

The Goulding Method *SleepTalk*

The
Effectiveness
of SleepTalk

www.gouldingconsultants.training

The Goulding Method SleepTalk is a ***parent delivered process*** which accesses and communicates important messages to a child's subconscious mind whilst asleep, effecting changes in behaviour management, reducing stress, trauma and anxiety and promoting emotional resilience and positive self image.



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- ✓ **Empowers parents** to assist their children develop emotional resilience and positive self image.
- ✓ It is the **parents themselves** that learn and implement the SleepTalk process with their children.
- ✓ Suits children of **all ages** till early teens.
- ✓ Non-intrusive, ethical and safe with **lasting benefits**.
- ✓ Appropriate **for any child**.
- ✓ The process is **simple** to learn and is non-invasive.
- ✓ Takes parents **a few minutes each night**.
- ✓ SleepTalk allows the child to awaken from sleep with a new and **positive mind set**.
- ✓ The down line ramifications of change **affect the entire family**.



The Black Saturday Fires

February 7 2009,
Victoria, AUSTRALIA

Temperatures
115.52°F (46.4°C)

Wind speeds >
63mph (100km/hr)

- 
- A photograph of a large bushfire at night. The background is dominated by intense orange and yellow flames consuming a structure, likely a house. In the foreground, a dark silhouette of a kangaroo is visible, standing on a dark surface. To the right of the kangaroo, there is a tall, thin tree with spiky leaves and a small, dark mailbox on a post. The overall scene is dramatic and somber, illustrating the impact of the Black Saturday bushfires.
- 173 people died
 - Over 80 communities devastated
 - 7,562 people displaced
 - Over 3,500 structures destroyed

- A "conservative" estimate of the total cost of the Black Saturday bushfires of A\$4.4 billion

The Goulding Method (SleepTalk)

Promoting emotional resilience
following the Black Saturday bushfires



THE UNIVERSITY OF
MELBOURNE



Murdoch Childrens
Research Institute

Healthier Kids. Healthier Future.



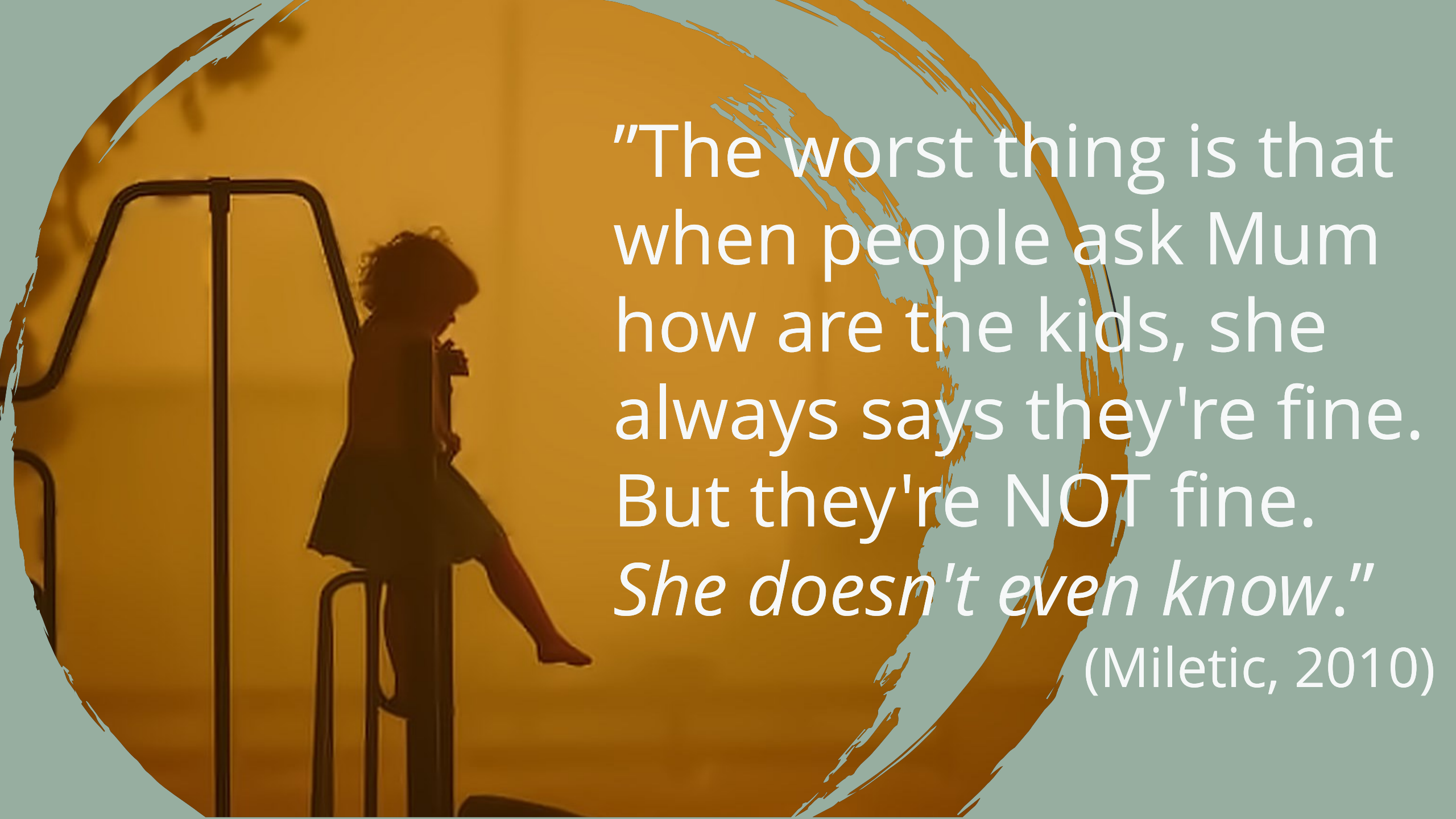
The Royal Children's
Hospital Melbourne

By

Karin Plummer

Procedural Pain Clinician

BHSci (Nurs), GDip Nurs, MSciM (Pain Mgmt)
Dip Health (Clinical Hypnotherapy)

A silhouette of a woman sitting on a metal structure, possibly a playground or exercise equipment, against a warm, orange background. A large, circular, brushstroke-like shape is overlaid on the right side of the image. The text is overlaid on the right side of the image.

