



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 3-4 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 SleepTalk™ for Children process works in conjunction with any therapy. The next Queensland course is scheduled to commence Friday 15th April 2011. The venue is **Nerang, Gold Coast**. The participating numbers are restricted to ensure training quality and required outcomes. This stand alone training course is embedded within the APCCH Dip of Clinical Hypnotherapy & Psychotherapy.

YOUR TRAINER - JOANE GOULDING LMASCH., LMCCH.



Throughout her professional career over the past 34 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 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, its what we leave within their minds.

It's not about whether children need SleepTalk™ but it's most certainly a given they will benefit from it. 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 an exciting place, with opportunities for learning and development abound and livings is mainly pleasurable.

The Queensland Accredited Course

As a Goulding SleepTalk™ Consultant you join a growing number of professionals using this technique. The course is completed over a six month period: (3 days) incorporating 120 nominal hours of training,. The training is embedded within APCCH training in **Nerang, Queensland**. At the course completion you will be able to:

- Analyse the framework of SleepTalk™ and the procedural documentation.
- Recognize the 'Aroused Subconscious' in a sleeping child.
- Describe and apply the basic SleepTalk™ foundation method.
- Recognize and observe 'Feed Back' - deal with suggestion rejection.
- Determine an individual child's primary area of need.
- Implement a process which provides the desired changes of behaviour.
- Formulate specific and individual suggestions for primary areas of need.
- Identify the key features of a SleepTalk™ script.
- Research and 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 from "Insurance Made



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

Joane Goulding



Coping with kids and their behaviour

Testimonials

I must extend my sincere thanks to you for the gift of Sleep Talk™. The wonder of your simple program has permeated our whole family. I am so grateful that with the aid of Sleep Talk™ my children will develop beliefs about themselves, and their place in the world, bringing positives into their life experiences. Again, thank you Joane.

JT. Jan 2009

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 14 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



A Two Minute Gift That Lasts a Life Time

Contact the creator and author to become an Accredited Professional SleepTalk™ for Children Consultant

www.sleepwalkchildren.com

The Goulding Institute Education Consultancy

In conjunction with the

Australian and Pacific College of Clinical Hypnotherapy



(03) 9802 6962
info@sleepwalkchildren.com