

FROM FRUEDS PLEASURE PRINCIPLE TO SELF SOOTHING AND REGULATION

- CATHERINE KNIBBS



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About Catherine Knibbs

Cath is a Child Trauma therapist MBACP (accred) specialising in and working with online abuse and Cybertrauma, as well as trauma/abuse in the real world. She uses Neuroscience and Psychotherapy to understand and work with the complex needs of her clients.

She is currently studying an MSc in Child & Adult Psychotherapy and is a Clinical Supervisor, Consultant and Public Speaker & has published material around these topics. She also writes for Internet Matters.

Cath is a leading cybertrauma researcher and consultant in the UK. She specialises in teaching around cyber and digital based issues.

www.cybertrauma.com



Catherine Knibbs

Resources

Download Cath's PowerPoint

Why are children encouraging others to 'roast' them online to self-harm?

Article: Counsellors' Phenomenological Experiences of Working with Children or Young People who have been Cyberbullied: Using Thematic Analysis of Semi Structured Interviews



BOOK



CYBER TRAUMA

THE DARKER SIDE OF THE INTERNET FOR CHILDREN AND YOUNG PEOPLE

A QUICK REFERENCE GUIDE FOR PARENTS,
CARERS, PROFESSIONALS, PRACTITIONERS
AND ANYONE WHO USES THE INTERNET &
CYBERSPACE

Catherine Knibbs

A quick reference guide for parents, teachers and professionals with explanations on what can happen to children and young people in cyber space (Phones, The Internet and Games Consoles).

This book reveals and describes the Neuroscience and Psychology behind how and why children can find themselves dealing with the issues detailed in this book. Catherine's experience of working with children and young people who encounter these issues and bring them into therapy/counselling has enabled her to write this comprehensive and handy guide.

This is a must for any adult who wishes to understand the perils and pitfalls of the internet for children and young people and adults too.

[More Details HERE](#)



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