"The worst thing is that when people ask Mum how are the kids, she always says they're fine. But they're NOT fine. *She doesn't even know.*"

(Miletic, 2010)

Differences in perceptions of threat

Parents/Adults

Children

Threat to **own or child's** life

Separation from parent

Injury

Injury to self

Loss of property

Injury of parent

Loss of business

Loss of parent

Loss of pet

Loss of favourite things

Loss of community

Disruption to routines

Trauma untreated

Extreme phobia to weather, which triggers nightmares and flashbacks.

2 years after the event $1/3$ of untreated children had a **continuing preoccupation** with their exposure.

$1/3$ had **PTSD 10 years' time.**

It can take **7 years for communities** to rebuild.



The Black Saturday Fires Study

Fire victim families invited to participate via Yarra Valley Practitioner Program (YVPP)

19 families
36 children

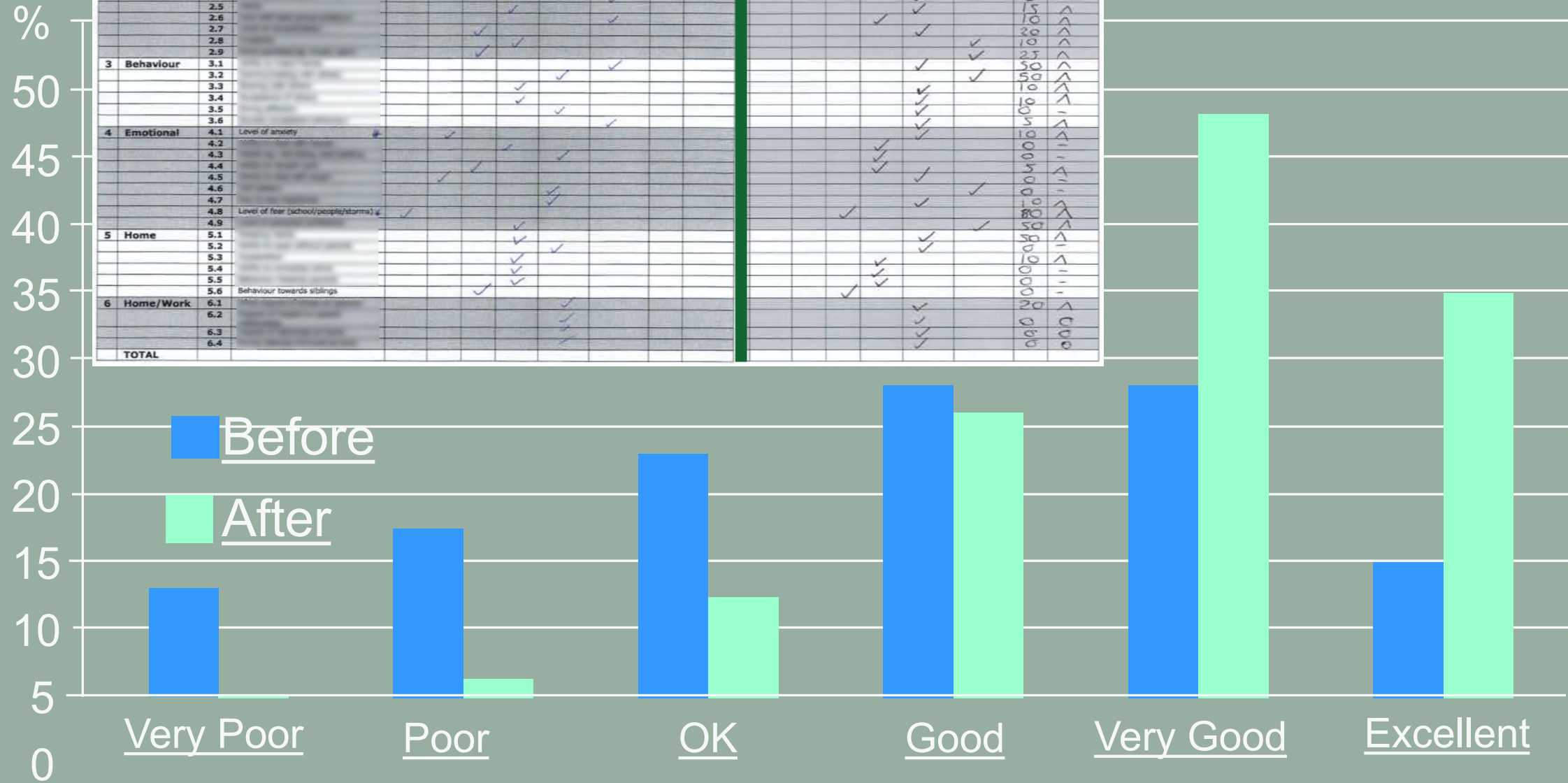
Average age:
6.5 years

**4 meetings
of 90 minutes
4 month period**

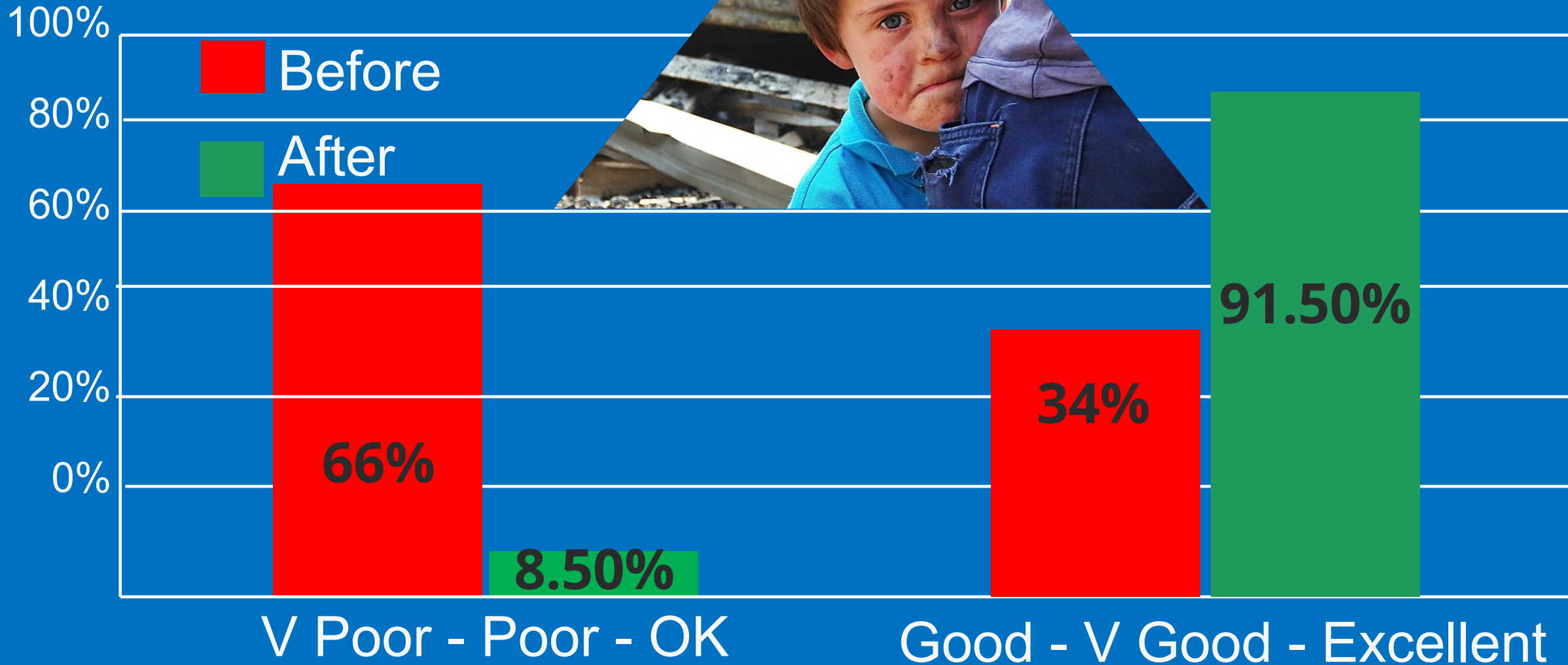
Evaluation:
Where Does My Child Stand Now
Questionary

Response to Intervention

		V Poor	Poor	OK	Good	V Good	Excellent	N/A	0-100%	V Poor	Poor	OK	Good	V Good	Excellent	N/A	0-100%
1 Physical	1.1				✓									✓			
	1.2				✓									✓			
	1.3				✓									✓			
	1.4				✓									✓			
	1.5		✓														
	1.6				✓						✓						
	1.7				✓									✓			
2 Academic	2.1				✓									✓			
