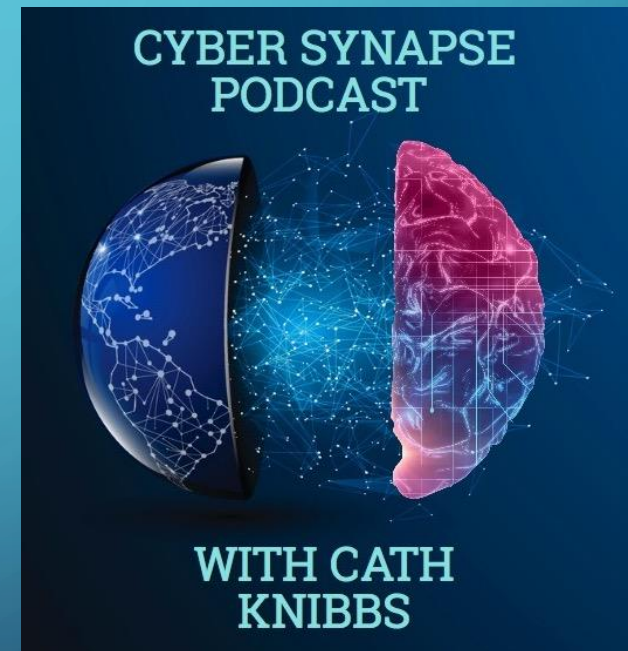




# CYBERTRAUMA

Catherine Knibbs  
Doctoral Researcher,  
Consultant & Psychotherapist  
Vlogger/Blogger & Podcaster

Twitter @nibzy  
Facebook: Cyber trauma & Young  
people  
Instagram: nibzy\_5.0



# BODY IMAGE, SELF ESTEEM AND RELATED PRESENTATIONS IN THERAPY: FIT, FAT OR FRUMPY?

- IS SOCIAL MEDIA REALLY RESPONSIBLE FOR THIS?
- SPOILER ALERT....NO IT IS NOT ENTIRELY



# WHO AM I? WAS I “INFLUENCED” BY THE INTERNET?

I have researched and worked in this area for over a decade

I work with young people and adults who use devices and access the digital world

I am a Functional Health Coach/Psychotherapist and began my journey as a biohacker thanks to the internet and social media

I am a critical thinker and phenomenologist so have explored these issues in depth with clients, family and friends

(\*all the time apparently)

**Google** in 2019...and access to health related sites

# FORUMS TO IMAGES TO SOCIAL MEDIA AND HOW THIS MAY PLAY A PART



The transition from text in chatroom forums/web based sites relating to body issues and conversations has moved in the last decade to image based conversations



Why is this important?



Images are more powerful, they are created by the “inner eye” and are processed faster- eg Eiffel Tower



See next slides for example









**DANGER: THERE MAY BE WILD ANIMALS ON THE ROAD  
SO PLEASE DRIVE WITH CAUTION  
THEY MAY APPEAR FROM THE SIDE OF THE ROAD  
UNEXPECTEDLY AND MAY CAUSE A LOT OF DAMAGE TO  
YOUR VEHICLE  
IF YOU HIT THEM YOU MUST REPORT THIS TO THE  
POLICE AS SOON AS POSSIBLE**

# FROM IMAGES TO SELF UNDERSTANDING



During the first few years of our life we create a narrative about our environment based in images and feelings not words-  
Right Brain



We rely on the feedback of others to shape our sense of self-  
through NVC and interpret who we are based on this



We individuate and learn we have autonomy/choice and this  
can affect how other perceive us



We develop our sense of self through impingements, self  
discovery and mastery





# CHILD DEVELOPMENT

Self begins as  
concept of the  
other

Self moves to  
separate

Self moves to  
consider others  
opinions

TA- Adapted  
Child, Strokes  
and Rackets

IFS- Parts

Winnicott-  
False Self

Psychodynamic-  
Splitting

PCC-  
Incongruence

# LATER CHILDHOOD- ADOLESCEN CE- ADULT



Identity formation



In-Out Groups



Risk Taking and Experimentation



Influence of Peers- Appropriate and necessary



Stages of Life- "Midlife crisis"

# SELF



Esteem



Worth



Value



Concept



"ie"



All derived from a co-created interpersonal sense that is embodied and becomes a (self) believing inner voice and feeling. Limited only by experience and enhanced when trying new way of being in the world

# WHAT ABOUT IMAGES IN PRINT OR ON SCREEN?



THE INFLUENCE OF  
IMAGERY



MAGAZINES AND  
STATIC NATURE



TV MOVING- MORE  
EVOCATIVE?



