic Relationships
- Work Relationships



REFER

to a mental health professional



Therapy

If you're experiencing difficulties with relationships with others, or in the workplace – consider:

- Individual therapy
- Couples therapy
- Family therapy

(Workbooks)



Therapy may be able to point out roadblocks that are related to your attachment styles.

Attachment and Stress

New research is largely concerned with how our bond with our primary caregiver impacts how we cope with challenges later in life.

Attachment is a spectrum; it can change according to our circumstances and experiences.

Secured Attachment Stress Respond

They can manage their flight or flight response and quickly engage their rational strategy.

- Their experiences have taught them that the world, and the people in it, are to be trusted.
- They can rely on others and self-soothe when stressed.

Preoccupied Attachment Stress Respond

Anxious in children - They tend to be hyperresponsive to stressful situations. Showing high behavioral, physiological, and emotional responses to mildly stressful situations.

- Feel a sense of helplessness when dealing with a stressful situation.
- They search for reassurance and support when stressed, not engaging their internal self-soothing strategies as a result.

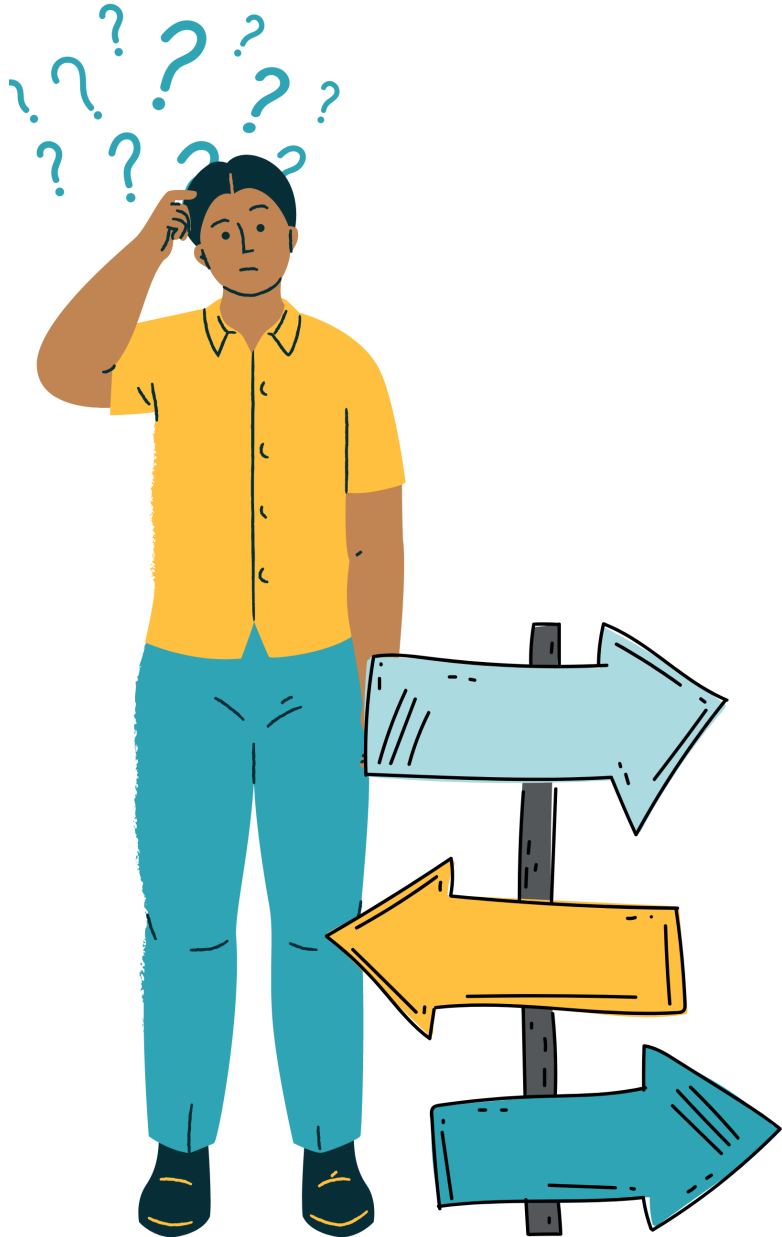
Dismissive Attachment Stress Respond

Avoidant in children - They tend to minimize their stress by engaging their “flee” strategy and denying their negative feelings.