	2.2				✓									✓			
	2.3				✓									✓			
	2.4				✓									✓			
	2.5				✓									✓			
	2.6				✓									✓			
	2.7				✓									✓			
3 Behaviour	3.1				✓									✓			
	3.2				✓									✓			
	3.3				✓									✓			
	3.4				✓									✓			
	3.5				✓									✓			
	3.6				✓									✓			
	3.7				✓									✓			
4 Emotional	4.1				✓									✓			
	4.2				✓									✓			
	4.3				✓									✓			
	4.4				✓									✓			
	4.5				✓									✓			
	4.6				✓									✓			
	4.7				✓									✓			
4.8		✓											✓				
5 Home	5.1				✓									✓			
	5.2				✓									✓			
	5.3				✓									✓			
	5.4				✓									✓			
	5.5				✓									✓			
	5.6				✓									✓			
	5.7				✓									✓			
6 Home/Work	6.1				✓									✓			
	6.2				✓									✓			
	6.3				✓									✓			
	6.4				✓									✓			
TOTAL				✓									✓				



Response to interventions



8 year old boy who evacuated but lost everything

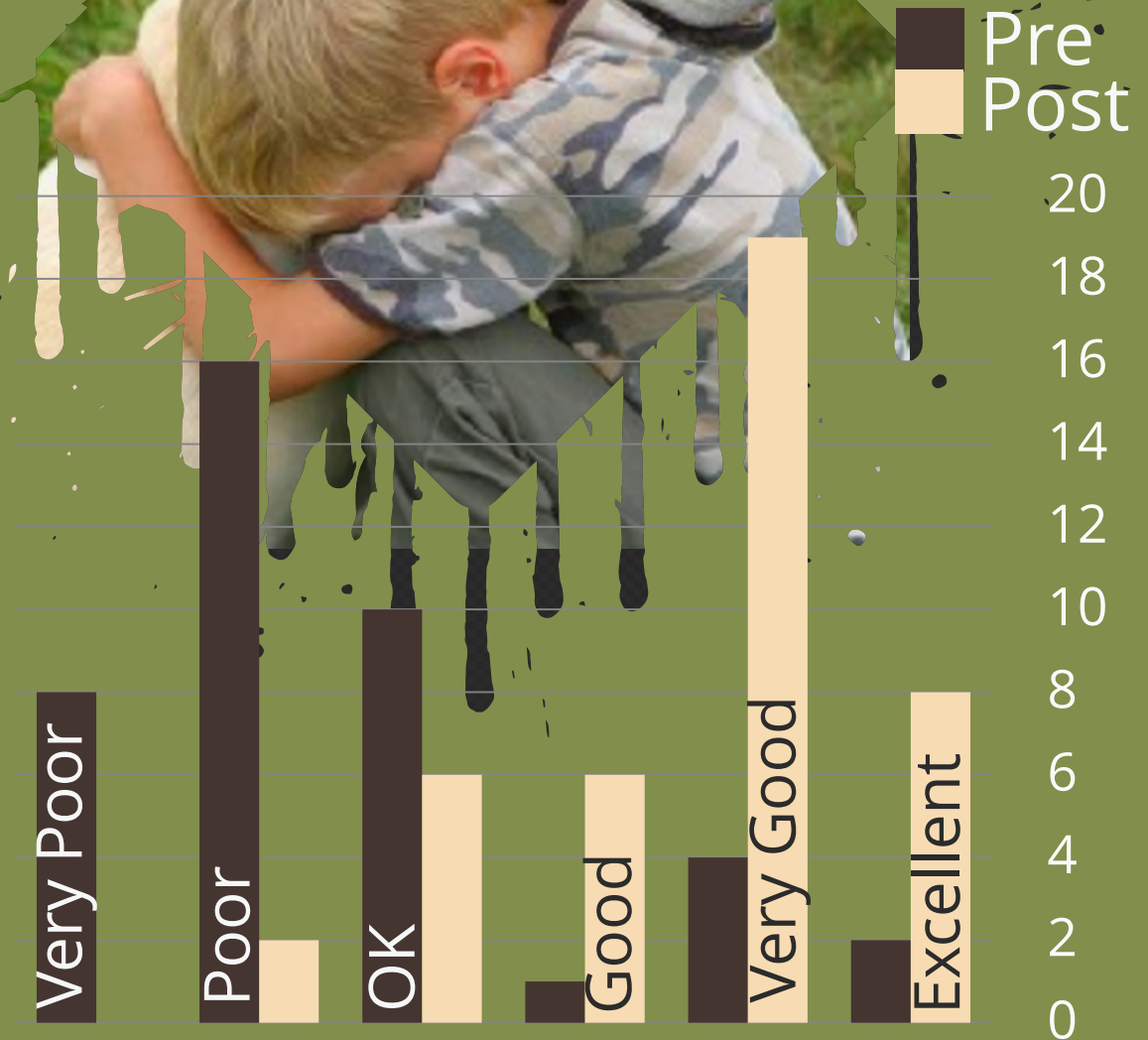
- Poor energy – hard mornings
- **Not swallowing solid food**
- Mouth ulcers
- **Lost interest**, Unmotivated
- Difficulty concentrating
- Mood swings
- Needing to sit with teacher
- **Started thumb sucking**
- **Stuttering/broken speech**
- **Selective mutism!**
- Separation anxiety
- Uncomfortable receiving/giving affection
- Withdrawn from friends
- Picking arguments with brothers and children at school
- **Nightmares**
- Will not play outside or ride bike
- **Fearful of “smoke” and wind**