PHOTOS



FILTERS



VIDEOS



IMMERSIVE



# NARRATIVES SURROUNDING US IN 2019

Sexuality &  
Sexual Health

Aging

Body  
modifications

Self Harm-  
Self  
Mutilation

Fit

Fat

Frumpy

MRA and Rad  
Fem

Where is  
"Okay" in the  
digital world?

# RESEARCH IN THIS AREA (SUCCINCT TIMELINE)

SLT

MTV

ED-Pro-Annie

Insta

PORN



# SITES: HELPFUL OR NOT HELPFUL?

The following  
sites are related  
to bodies

Let's have a  
discussion about  
their usefulness  
and impact?





[NEW PRODUCTS](#) [COFFEE](#) [MCT OILS](#) [PROTEINS](#) [FOOD & DRINKS](#) [SUPPLEMENTS](#) [MORE](#) [DISCOVER](#)



**WELCOME TO BULLETPROOF**









Log in

netmums

CHAT ▼

LOCAL ▼

REVIEWS ▼

PARENTING ▼

HALLOWEEN ▼

ABOUT US ▼

MUM CLUB



# 20% OF YOUR DAILY NEED OF MAGNESIUM

**BUY NOW**

† Daily Reference intake per 250ml and 50 kJ/14 kcal per 100 ml.  
Consume as part of a balanced diet and healthy lifestyle. © The Coca-Cola Company



**Magnesium**  
contributes  
to a reduction  
of tiredness  
and fatigue

**NEW**

**Low  
Kcal**



## MOST ACTIVE CHAT

TTC conceive baby no.1 - anyone else?

What's your go to dinner?

JUNE 2018 £4.10

# Men's Health

**FIGHT  
FAT &  
WIN!**

**STRONGER &  
FASTER**

High-Octane Muscle Cheats pg 1

**HOW I BUILT MY  
BLOCKBUSTER  
← PHYSIQUE  
BY MICHAEL B JORDAN**

**RICHER  
IN AN**

- Lose Your Gut In 5 Easy Steps
- The Flab-Burning Superfood That's Already In Your Kitchen
- Boost Metabolism In The Sun







Search

Home

Following

Cath



ins • 165 followers



Follow

Pins

More ideas

Q Ideas you might love

Funny tattoos

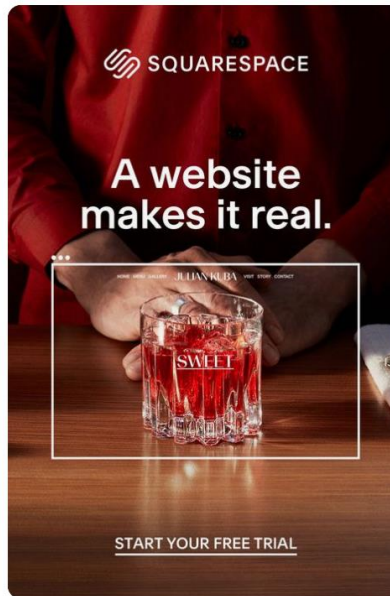
Strength tattoo

Cancer tattoos

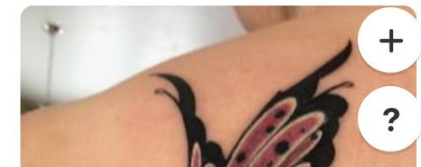
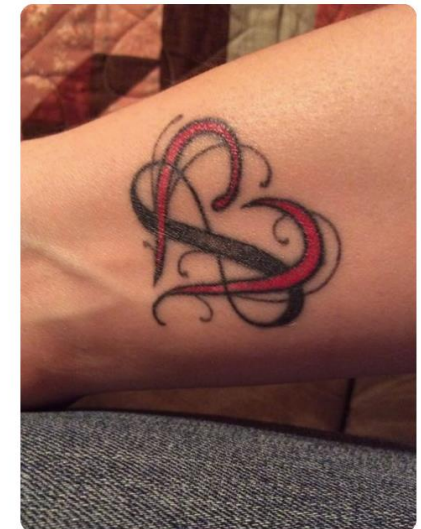
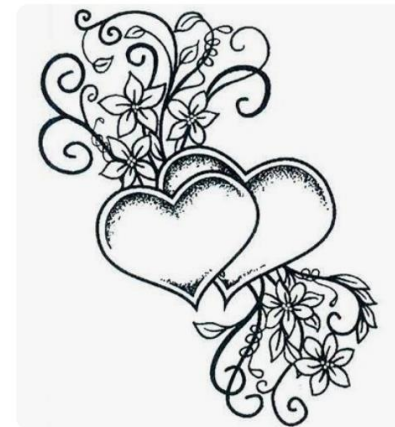
Body art tattoos

