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

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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)

know no-ones history. laim to stay in the 'green lane'



POLYVAGAL MOTORWAY OF WELLNESS

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







VIDEO= Emmerson's mummy

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.

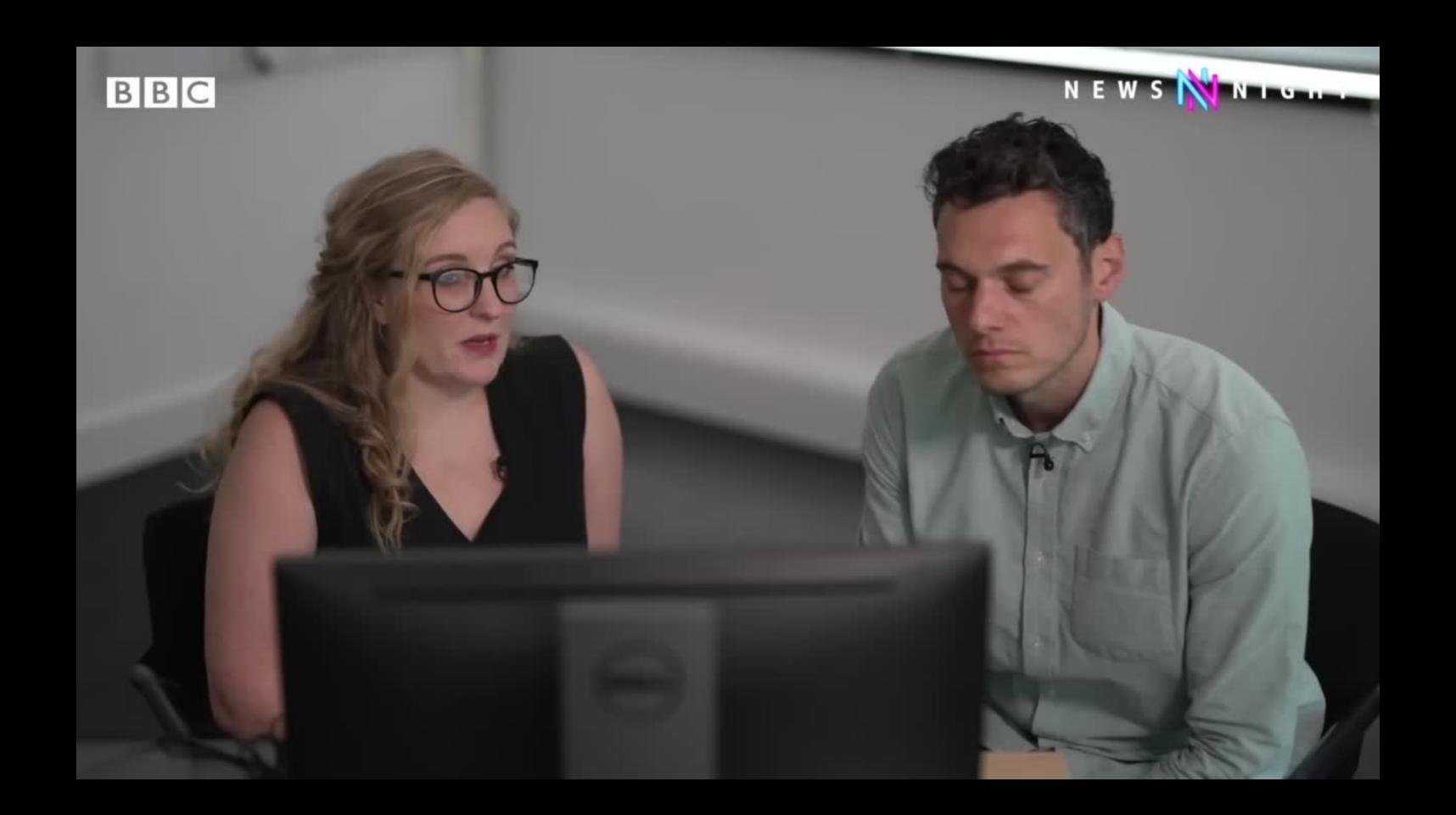
EVENTS MAY INCLUDE COVERT AND OVERT TYPOLOGY AND MAY BE VIRTUAL AND CORPOREAL AND/OR AT THE SAME TIME.

(KNIBBS, 2016-2021)



WOT





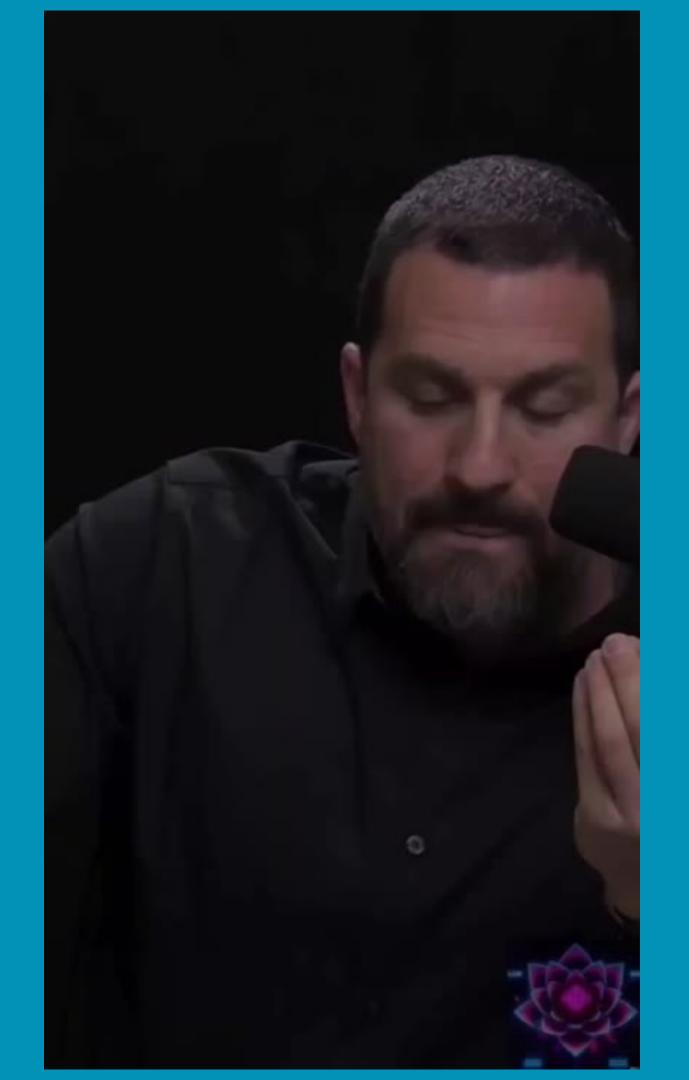




HRV Physiology

= SCIENCE!!

@DR Huberman









Thank you!

Head to www.childrenandtech.co.uk for courses, books, resources and training