3 month evaluation

- Appetite improved, healthy choices
- Sleep improved, no nightmares
- Moods stabilised, much calmer
- Waking in the morning singing
- Talking to mum – missing dog
- Speech returned to normal
- "Smoke" not concerning
- Thumb sucking gone
- Playing outside again
- Mouth ulcers cleared
- Excited about sport
- Giving cuddles

"You are safe"



12 year old boy unable to evacuate.

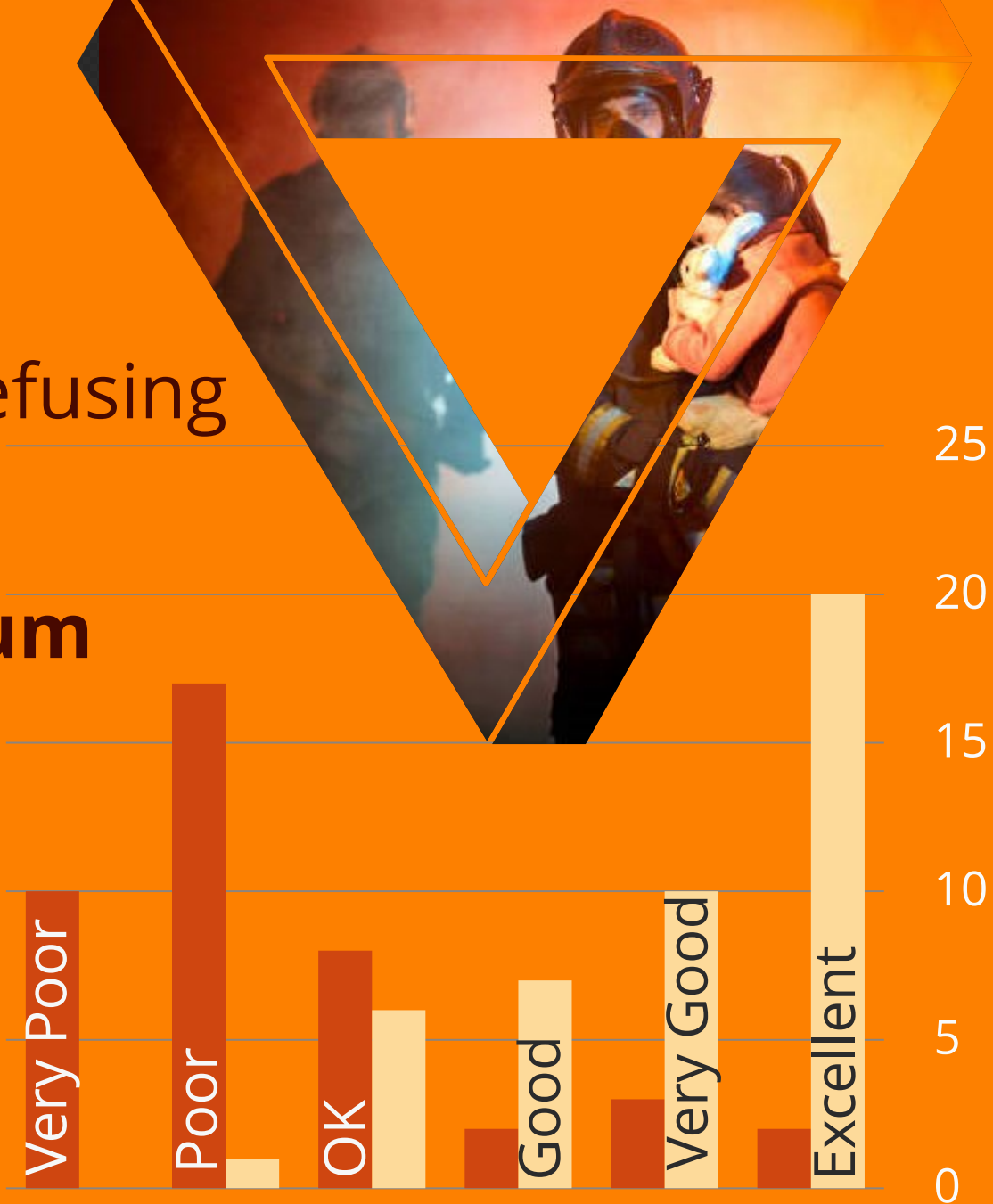
- **Anger towards mother**
- Does not want to be away from parents
- Started **nail biting**
- Normally very affectionate, now misbehaves at home, tantrums
- **Extreme and unpredictable mood swings**
- Refuses to go to sleep
- Lacking confidence at school
- Mumbling
- Stopped writing stories



3 month evaluation

- Changed child
- Occasional sleep issues but not refusing
- Happier and not angry as much
- **100% improvement towards mum**
- Nail biting stopped
- Speech normalised
- Talking and writing again

„You are safe, calm and in control”



