Dr Catherine Knibbs

Trauma psychotherapist, cyberpsychologist and developer of CYBERTRAUMA™ theory

The trauma therapist who asked 7 to 10-year-olds what they really saw online

In 2010, Catherine's own children saw gore and violence on a flip phone. Her PhD later asked what that kind of content does to children aged 7 to 10.

> **10 of the 16 children showed signs of stress and trauma comparable to a post-traumatic stress diagnosis.**

Phones are out of English schools by default, and a UK social media ban for under-16s is planned for spring 2027. Bans regulate access. They do not regulate a nervous system.

WHY CATHERINE

Most speakers on online safety repeat the headlines. Catherine wrote the research behind them. She brings 30+ years in technology and 16 years in the clinical chair, and she talks about pornography, grooming, violence and gore without shame, panic or jargon. Audiences leave capable, not scared.

CONVERSATIONS & KEYNOTES

- **Same impact, different screen:** why a child's body responds to a screen the way it responds to a scene.
- **What bans can't do:** where harm goes when platforms are banned, and what actually helps.
- **AI friends and attachment:** what the therapy room is seeing as children and adults form bonds with AI.
- **The question that changes everything:** how one question from an adult decides whether a child ever tells you.
- **From tech to the therapy chair:** 30+ years in technology, 16 in clinical work, and why Catherine changed direction.

CREDENTIALS

- PhD on children aged 7 to 10 who viewed violence and gore online
- Consultant Child and Adult Trauma Psychotherapist and Supervisor
- Author of 7 books, including *Tech-Smart Parenting* (Penguin) and *Online Harms and Cybertrauma* (Routledge)
- Journal editor at Frontiers, specialising in cybersecurity and digital mental health
- TEDx speaker: Bodies, Brains and Technology
- Winner, Cyber Awareness Award, National Cyber Awards 2025
- Top 20 Most Inspiring Women in Cyber 2026; Tech Women 50

HEARD ON

BBC · BBC Radio 5 Live · LBC · HPE Technology Now · Malicious Life · The Locked Up Living Podcast

> *"Catherine is the real deal when it comes to understanding human behaviour online."*
> Gary Hibberd, Consultants Like Us

BOOK CATHERINE FOR INTERVIEWS, COMMENT, PODCASTS AND KEYNOTES

Available remotely or in studio, for short-form comment or long-form conversations. Catherine doesn't discuss clients or cases; any examples are composite and de-identified.

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