- May become irritated by other’s outward reaction to stress.
- Typically deals with problems independently and not ask for outside help.

Fearful-Avoidant Attachment Stress Respond

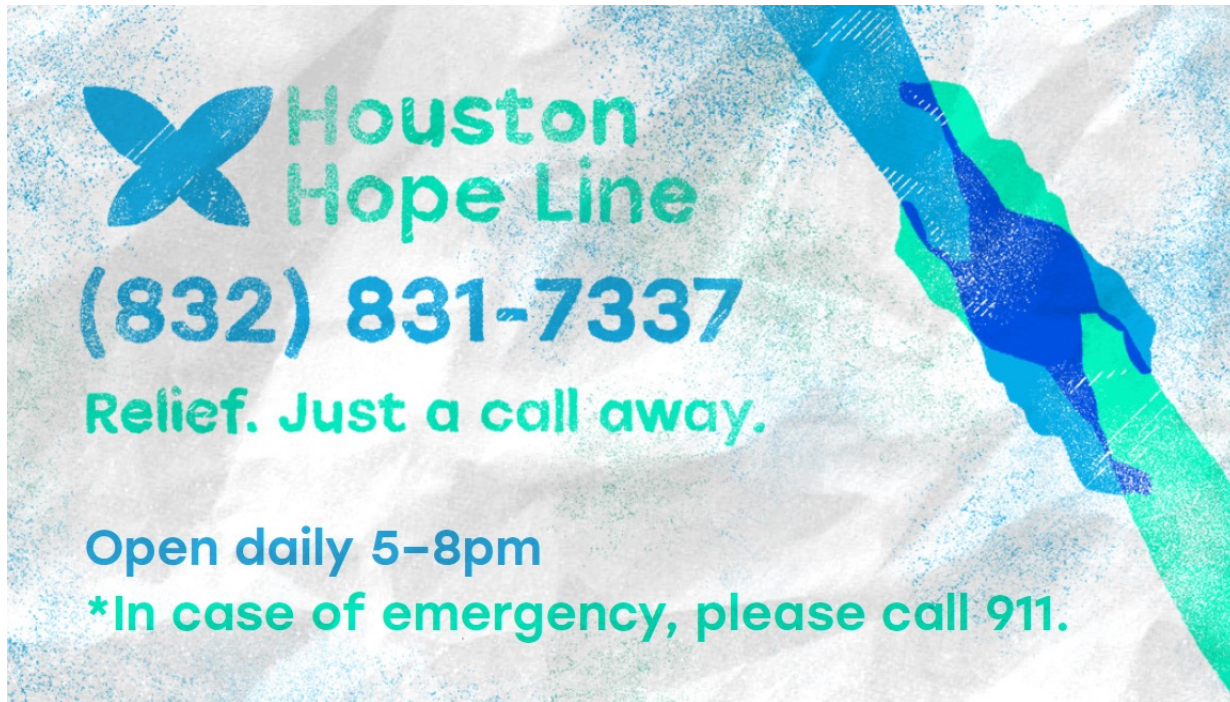
Disorganized in children - They tend to desire and push away support during times of stress.



Managing Stress

- Know your attachment style
- Practice grounding exercises
- Trust in someone
- Reframe your mindset
- Avoid “Boiling Points”
- Therapy

Hope Line



Relief. Just a Call Away.



RELATE

to those in distress

Self-Regulate

The ability to control your emotions and the actions that you take in response to them according to what is appropriate for the situation.



Healthy self-regulation

For dismissive/avoidant attachment

- Take personal space when you need it
- Open your communication
- Allowing yourself to trust others

Healthy self-regulation

For preoccupied/ anxious attachment

- Calm yourself when overly stimulated
- Change your thought pattern
- Resist big emotional reactions

Healthy self-regulation

For disorganized/ fear-anxious attachment

- Feel safe expressing your needs and emotions
- Resist emotions to explode in an angry outburst
- Practice communication and think about your needs



RESTORE

through supportive
community

10

Mistakes we make when learning about attachment styles

- Overestimating your issues
- Blaming your parents
- Seeing things in black and white
- Not considering other factors
- Giving yourself and others a label.
- Focusing on the negative
- Misunderstanding Disorganized Attachment.
- Self-diagnosis too serious
- Diagnosing those you know
- Unrealistic Healing treatment

“You can’t change your past, but you can change the present”

- A secured attached individual can provide emotional closeness and a sense of stability and calmness.
- New experiences can lead to shifting in perception.
- Make sense of the way you interact with others.
- Recognize your behavior and patterns in relationships.
- Analyze your childhood experiences.
- Self-reflect.
- Realize that past experiences do not affect or predict the present or the future.