Parental satisfaction

- Being able to *do something*
- A sense of *regaining control*
- *The process directly responsible for improvements*

„These are the nicest words I have said to anyone in a long time“

„Thank you for giving my child back. I had begun to think maybe I had lost him to the fires.“



Outcomes

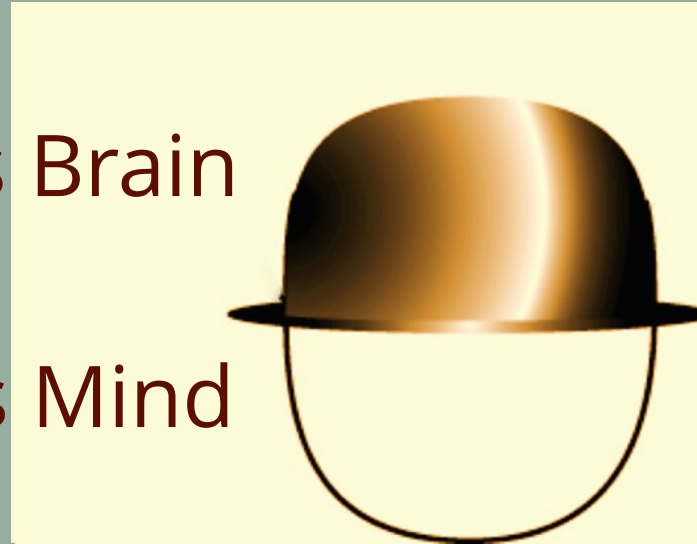
Improvement
reported in **100%** of
children involved in
this process in one or
more domains.

High **parental**
satisfaction

Belief that
it worked

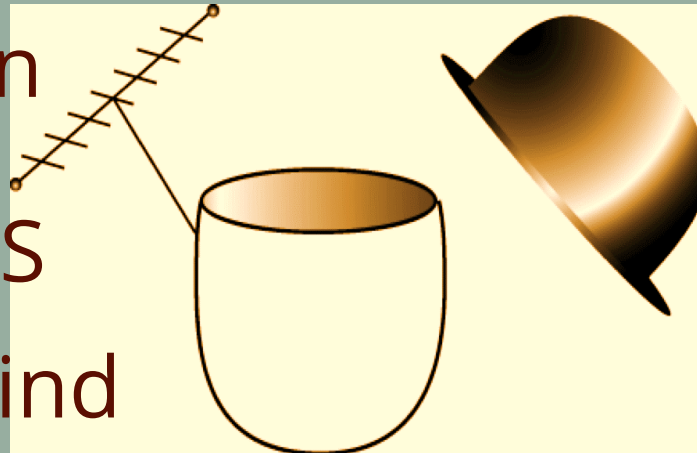
The Top Hat Process

Conscious Brain
Unconscious Mind



DURING THE DAY
Suggestions go in through
the Conscious Brain

Conscious Brain
RAS
Unconscious Mind

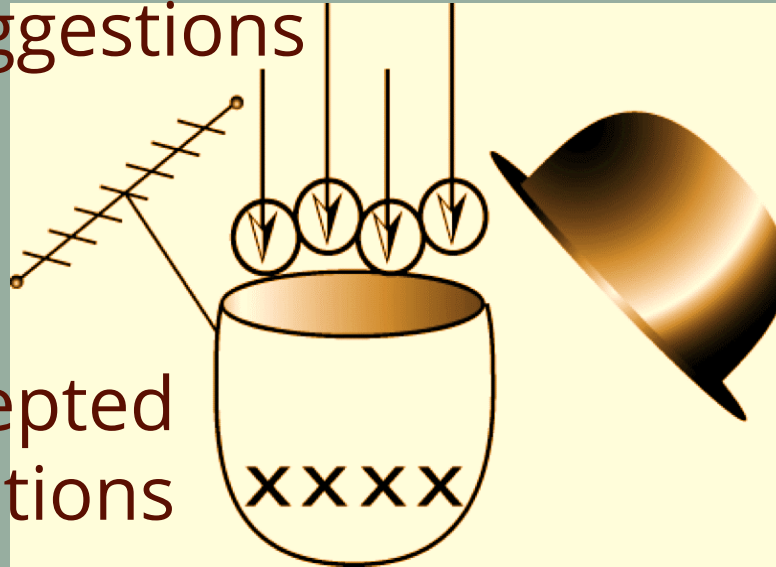


DURING NIGHT
The Reticular Activating
System (**RAS**)
The 'Antenna' represents
access to the Unconscious
Mind

