



# The Goulding Institute

Education Consultancy

## Become a Goulding SleepTalk™ for Children Consultant.

Thank you for your interest regarding becoming a Goulding SleepTalk consultant. Applicants with the professional background such as your self are indeed very welcome to the team, however please be advised that 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 will be required, even though the Goulding SleepTalk™ process does not require the Consultant to work directly with children.

The training offered is over 3 practical (1day) training sessions within a 4 month time frame. A minimum 24 hours of practical training is required which offers up to 100 nominal hours for assignments and case histories requirements. Competency is assessed throughout the course and includes workshop participation and written project-based case history documentation. Recognition for prior learning is acknowledged in the fee structure upon application. 'Fast Track' training is also available for interstate or off shore participants.

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 will be registered on the SleepTalk Support and the Smart Parenting website. [www.smart-parenting.com](http://www.smart-parenting.com)

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

### **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 and your name registered with the SleepTalk support and Smart Parenting websites.

I have placed a limit on the number of places so that the classes are small enough for personal attention. Please complete and return the following application documentation. I have placed a limit on the number of places so that the classes are small enough for personal attention. So be quick! Also morning and afternoon teas as well as a light lunch are included in the cost.

I 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**

**[info@sleeptalkchildren.com](mailto:info@sleeptalkchildren.com)    [www.sleeptalkchildren.com](http://www.sleeptalkchildren.com)**



**Accredited SleepTalk™ for Children  
Training Program - in conjunction with the PCHA**

(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 occupation is: \_\_\_\_\_

Professional memberships: \_\_\_\_\_

\_\_\_\_\_

Training & qualifications: \_\_\_\_\_

\_\_\_\_\_

**2010 Sydney Course Dates:**

**Level 1:** Sun 14<sup>th</sup> February. **Level 2:** Sat 27<sup>th</sup> March. **Level 3:** Sun 28<sup>st</sup> March

**Venue:** Y Hotel Hyde Park, 5 - 11 Wentworth Ave., Sydney (02) 9264 2451

A copy of my police report is attached: Yes:  No:

**Course Costs includes morning and afternoon teas and lunch  
plus the SleepTalk manual**

**Special Cost: \$690 (40%)  
(Normal Course Fee: \$1,150)**

**Required Deposit \$100**

Return this form with your full payment or deposit to:

Ann Eyres, 13 David Street, CROYDON NSW 2132

further information: [info@sleepwalkchildren.com](mailto:info@sleepwalkchildren.com) [www.sleepwalkchildren.com](http://www.sleepwalkchildren.com)