



# Good Emotional Health for Young People

## S.H.I.P. the Self-harm Intervention Programme

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Zest: Healing the Hurt Ltd.

# What is S.H.I.P

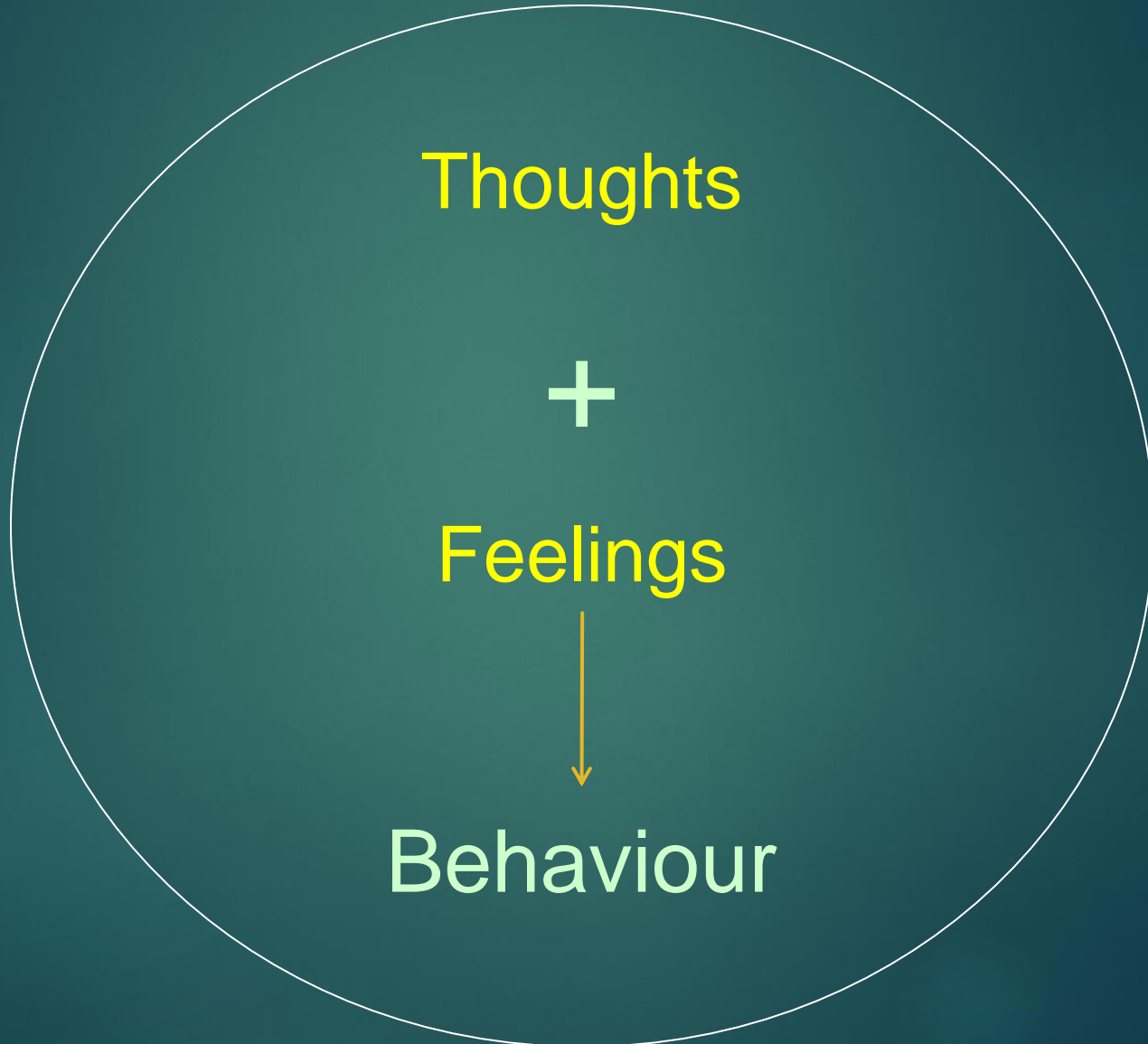
- ▶ Pilot of Protect Life 1 2007 as SHINE
- ▶ Rolled out 2015 as S.H.I.P.
- ▶ Direct referral from Mental Health services, Adult and CAMHS **ONLY**
- ▶ After an episode of self-harm or serious ideation
- ▶ Clinical assessment by MHTs, if no clinical condition then offered opportunity to attend for 6-8 sessions of counselling