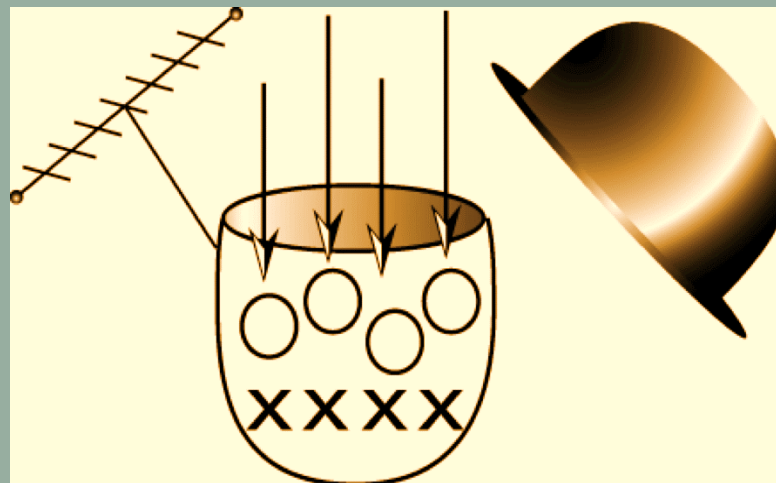
DURING SLEEPTALK

New Positive Suggestions

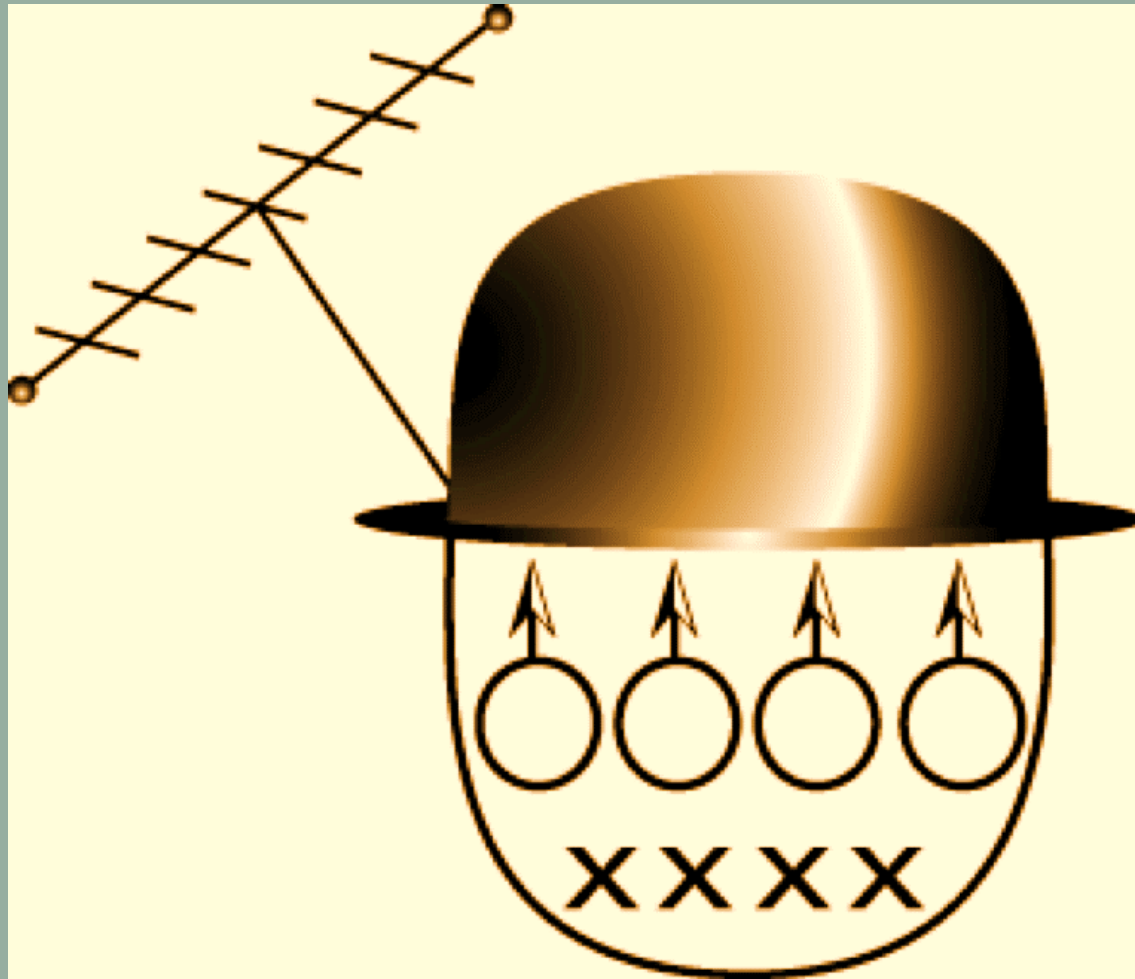
Accepted
Negative Suggestions



Suggestions are presented to the listening unconscious mind - the computer



Positive phrases sit next to negative beliefs and are accepted.



Over time, these ***positive*** phrases ***will dominate*** negative beliefs, ***physically*** rewiring the brain

when repeated correctly and consistently.

(Refer studies on Neuroplasticity)

STRESS

ANXIETY

DEPRESSOIN



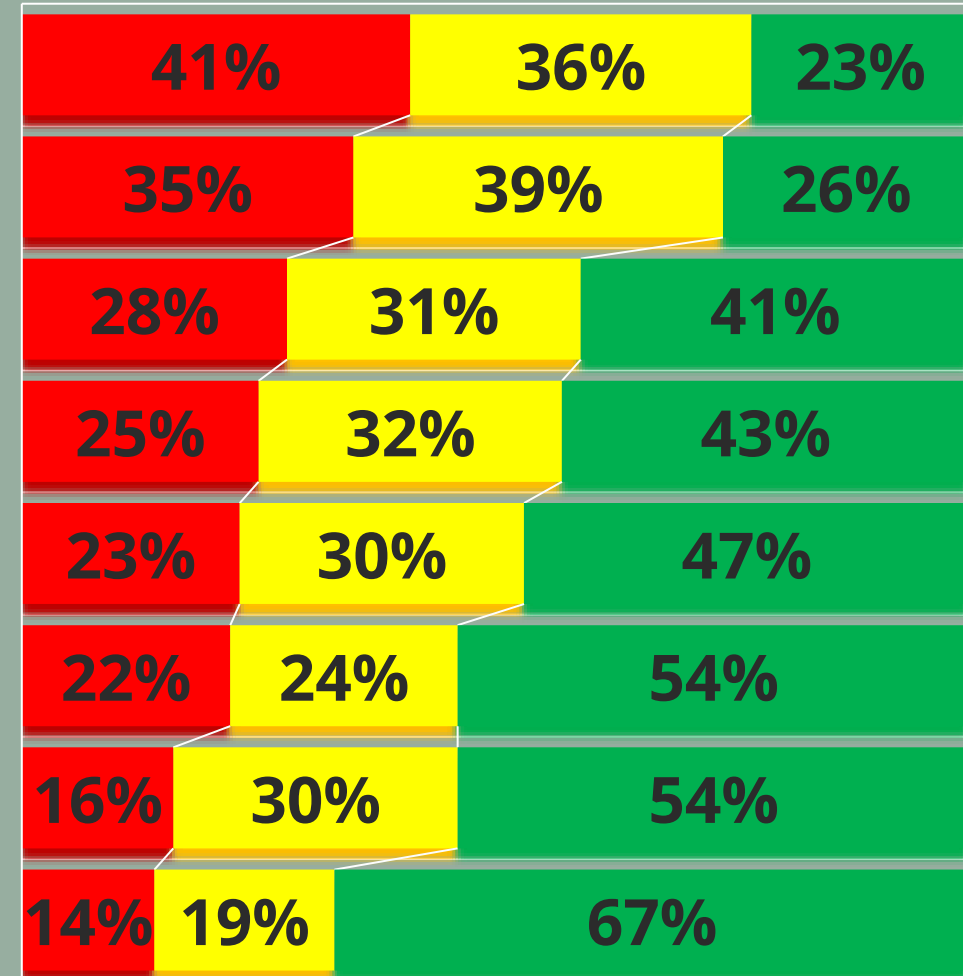
Mental health tops the list of parental concerns

