

ABC 891 Adelaide (Adelaide)

Mornings - 23/10/2008 10:37 AM

Matthew Abraham and David Bevan

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The team, Maria Gardiner, Hugh Kearns, and various callers, talk about feeling overwhelmed, and various techniques to overcome it.

Interviewees: Hugh Kearns, Member of the Staff Development Training Unit, Flinders University; Maria Gardiner, Clinical Psychologist, Flinders University; various callers

Duration: 14.59

Summary ID: A00032515146

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