

CYBERTRAUM A

The impact of the online world on the developing brain and interpersonal relationships.

Struggles for children (and adults too)

CYBER TRAUMA

- A theoretical framework that covers trauma that occurs through, with or from the medium of the online world (cyberspace)
- This trauma can be immediate, delayed or retrospective
- Trauma is both an event and process

25 YEARS

- 25 years of the Internet (sir Tim Berners-Lee)
- Research about impact upon behaviour is now developing
- Data trends are corollary much like aggression and media
- 25 years for brain development (Adolescence)
- 25 years of Neuroscience
- New paradigm shift?

LONG TERM IMPACT?

- No such evidence yet?
- Disorders related to internet use
- DSM-V and Internet Gaming Disorder
- Pornography Addiction
- I-HSB
- Gambling Addiction
- Social Media
- Shopping
- Self Harm (ED, Mutilation, Suicide)

ANXIETY, ASD AND SOCIAL

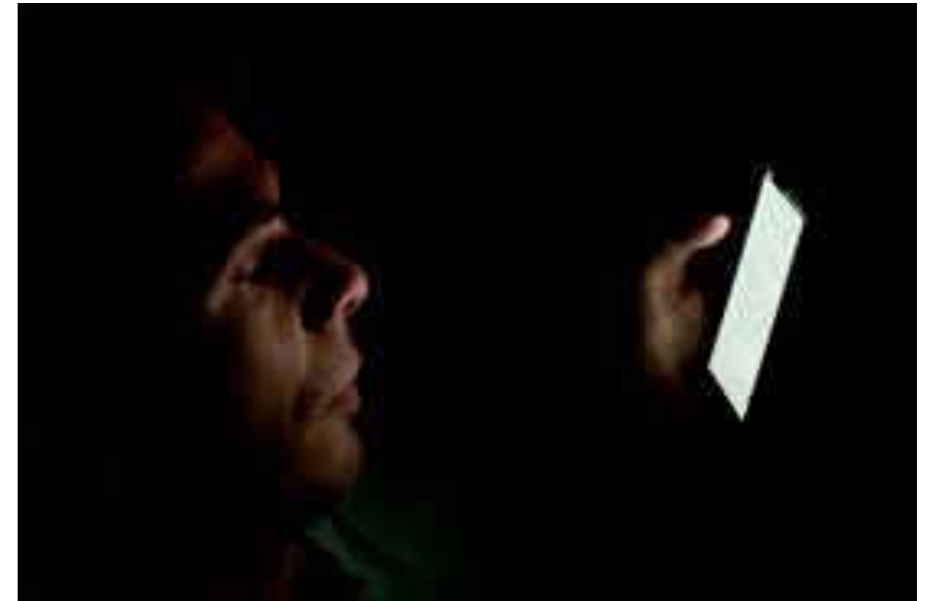
BEHAVIOURS

- Interactions in world where anonymity allows 'practice'
- ASD/ADHD/ANXIETY/SOCIAL SKILLS
- Relief from anxiety (FOMO)
- Motor control (gaming)
- Social Learning Theory?
- Babies and Toddlers
- Sleep?
- On/Off?

FMRI RESEARCH

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- Texting
- Social Exclusion
- Blue Screen Light & Circadian Rhythms





