

Catherine Knibbs

HUMAN BEHAVIOUR TECHNOLOGIST

Cybertrauma Expert

# Cybertrauma

When Virtual Trauma impacts the viewer and listener. Preventing  
Burnout, Compassion Fatigue and PTS in professionals and  
children

[WWW.CHILDRENANDTECH.CO.UK](http://WWW.CHILDRENANDTECH.CO.UK)

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HUMAN BEHAVIOUR TECHNOLOGIST

Cybertrauma Expert

**TRAUMA PSYCHOTHERAPIST, PHD CANDIDATE, AUTHOR,  
EDUCATOR, BIOFEEDBACK AND NERVOUS SYSTEM ANALYST  
AND TODAY... "PROVOCATEUR"**

**FLOW THERAPIST, B.A.N.T., SRE EDUCATOR,  
GEEK (& ENGINEER/OPTRONICS)**

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**I know no-ones  
history.  
I aim to stay in  
the 'green lane'**



**POLYVAGAL MOTORWAY OF WELLNESS**

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**Trauma Informed/Responsive**  
**We really want Embodied**

**What is interpersonal trauma**

**What is 'cyber' trauma?**

What matters here?



**MICRO**

**Cell 'danger'  
response**

**Eustress/Distress  
& Methylation  
(epigenetic)**

**@24 hours for  
transcription**



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# MACRO



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VIDEO= Emmerson's mummy

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# Cybertrauma

**ANY TRAUMA THAT IS A RESULT OF SELF OR, OTHER-DIRECTED INTERACTION WITH, MEDIATED THROUGH, OR FROM ANY ELECTRONIC INTERNET/CYBERSPACE READY DEVICE OR MACHINE LEARNING OR ARTIFICIAL INTELLIGENCE ALGORITHM, THAT RESULTS IN IMPACT NOW OR FUTURE.**

**THIS EVENT/INTERACTION CAN BE MULTI-MODAL, MULTI-PLATFORM AND MULTI-INTERVAL, DELAYED OR IMMEDIATE, LEGAL OR NOT, SINGULAR OR PLURAL, AND MAY INCLUDE IMAGES, SOUND, AND OR TEXT AND MAY OR MAY NOT BE VITRIOLIC IN NATURE.**

**EVENTS MAY INCLUDE COVERT AND OVERT TYPOLOGY AND MAY BE VIRTUAL AND CORPOREAL AND/OR AT THE SAME TIME.**

**(KNIBBS, 2016-2021)**

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**WOT**

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BBC

NEWS  NIGHT







**HRV  
Physiology  
= SCIENCE!!**

**@DR  
Huberman**







NIBZY\_5.0



NIBZY



CATHERINE  
KNIBBS

# Thank you!

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for courses, books, resources  
and training

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