

The Human Nervous System Is Your Biggest Unprotected Attack Vector

CYBERTRAUMA™ expertise for security teams: the layer your stack doesn't cover.

THE GAP IN YOUR SECURITY STRATEGY

You've hardened the perimeter, instrumented the endpoints, and tabletop-tested the response plan. The remaining variable is the one no vendor sells a control for: **the humans**.

- **Incident responders and SOC analysts absorb traumatic material** — CSAM referrals, violent content, extortion cases — with no clinical framework for what that exposure does to performance, judgement and retention.
- **Social engineering works on nervous systems, not firewalls.** Phishing, pretexting and insider manipulation exploit stress responses your awareness training never addresses.
- **Post-incident, your people are your recovery speed.** A team in threat-state makes worse decisions, slower — exactly when accuracy matters most.

Catherine brings something rare to this sector: clinical authority on what digital harm does to humans, **plus** a technical past. Before psychotherapy, she was a military-trained optronics engineer. She speaks both languages natively.

WHO YOU'RE WORKING WITH

Dr Catherine Knibbs — Cyberpsychologist, Consultant Trauma Psychotherapist, and developer of CYBERTRAUMA™ theory.

- 30+ years working with technology; former military-trained optronics engineer
- PhD researcher on traumatic responses to violent online content
- Author of *Cybersecurity and Data Protection: A Practitioner's Guide* and six further books
- Journal Editor, Frontiers — Cybersecurity in Digital Mental Health
- **Top 20 Most Inspiring Women in Cyber 2026 (MIWIC)**
- **Winner, Cyber Awareness Award — National Cyber Awards 2025**

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

SERVICES

Keynotes & Conference Talks

The human layer, delivered with evidence — not awareness-poster clichés. For security conferences, internal summits and leadership offsites.

Team Training

For SOC, IR, trust & safety and moderation teams: recognising and managing vicarious trauma, sustaining judgement under exposure, and building team protocols that protect performance and retention.

Consultancy

Human-risk input to your security programme: post-incident psychological response, duty-of-care frameworks for exposed roles, and human-factors review of your incident response plan.

Audit — free 30-minute conversational audit

A free 30-minute conversation about what your service already has and what it needs: where traumatic material flows, who absorbs it, and what controls are — or aren't — in place. Relaxed, practical, and pitched to your context. Following our call you receive a **free mini-report and advisory statement**. No cost, no obligation.

HOW IT WORKS

1. **Free 30-minute conversational audit** — a single, relaxed call about what your service has and needs
2. **Free mini-report & advisory statement** — sent following our call: exposure points, gaps, recommended next steps
3. **Scoped engagement** — training, consultancy or both, quoted at proposal
4. **Review** — measured against the baseline the audit established

What your team walks away with: a vocabulary and framework for human-layer risk · protocols for roles exposed to traumatic material · faster, cleaner post-incident recovery · evidence of duty-of-care for regulators and insurers.

Scoped engagements are quoted at proposal stage and secured with a non-refundable deposit.

Catherine Knibbs Ltd *Where neuroscience meets the online world.*

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