



ABOUT SLEEPTALK™ FOR CHILDREN

The Goulding SleepTalk™ for Children process, is about developing a child's emotional resilience — the minds firewall. Created and taught by Joane Goulding for over 35 years, it has been described as a 'powerful process of positive parenting'. In her published book Joane describes how parents can assist their child to develop or retain a positive and confident, happy self image. Taking only 2 minutes each evening while the child is asleep, the Goulding SleepTalk™ process helps all children to be happy and deal with their world & assists parents with behaviour management. It is simple and easy to use. Its suits children of all ages from gifted to the talented and the challenged. Because it is non-intrusive, ethical and safe, with the benefits lasting forever, the Goulding SleepTalk™ process is endorsed by the Medical and Psychological Professions.



Become a Certified SleepTalk™ Consultant

This unique Goulding process works in conjunction with any therapy. For interstate/off-shore participants, 'Fast Track' & 'SKYPE' training is available.

"My child doesn't have any problems", is a statement that's made by many parents. However it's not about whether the child needs SleepTalk™ but it's certainly a given that all children will benefit from it.

YOUR TRAINER - JOANE GOULDING LMASCH., LMCC.



Throughout her professional career over the past 35 years, Joane has been involved in Psycho nutrition, Education, Training and Coaching. For 22 years Joane was a Director of the Australian Academy of Hypnotic Science. In 1998 the Academy became a Government Accredited provider of Education and a Nationally recognised training organization. Joane authored the application documentations relating to registration as a Private Provider of Education (RTO), and developed the 2 year Dip of Health Clinical Hypnotherapy Training manual.



JOANE'S PHILOSOPHY

'If we are to take care of our children's future, we need to take care of the 'now'. It's not what we leave to our children that matters, it's the knowledge that we leave within their minds.'

Some children may consider their world to be a dangerous place, full of obstacles, hardship, threats and misfortune. Is it an experience to be endured? Or is their world an exciting and inviting place, where many opportunities for learning and development abound and where livings is mainly pleasurable.

The Accredited Course

As a Certified Goulding SleepTalk™ Consultant you join a growing number of professionals using this technique. The 3 days of self paced training are completed over a six month period: (120 nominal hours of training) 'SKYPE' training is available for participants who are interstate or off shore. At the completion of the course you will be able to:

- Analyse the framework of SleepTalk™ and the procedural documentation.
- Recognize an 'Aroused Subconscious' in a sleeping child.
- Describe and use the basic Goulding SleepTalk™ 'Foundation' process.
- Recognize any observe 'Feed Back' and deal with suggestion rejection.
- Determine an individual child's 'Primary area of need'.
- Implement a process which provides the desired changes of behaviour.
- Formulate appropriate and specific individual suggestions for 'Primary areas of need'.
- Identify the key features of a Goulding SleepTalk™ script.
- Develop a strategy to resolve specific areas of stress.
- Write and present a SleepTalk™ script.

An extensive course portfolio is supplied with all necessary resources, including supporting training DVD's. Upon successful completion as an accredited Goulding SleepTalk™ Consultant, certification is awarded. Professional Indemnity Insurance is available.* *Conditions apply



"It's not what we leave to our children that matters, it's the knowledge that we leave within their minds"

Joane Goulding



Coping with kids
and their behaviour

Areas SleepTalk™ can assist

- Aggression & behaviour management
- Stress, fear, anxiety, trauma
- Education, study, concentration
- Health issues, creativity, co-operation
- Bed-wetting, nail biting, speech
- Nightmares or terrors
- Sibling rivalry, asthma, communication
- Achieving goals, autistic spectrum, AD(H)D, ODD
- Skin or eating disorders

What other experts say.

The Goulding's SleepTalk™ for Children process is a sensible, practical and easy to follow method of communicating important messages to a subconscious mind. It is especially useful for effecting changes to Children's behavior. This book should be read by all parents, educators and health professional and the practice needs to be adopted in the management of all disorders in which the mind plays a significant role.

Professor Ian E Brighthope
MBBS, Dip Ag Sci, FACNEM, FASE, MAIAST

I am a qualified medical practitioner and psychiatrist. I have used the techniques of SleepTalk™ therapy over the last 24 years. I have found it to be very safe and effective. It has many applications including enhancing the self esteem of the child, building confidence to go swimming, or reading aloud in class, or bed wetting etc.

I have received very positive feedback from parents of the children who were treated. This is a very useful therapy. It will be a major step forward to have further information about it published.

Dr. Eileen Feeney
MB, BCh, BAO, BA, DCH, FRENZCP



Contact the creator and author
to become an

Accredited Professional

Goulding SleepTalk™ for
Children Consultant

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