



Building Healthy Connections Newsletter September 2023

What is Attachment-Focused Therapy?



The term “attachment style” has grown increasingly popular over the past decades, commonly popping up everywhere from parenting blogs, relationship quizzes, and a multitude of books on self-improvement and self-understanding. With any buzzing term that attempts to categorize big, dynamic processes, such as how we connect with each other and how our past may influence our present, misunderstanding can easily arise. So, what are attachment styles, why are they focused on so much, and why do clinical practices such as Shared Vision Psychological Services emphasize their importance when it comes to therapeutic growth and self-understanding?

Stemming from the theoretical contributions of John Bowlby, who first categorized these relational patterns in 1950, we have come to understand four primary attachment styles: secure, anxious, avoidant, and disorganized. They arise from our early experiences as we learn to communicate, seek out comfort, and navigate ways of meeting our emotional needs. As we pick up experiences from our relationships and learn from the contexts in which we develop, patterns develop. However, as we get older and take a broader look around, we may start to notice that not all of our needs are being met, that there are parts of ourselves that are kept within, or

RECOMMENDED BLOG...



ATTACHMENT STYLES & THEIR ROLE IN RELATIONSHIPS

The Attachment Project

Attachment styles and the roles they play in relationships is a wide spread topic of interest, both in research and in peoples’ personal drives to understand their patterns of thoughts and behaviors. This level of interest is entirely understandable as the different attachment styles in relationships can impact interpersonal interactions in unique ways...

[Read More](#)

[SVPS Blog](#)

that even when we find exactly what we're hoping for in a relationship, it may unexpectedly feel scary or suddenly unattractive. Not to worry. Though these patterns when identified can feel overwhelming or just part of who we are, they are dynamic. It just takes work.

Attachment-focused therapy aims to pull these relational patterns out of the shadows and into insightful awareness. The therapeutic spaces at Shared Vision are carefully co-created between our therapists and our clients to explore these patterns to discover how they developed over the course of our life stories and how they get in the way of our connection to others and even how we connect with ourselves. Simultaneously, throughout this insight-driven process, a relationship is created between the therapist and client that is intended to be corrective, not by replacing old, unhealthy memories of disconnect, but by adding new experiences of being heard, understood, and valued. Whether it be in the individual setting with your own therapist or in the group setting where these patterns are often brought to the forefront, Shared Vision Psychological Services can help in the pursuit of leaving old, unwanted, or unhelpful ways of connecting behind. All one needs to bring to the process is openness and vulnerability.



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Featured Support Groups

**NEW! Women's Trauma-Focused
Support Group**



We are currently seeking members for our new trauma-focused group, which is being offered to adult women looking for support and a compassionate space for collective healing. Whether a trauma has occurred recently or years ago, this space is designed to encourage recovery and promote a shared experience of understanding and openness in a safe and confidential environment. If you find yourself desiring empathy and fellowship to work through past experiences, please feel free to reach out for more information.

[Register Here](#)

Social Skills Groups Available for Ages 6-12



Our weekly 50-minute Social Skills Groups have a relational focus that teaches children how to approach others, resolve conflict, and make friends. Our groups aim to help children develop a deeper capacity for relatedness that can be translated into more meaningful relationships, both at home and at school.

This group is primarily focused on building healthy social skills, emotional expressiveness, and identifying and empathizing with the emotions of others.

Children in our Social Skills Groups often leave with the following tools:

- Increased patience
- Decreased impulsive behavior
- Confidence to initiate conversation
- Ability to resolve conflict
- Greater awareness of social cues
- Capacity to respond to others with understanding and empathy
- Feelings of connection with peers
- Increased self-esteem in social situations

[Register Here](#)

Adolescent Support Groups Available for Ages 13-14



Navigating relationships as a teenager can be difficult. Our weekly 50-minute adolescent groups will provide a safe space for teens to discuss their struggles and successes. Leaders help to facilitate group discussions about topics such as bullying, body image, self-confidence, academic achievement, sports, friendships, familial stress, and identity construction.

[Register Here](#)

High School Support Groups

Available for Ages 14-17



Our weekly 50-minute high school groups will provide a safe space for teens to discuss their struggles and successes. Leaders help to facilitate group discussions about topics such as bullying, body image, self-confidence, academic achievement, sports, friendships, familial stress, and identity construction.

[Register Here](#)

[View all of our groups here!](#)

Other Services We Offer

- Individual, Couples, and Family Therapy
- Comprehensive Diagnostic Evaluations
- Collaboration with Schools
- Consultation to Professionals
- Community Presentations, Seminars, and Training
- Pre- and Post- Adoption Psychological Services
- Developmental & Special Needs Psychological Services



[Contact Us!](#)

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