■ Extremely/Very

■ Somewhat

■ Not too/Not at all

Struggling with anxiety or depression
Being Bullied
Being kidnapped or abducted
Getting beaten up or attacked
Having problems with drugs or alcohol
Getting shot
Getting or making pregnant
Getting in trouble with the police



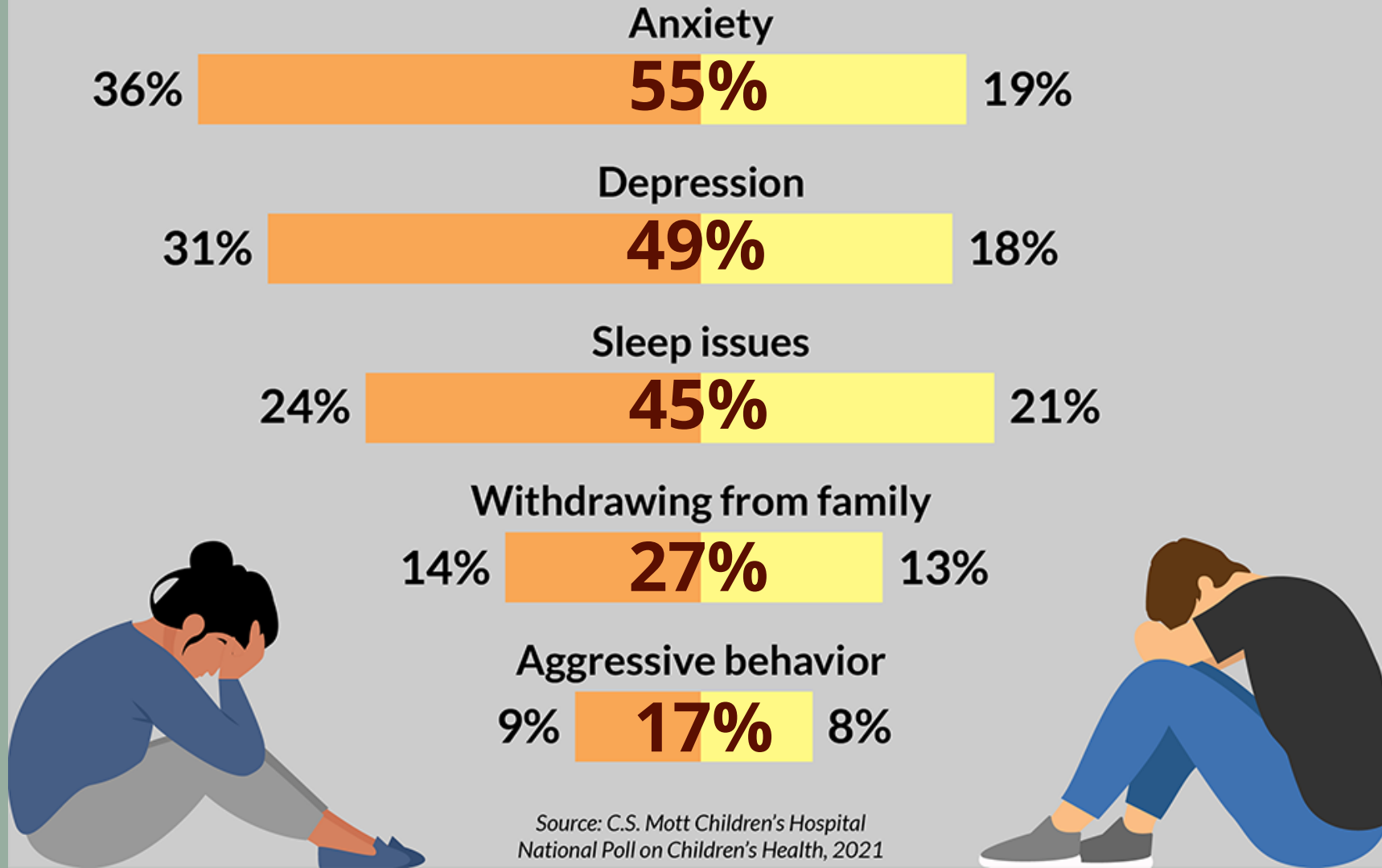
PEW Research Center 2022.