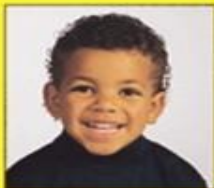
# Learning from SHIP

- ▶ Importance of Emotional Health
- ▶ Teaching Patience
- ▶ Moderating Dopamine

# The Law of the Body



# Emotions



happy



sad



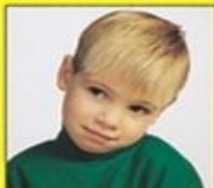
angry



excited



afraid



shy



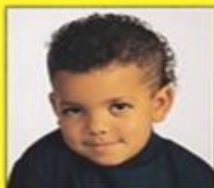
guilty



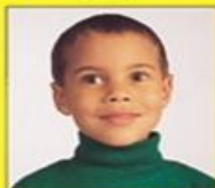
tired



jealous



loved



hopeful



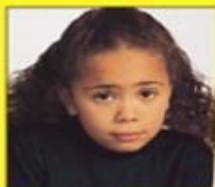
bored



proud



sorry



embarrassed



surprised

All infants are born perfectly emotional  
until.....

▶ “I’ll give you something to cry  
about....”

“Stop going on like a baby”

▶ And the system is disrupted as the child  
thinks....

***”I better not do that one....”***



# Being 'Real'

(congruence = emotional health)

*What I say and do is.....*  
*what I think and feel!*



Not being 'Real'  
(incongruence = emotional  
distress)

What I say and do is .....  
what I think you want me to  
say and do!!





# Teaching Patience

- ▶ Born with Instant Gratification
- ▶ Patience is a time of suffering that we need to be able to tolerate. Latin verb 'patior' to suffer
- ▶ Rewarding instant gratification leads to inability to wait through the uncomfortable feelings
- ▶ It can lead to addiction when we try to feel 'better' by looking for other feelings that distract from how we actually feel
- ▶ Alcohol. Drugs. Food. Sex. even Self-harm

# Moderate Dopamine

- ▶ Find out where your child is getting this feel good drug e.g. gaming, tik tok, facebook, Instagram etc.
- ▶ It is really important to moderate their use of these
- ▶ The co-founders of Facebook, who sold their shares for billions, are now touring the world apologising for deliberately addicting everyone through the LIKE button

# “SOCIAL MEDIA IS RIPPING APART SOCIETY”:

CHAMATH PALIHAPITIYA

12

09/11/2022

- The former Facebook vice president of user growth, also now a billionaire.
- Facebook created to take advantage of psychological vulnerability in making its users crave social validation through digital ‘likes’ and comments.
- “The short-term, dopamine-driven feedback loops we’ve created are destroying how society works,”
- “No civil discourse, no cooperation; misinformation, mistruth. And it’s not an American problem. This is a global problem.”



## “GOD ONLY KNOWS WHAT IT’S DOING TO OUR CHILDREN’S BRAINS”: SEAN PARKER

09/11/2022

- Facebook’s founding president, who became a billionaire thanks to the company.
- Facebook’s founders **knew they were creating something addictive that exploited “a vulnerability in human psychology”** from the outset,
- **“How do we consume as much of your time and conscious attention as possible?”**
- It led to the creation of features such as **the “like” button that would give users “a dopamine hit”** to encourage them to **upload more content.**



# “NOW WE'VE CASHED OUT, HERE'S WHY EVERYTHING IS TERRIBLE”:

TRISTAN HARRIS, FORMER GOOGLE ETHICIST

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09/11/2022

- The **Centre for Humane Technology** says its mission will be to "create a cultural awakening" of the **dangers of social networking, media, and search platforms** many of its members helped to **create**. The groups latest campaign, "Truth About Tech," **seeks to reduce the addiction to technology among kids in particular**.
- "The big Tech business models encourage them to do whatever they can to grab attention **and data** and then to **worry about the consequences later**, even though those very same consequences may **hurt the social, emotional, and cognitive development of kids**."





# 'Ting': To Listen



“I give you my ears, my eyes, my undivided attention  
and my heart”



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Thank-you