CYBER CRIME

- Bullying
- Stalking
- Identity theft
- Fraud
- The dark net

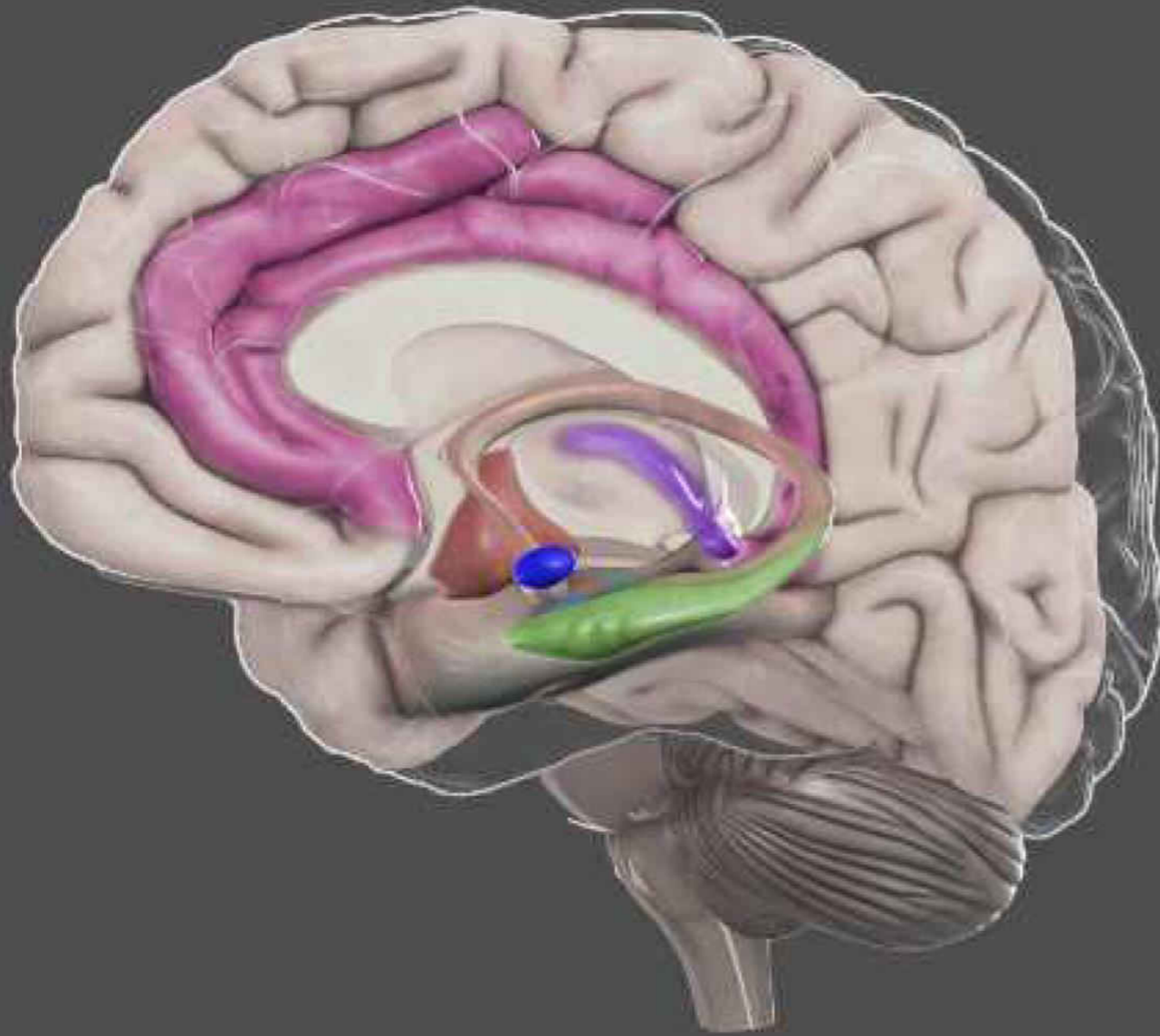
CSA/CS

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- Online grooming
- Online abuse
- Streaming
- Sexting

TRAU MA



- Mind
- Brain
- Body
- Polyvagal System
- Impacts PFC* Executive Functioning/Attention/Reasoning/Communication, Insula, Fusiform Gyrus



interpersonal relationships and non verbal feedback



FAC ES

- Empathy
- Social Cues
- Disinhibition
- Victim/Perpetrator
- Anonymity
- Future harm?
- CYBER SPEEDS

Texting is a brilliant way to miscommunicate how you feel, and misinterpret what other people mean.



We NEED human contact and eye contact

Safe, Soothed, Seen and Secure