

ABC 702 Sydney (Sydney)
Evenings - 05/07/2007 - 08:45 PM
Mark Warren

Warren says James O'Loughlin spoke to Hugh Kearns, Head of Staff Development and Training at Flinders University, and Maria Gardiner, a Clinical Psychologist and Researcher from Flinders University, about procrastination. Kearns and Gardiner are on the line now to discuss self-sabotage. Kearns discusses an example from his own youth, playing Gaelic football in Ireland. Gardiner agrees self-sabotage is 'setting oneself up for failure'. They discuss patterns of behaviour surrounding self-sabotage. Kearns discusses ways to combat the behaviour, by setting goals and working to achieve them. Gardiner discusses 'cognitive behavioural coaching'. [cont]
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Interviewees: Hugh Kearns, Head of Staff Development and Training, Flinders University; Maria Gardiner, Clinical Psychologist and Researcher, Flinders University
Duration: 8:43

ABC 702 Sydney (Sydney)
Evenings - 05/07/2007 - 08:54 PM
Mark Warren

[cont] Warren speaks to Hugh Kearns, Head of Staff Development and Training at Flinders University, and Maria Gardiner, a Clinical Psychologist and Researcher from Flinders University, about self-sabotage. Kearns gives an example of French chess player De Chappelle(*), who would engage in self-sabotage. Warren says people are 'afraid of failure'. Gardiner says 'fear of evaluation' starts in high school. Kearns says the theory applies to relationships as well. Gardiner explains more ways to combat self-sabotage.
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Interviewees: Hugh Kearns, Head of Staff Development and Training, Flinders University; Maria Gardiner, Clinical Psychologist and Researcher, Flinders University
Duration: 35:50