HOW 'PRIVATE' IS YOUR PRACTICE..

CYBERSECURITY FOR PSYCHOTHERAPY AND COUNSELLING.
A HORROR STORY

CATHERINE KNIBBS WWW.CYBERTRAUMA.COM
TWITTER: @NIBZY

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BACKGROUND

- ENGINEERING AND COMPUTING
- HIGH RISK ENVIRONMENTS
- SECURITY IS KEY

- ALARM AND RETHINK
- SME

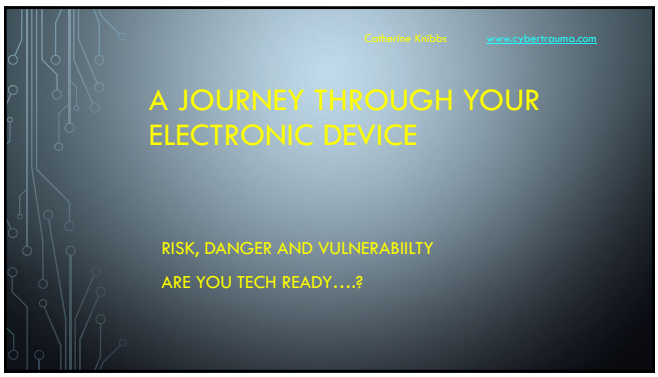
2

REGULATIONS- MUCH MORE THAN GDPR….EPR AND BREACHES

- WHY MANY COURSES ON GDPR FOR OUR PROFESSIONS ARE NOT FULLY COMPLETE AS RUN BY NON- CYBER SAVVY PROFESSIONALS WITH LITTLE OR NO EXPERIENCE IN THE FINER DETAILS IN SECURITY AND RISK MANAGEMENT AND LACK VITAL INFORMATION. THIS INCLUDES ERRORS FROM SENIOR COMMITTEE/BOARD MEMBERS

- DPA 2018

3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A JOURNEY THROUGH YOUR ELECTRONIC DEVICE
RISK, DANGER AND VULNERABIILTY
ARE YOU TECH READY….?

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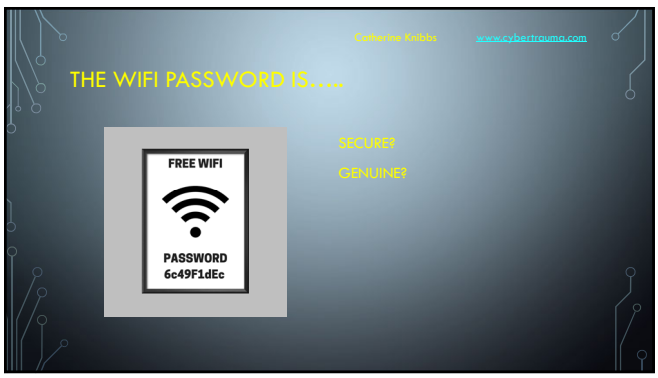
FIRSTLY…..
RISK VERSUS DANGER AND E-SAFETY

5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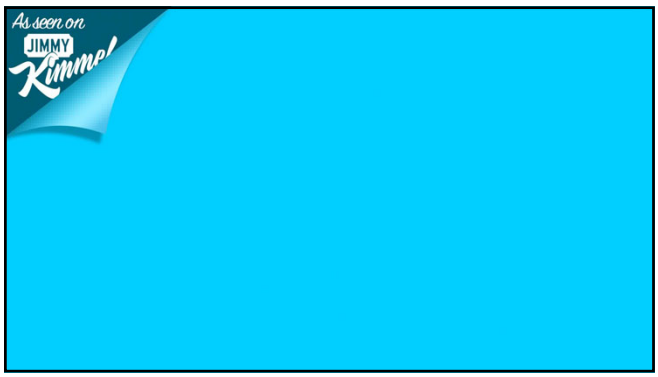
THE WIFI PASSWORD IS…..
FREE WIFI
PASSWORD
6c49F1dEc
SECURE?
GENUINE?

6


As seen on
JIMMY
Kimmel

7

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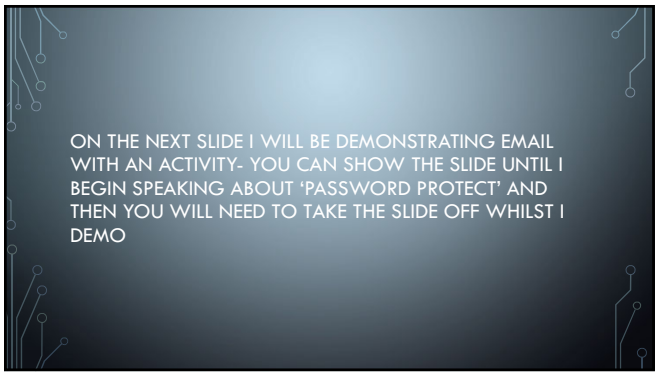
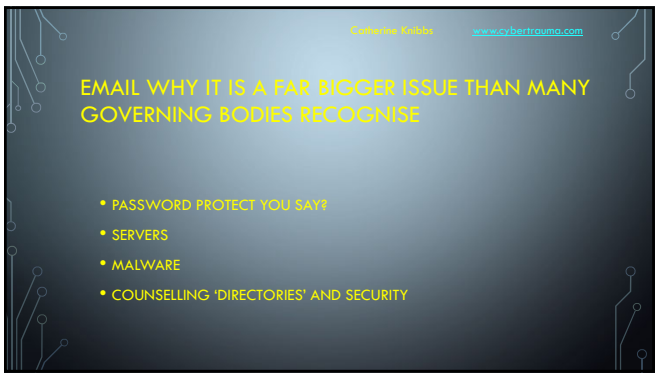
MULTIPLE DEVICES FOR MANY OF US
• LOCKED DEVICE OR JUST SLEEPING?
• PASSWORDS AND USERNAMES
• EMAILS
• LOCATION
• TRACKING
• MICROPHONE
• CAMERA
• ROUTERS