Tattoo designs

Memorial tattoos



Squarespace  
Promoted by  
Squarespace



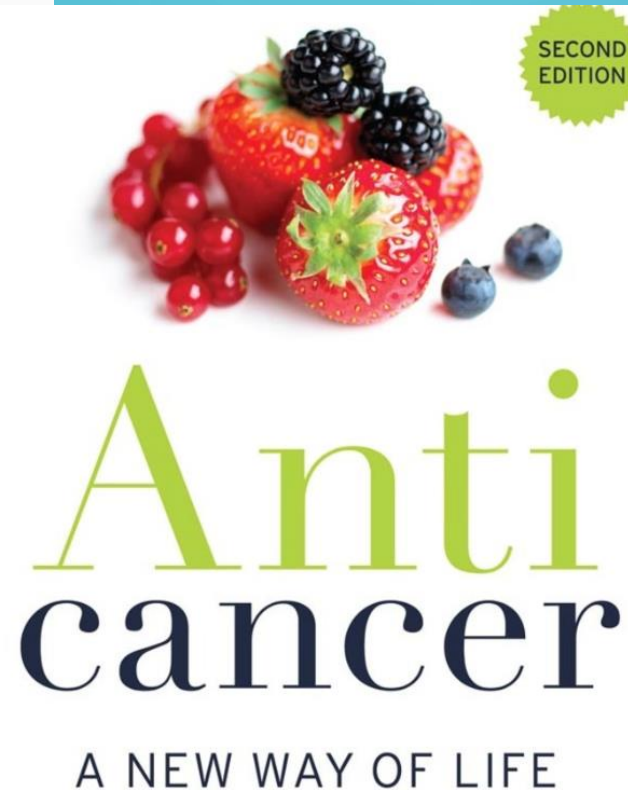
A perfect remedy for Healing

# Diabetes NATURALLLY

Powder & Tablets



auma.com



Reduce  
your chance  
of Alzheimer's  
by 70%

## THE ANTI- ALZHEIMER'S PRESCRIPTION

The science-proven plan to start at  
any age







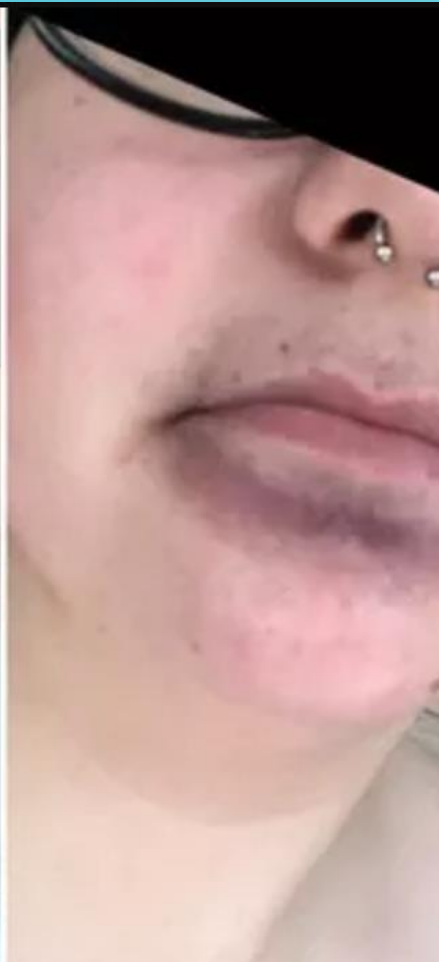
# TRENDS...? BROWS, HAIR, LIPS AND ACCIDENTS!



MANY TRENDS ARE FOLLOWED QUICKLY  
NOW THAT SOCIAL MEDIA USE IS AT AN ALL  
TIME HIGH AND GAINING TRACTION WITH  
NEW APPS EVERY DAY.