Psychoeducation

Beneficial for those living with a mental health issue and their loved ones by providing them with information and support to better understand and cope with the disorder.

- Learn about the condition
- Interpersonal learning
- Support structure

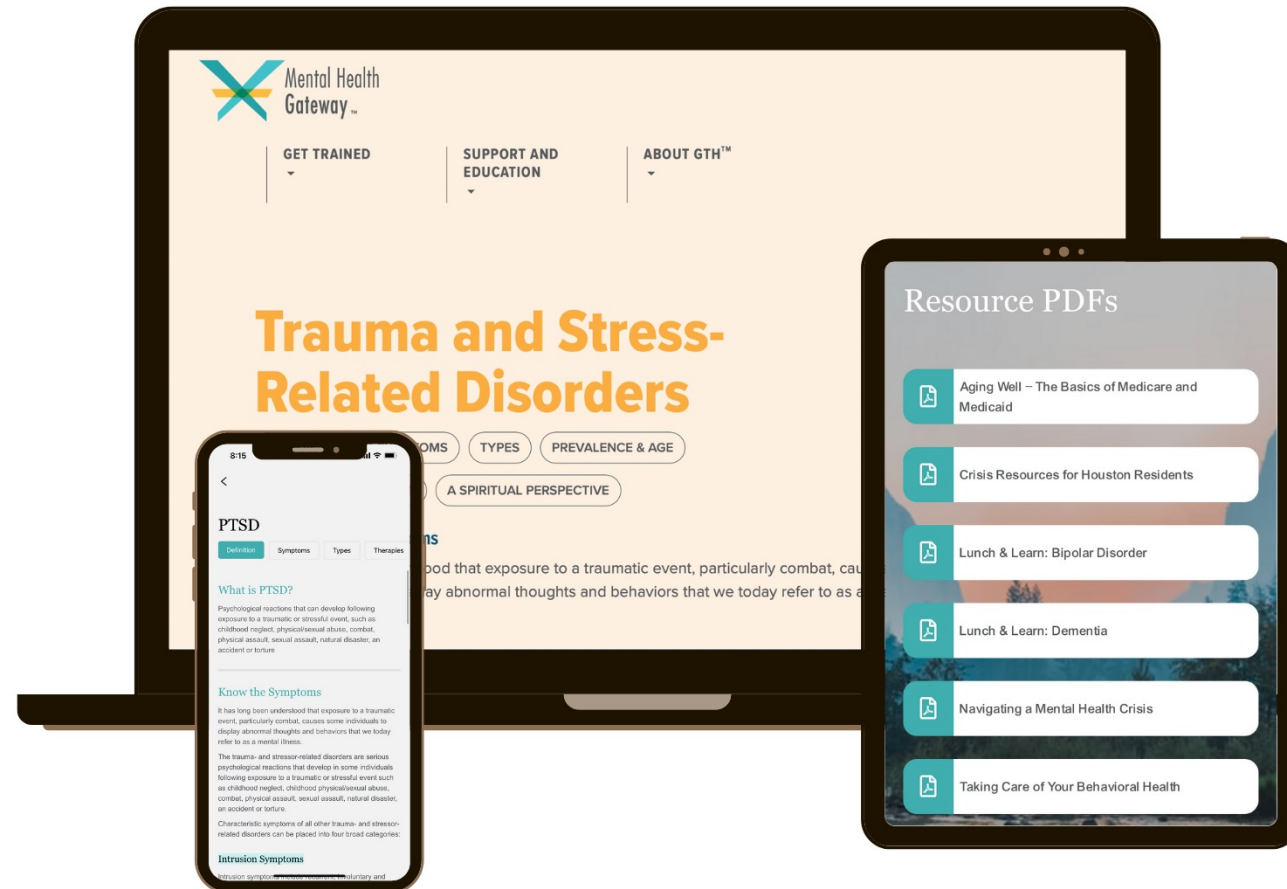




“And now these three remain:
faith, Hope, and *Love.* But the
greatest of these is *Love.*”

1 Corinthians 13:13

MENTAL HEALTH GATEWAY WEBSITE AND MOBILE APP



Contact Us to Learn About Our Trainings!

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