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South Pacific Private shares tips for Australians struggling during pandemic

06/10/2021

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JOHN STANLEY SOUTH PACIFIC PRIVATE



Australia's leading treatment centre South Pacific Private has shed light on the impact the pandemic has on people with previous trauma.

South Pacific Private runs a Changes program to help people address unresolved childhood trauma and issues.

Psychotherapist and holistic counsellor Diane Young spoke to John Stanley about how past trauma and addiction can be triggered during the pandemic.

Press PLAY below to hear Diane Young's tips for coping during the pandemic

Nights with John Stanley

COVID-19 is impacting Australians sufferi
00:00 / 09:14

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