



# The Goulding Institute

Education Consultancy

## Become a Goulding SleepTalk™ for Children Consultant.

Thank you for your interest and request for information regarding the Goulding SleepTalk™ for Children process and professional training. Acceptance into the Goulding SleepTalk™ for Children consultancy training program is not limited on the basis of age, gender, social or educational background, however qualifications and experience in an appropriate field of the 'helping professions', e.g., Clinical Hypnotherapy, Health Care, Communication, Psychology, Education, Human Resources, Naturopathy, or Counselling would be an advantage. The nature and depth of applicants' formal qualifications will vary widely, but participants must be of mature age with a demonstrated desire to learn the techniques and strategies offered.

Each applicant needs to have an ability to cope with the academic and practical requirements of the course, and be motivated with a desire to assist parents to implement the program. In addition, a sound level of emotional maturity and life experience will assist in empathising with, and appropriately responding to clients' needs.

Importantly, applicants are required to make a commitment to applying the highest ethical standards in their work with the Goulding SleepTalk™ program. To ensure the absolute integrity of the program, a police report or equivalent will be required, even though the Goulding SleepTalk™ process does not require the Consultant to work directly with children.

The 2012 training in Queensland is a stand alone certification embedded with the Australian and Pacific College of Clinical Hypnotherapy (APCCH) Diploma of Clinical Hypnotherapy & Psychotherapy training to be held in Nerang on the Gold Coast. The SleepTalk™ training component commences in April. The training over 3.5 practical (1day) training sessions is offered within a 6 month time frame with a minimum of 24 hours face to face training incorporated into and allowing for 120 nominal hours for assignments and case histories requirements. The training is supported with personal consultations via phone. Competency is assessed throughout the course and includes workshop participation and written project-based case history documentation.

Certification that the participant has attained the required levels of competency allows the graduate to apply basic and advanced strategies and techniques. Graduate Consultant's certification allows the holder of that award to establish their own Goulding SleepTalk™ practice and can apply to be registered on the SleepTalk™ Consultants website.

Consultants are required to accept and agree to be bound by the professional Ethical Standards and Code of Practice of The Goulding Institute and the APCCH.

### **On completion of the SleepTalk™ training you will be able to:**

- Analyse the framework of the Goulding SleepTalk™ process.
- Discuss the rationale behind the use of the Goulding SleepTalk™ process.
- Describe the basic considerations and assumptions of the Goulding SleepTalk™ process.
- Identify, discuss and analyse the 'Legacy Tree'.
- Discuss the therapeutic approach to resolving basic and primary issues and identifying brain wave frequencies:
- Identify different brain wave frequencies that occur throughout the sleeping cycle.
- Evaluate the relevancy and explain the Goulding 'Top Hat' theory.
- Discuss the 'RAS' relevant to different brain wave frequency.
- Assess the appropriateness and application of specific suggestions.
- Describe the 'Foundation Process'.
- Evaluate the relevancy and analyse SleepTalk™ feedback statements.
- Apply concepts and principles of waking suggestion and the rationale for presenting SleepTalk™ each night.

- Outline a frame of reference which will provide the desired changes in behaviour.
- Distinguish appropriate suggestions.
- Formulate specific content of the 'SleepTalk™ Foundation' script.
- Propose and implement a process which integrates desired changes of behaviour in a child.
- Formulate specific content of the 'SleepTalk™ Primary area on need' script.
- Propose and implement a process which will provide desired changes of behaviour in a child.

**Resources supplied:**

- An extensive training manual.
- Case history DVDs.
- Supporting documentation
- CD resources.

**Certification:**

Upon successful completion of the course and the receipt of all assignment requirements, a certification as an accredited SleepTalk™ for Children Consultant will be issued. Margaret Kelly from the APCCH and Joane have placed a limit on the number of places available so that the classes are small enough for personal attention.

Please complete and return the following application documentation. Also morning and afternoon teas are included in the cost.

We both look forward to hearing from you and the opportunity of working with you.

Kind regards



Joane Goulding

**To contact Joane Goulding:**

**Phone: 61 + 3 + 9802 6962**

**SKPYE Contact: joanesleeptalk**

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[www.sleeptalkchildren.com](http://www.sleeptalkchildren.com)



**Accredited Goulding SleepTalk™ for Children - Consultant Training Program**

(Please print and return)

My details are: Mr:\_\_\_ Mrs:\_\_\_ Miss\_\_\_ Name:\_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ State: \_\_\_\_\_ P/C: \_\_\_\_\_

Ph: (BH) \_\_\_\_\_ (AH) \_\_\_\_\_

Mobile: \_\_\_\_\_ Email: \_\_\_\_\_

How did you hear about this course? \_\_\_\_\_

My current and main occupation is: \_\_\_\_\_

I am a practising member of an appropriate and relevant professional associations (Please provide the name of your professional associations)

I have attached a copy of my **current** association membership certificate. Yes:\_\_\_\_\_ No: \_\_\_\_\_

**Professional Information** -- *Select all that apply:*

- I have not been found guilty of any offence in Australia or overseas.
- I have not been refused admission to or been asked to withdraw from a professional association or registration board.
- I am not aware of any formal complaints of professional misconduct having been made to any professional association, organisation or registration board against me.
- There are no complaints of professional misconduct currently under investigation in relation to my current/past work.

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**2012 Queensland Course Dates:**

**Level 1:** Friday 20<sup>th</sup> April. **Level 2:** Friday 22<sup>nd</sup> June. **Level 3:** Sat 27<sup>th</sup>/Sun 28<sup>th</sup> October  
Venue: Nerang, Gold Coast, Queensland

Documents Attached: WWC - Police Report or Equivalent Yes: \_\_\_\_\_ No: \_\_\_\_\_

**Early Bird Discount: \$890 (20%)    Deposit \$250**

**Early Bird Rates expire 1<sup>st</sup> April 2012** Normal Course Fee: \$1,150

Contact Joane Goulding (03) 9802 6962 or Margaret Kelly (07) 5535 8462

Email: [joane1@bigpond.com](mailto:joane1@bigpond.com) [www.sleepwalkchildren.com](http://www.sleepwalkchildren.com) [www.apcch.com.au](http://www.apcch.com.au)

Return this form with your full payment or deposit to:

**Australian and Pacific College of Clinical Hypnotherapy**  
**Cheque payable to APCCH - P.O. Box 781 Burleigh Heads, Queensland 4220**