Effects of the pandemic on teen mental health

Percent of parents noticing a new problem or worsening of an existing problem

Teen girls

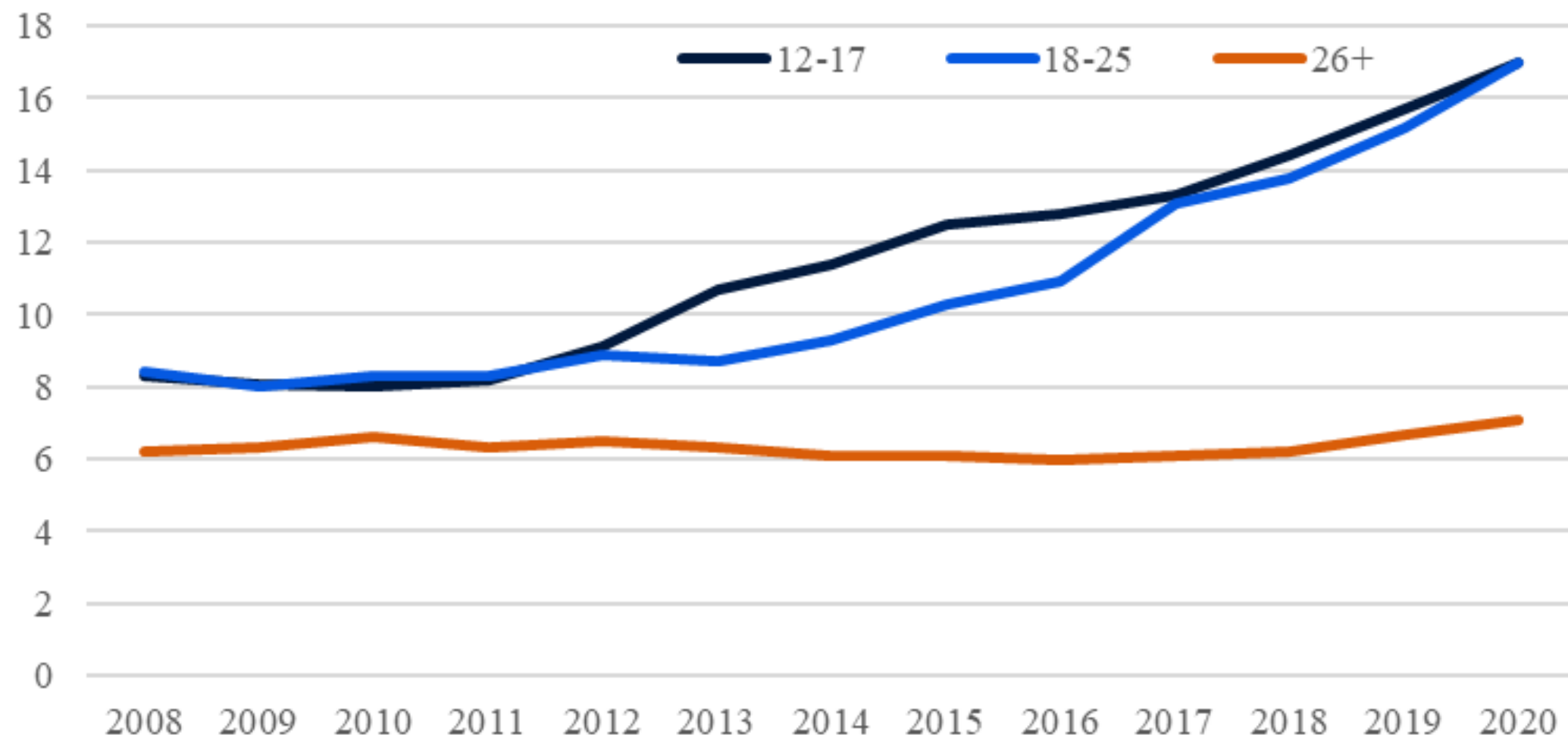
Teen boys



Source: C.S. Mott Children's Hospital
National Poll on Children's Health, 2021

Figure 1. Percent of the population with a major depressive episode in the past year by age, 2008-2020

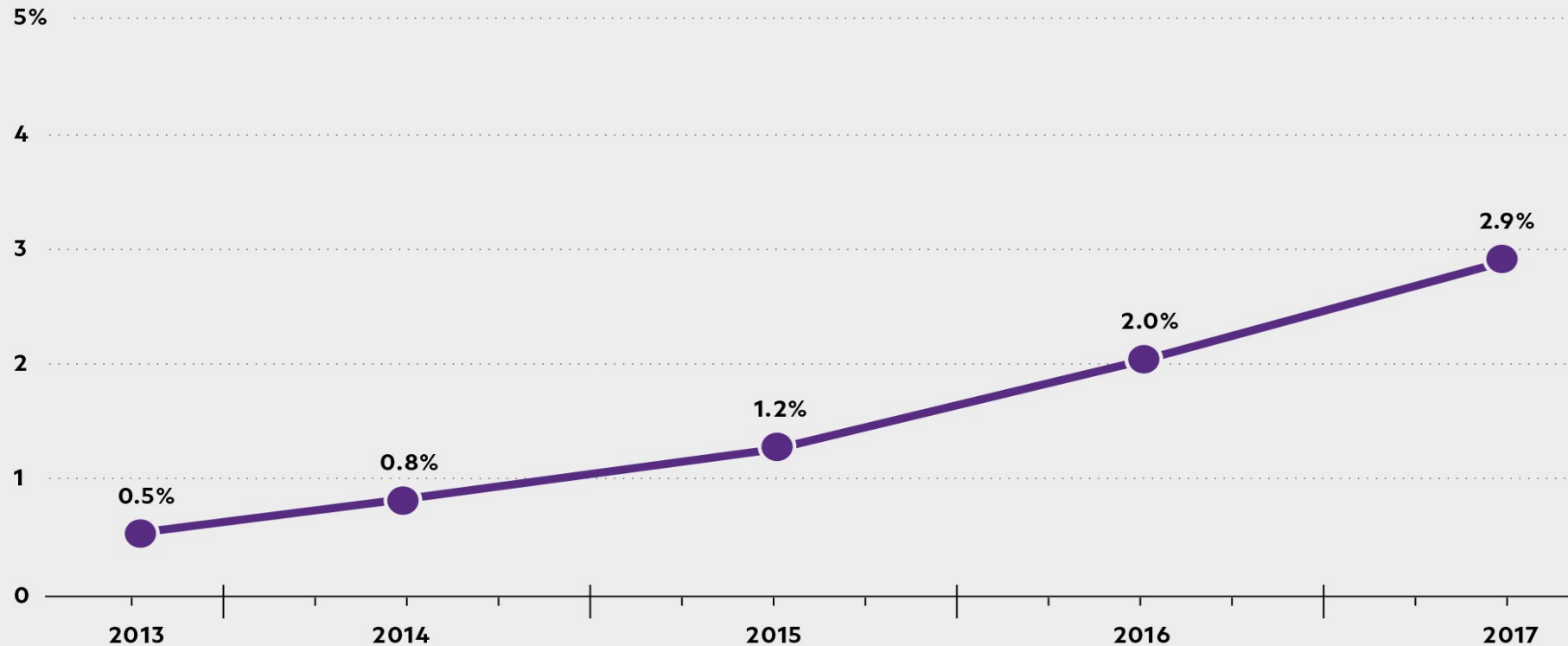
Percent



Source: Substance Abuse and Mental Health Services Administration

Percent of pediatric patients prescribed an **anti-anxiety or anti-depressant prescription** has grown over the last 5 years

Percent of pediatric patients prescribed1 an antianxiety or anti-depressant or anti-anxiety for anxiety2,



Source: athenahealth

Sample: 350,000+ visits each week to 12,000 providers in practices on the athenahealth network since 2014

Conclusion

Children need help from their parents

Parents need a tool to help their children

Children are experiencing high level of distress, anxiety, depression

SleepTalk is proven to be effective even after extreme trauma and even in untreatable psychological disorders

Consultants are needed to help parents restore their children's emotional and mental balance



Források:

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11. Wikipedia (2011) Black Saturday Bushfires. http://en.wikipedia.org/wiki/Black_Saturday_bushfires (last accessed August, 2011).



Further Information:
www.gouldingconsultants.training

Working on a better future