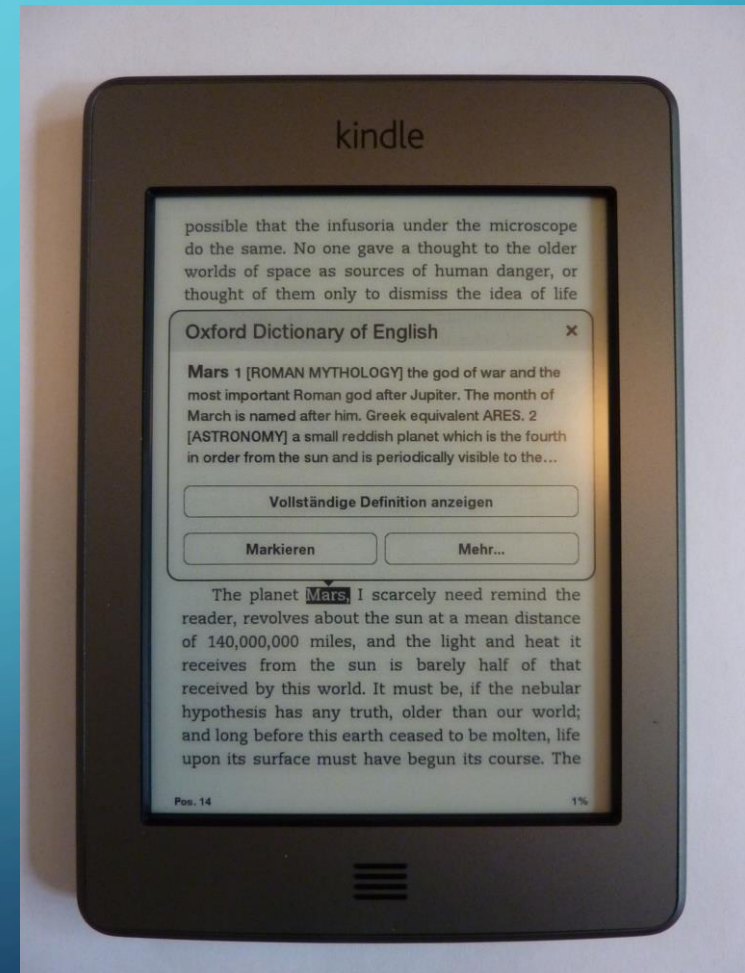
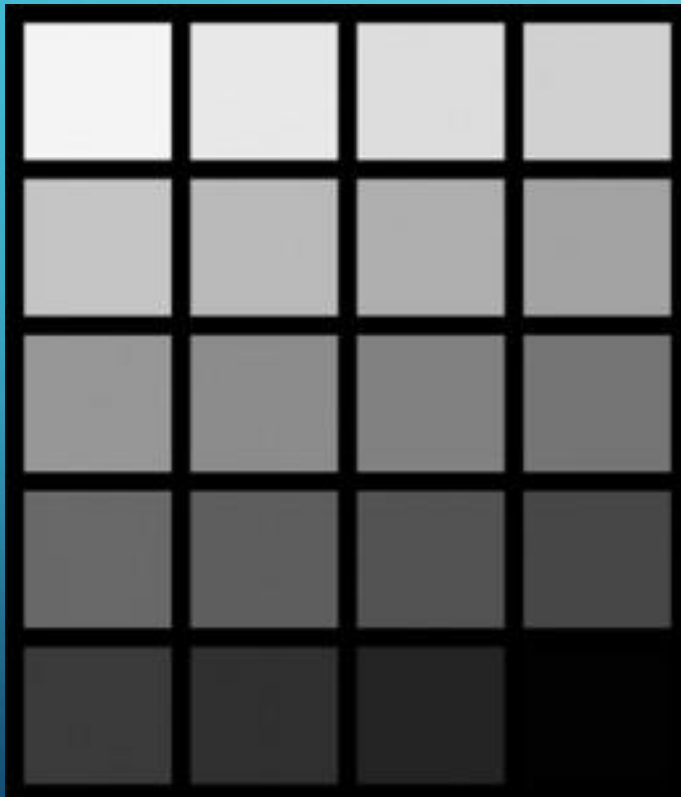
IF SLT IS CORRECT TO THE DEGREE THAT  
VIRAL TRENDS ARE SHOWING THEN WE  
CAN EXPECT MANY MORE 'ACCIDENTS' OF  
THE SELF IMAGE VARIETY





VIRAL BROW  
THREADING GONE  
WRONG- NOT A  
YOUNG PERSON

# TRENDS THAT COUNTER TRENDS







WHERE  
NEXT?  
VR AND  
BEYOND...





# CYBERTRAUMA

Catherine Knibbs  
Doctoral Researcher,  
Consultant & Psychotherapist  
Vlogger/Blogger & Podcaster

Twitter @nibzy  
Facebook: Cyber trauma & Young  
people  
Instagram: nibzy\_5.0

