



#Traumaconf15

Childhood Trauma, Brain Development and Life Outcomes – Catherine Knibbs

Resource Guide

onlineevents

www.onlineevents.co.uk

About Catherine Knibbs

www.peersupportyorks.co.uk

www.cybertrauma.com






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.

Catherine will be offering training in Therapeutic Interventions using a SPAR model (Somatic, Polyvagal, Affect Regulation) for practitioners. Possibly later this year, but definitely early next year.

The Mindfulness Summit

October 1st - 31st 2015

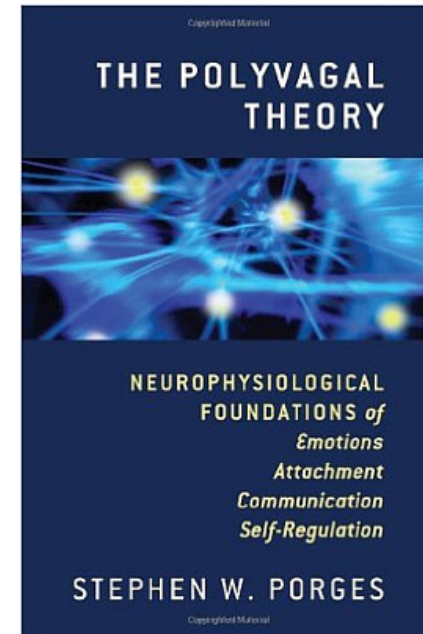
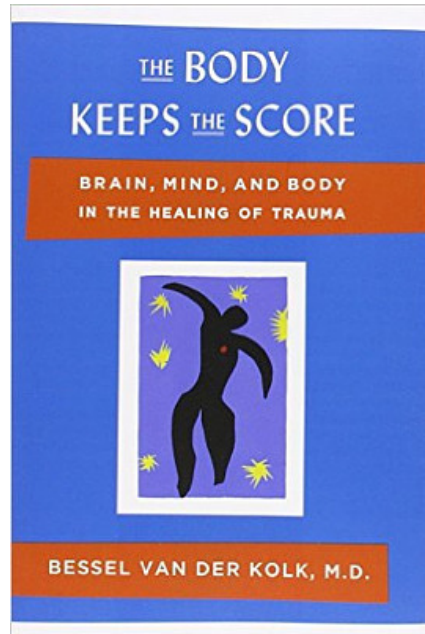
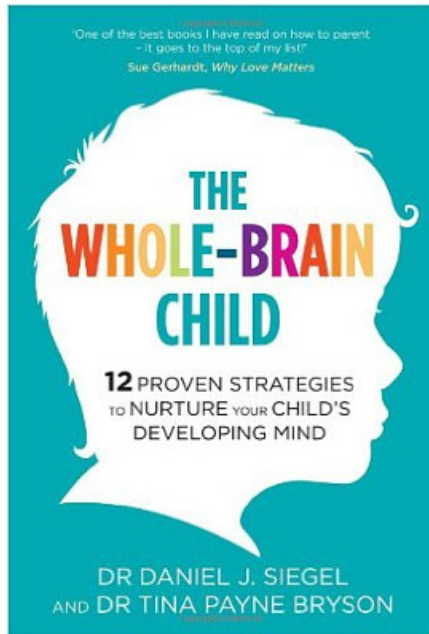


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Resources



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Pixar's Movie Inside Out

Image Source

<http://www.psycritic.com/2015/07/child-psychiatrist-review-pixar-inside-out.html>

Authors

Kristen Neff - Mindfulness compassion

John Kabat Zinn

Jack Kornfield

Rick Hanson

Websites

www.catherineknibbs.co.uk

Child & Adult Trauma Therapist, Specialism in CSA/CSE. Clinical Supervisor & Cyber Trauma Researcher/Consultant/Speaker. BSc (hons) Psychology, Dip, P.G. Dip, MBACP Registered (ACCRED)

www.peersupportyorks.co.uk

PSYCHOTHERAPY AND COUNSELLING FOR: Children and Young People aged 2-24
Trauma, Abuse & Attachment

www.everyday-mindfulness.org

"Our aim is simply to further the cause of mindfulness in whichever way we can, and also to give ordinary people the chance to talk about the practice.

Mindfulness is free, simple and has the potential to be life changing, although it can be a little alien at first for someone who has never tried this type of thing. There is also a tendency for some people to view it as something mystical or a bit weird. Here at Everyday Mindfulness we are trying to break down these barriers as much as we can"

Connect with Catherine



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Catherine Knibbs

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