8


ON THE NEXT SLIDE I WILL BE DEMONSTRATING EMAIL WITH AN ACTIVITY- YOU CAN SHOW THE SLIDE UNTIL I BEGIN SPEAKING ABOUT 'PASSWORD PROTECT' AND THEN YOU WILL NEED TO TAKE THE SLIDE OFF WHILST I DEMO

9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EMAIL WHY IT IS A FAR BIGGER ISSUE THAN MANY GOVERNING BODIES RECOGNISE
• PASSWORD PROTECT YOU SAY?
• SERVERS
• MALWARE
• COUNSELLING 'DIRECTORIES' AND SECURITY

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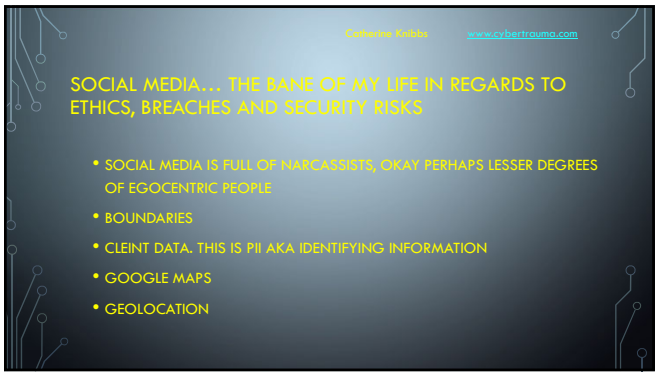
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SOCIAL MEDIA… THE BANE OF MY LIFE IN REGARDS TO ETHICS, BREACHES AND SECURITY RISKS
• SOCIAL MEDIA IS FULL OF NARCASSISTS, OKAY PERHAPS LESSER DEGREES OF EGOCENTRIC PEOPLE
• BOUNDARIES
• CLEINT DATA. THIS IS PII AKA IDENTIFYING INFORMATION
• GOOGLE MAPS
• GEOLOCATION

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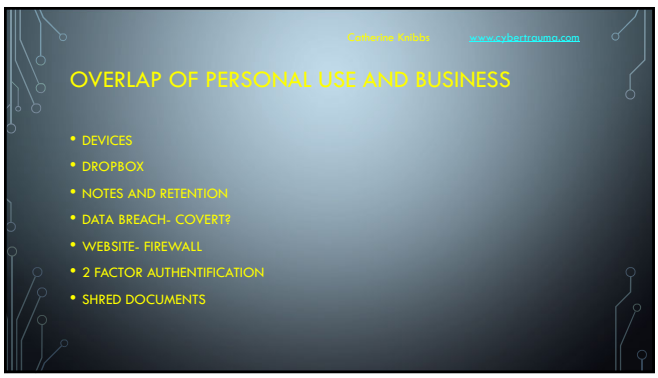
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OVERLAP OF PERSONAL USE AND BUSINESS
• DEVICES
• DROPBOX
• NOTES AND RETENTION
• DATA BREACH- COVERT?
• WEBSITE- FIREWALL
• 2 FACTOR AUTHENTIFICATION
• SHRED DOCUMENTS

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EXTERNAL FACTORS

- CCTV
- DRONES
- CLEINTS GEOLOCATION
- INTERNAL ADMIN OR CLEANERS
- SUBSCRIBERS
- SOCIAL MEDIA SITES AND POLITICAL OPINIONS

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HACKING- WHY

- BECAUSE THEY CAN
- BECAUSE ITS FUN
- BECAUSE THEY CAN MAKE MONEY OUT OF YOU
- BECAUSE THEY CAN MAKE MONEY OUT OF YOU
- DATA IS HIGHLY VALUABLE TO GOVERNMENT AND WARFARE

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DARK NET MYTHS
• 2-5%
• TRADING
• BUSINESS
• YOU ARE A RESOURCE AND COMMODITY

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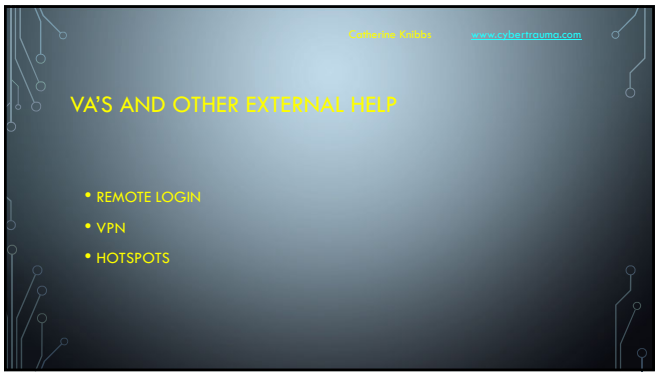
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VA'S AND OTHER EXTERNAL HELP
• REMOTE LOGIN
• VPN
• HOTSPOTS

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WORRIED OR CONCERNED?
• BE RISK AWARE AND TAKE STEPS TO LEARN ABOUT DIGITAL AND ELECTRONIC MEDIA THAT IS NOT GOING AWAY
• BE CURIOS AND IF YOU ARE NOT SURE DON'T RISK IT
• TAKE A COURSE ESTABLSIHED WITHIH THE CYBERSECURITY SECTOR, HOWEVER BE AWARE OUR PROFESSION IS LESS COGNTIVIE THAN MANY OF THESE 'GEEKY' PROFESSIONS AND NUANCES ARE WHAT MAKE US AND OUR CLEINTS VULNERABLE

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