



*The Goulding Institute*

## Profile: Joane Goulding

Joane is an engaging international keynote speaker who has delivered papers at conferences around the world discussing the Goulding Process – SleepTalk® for Children concept; and training parents and professional in its techniques. She offers health professionals and parents a safe, ethical solution in assisting children to deal with their issues, thus creating a happy, calm and stress-free home environment. The Goulding SleepTalk® process is about developing a child's emotional resilience, the mind's firewall. It addresses the importance of 'emotional hugs'. The process is endorsed by members of the hypnotherapy, counselling, medical and psychological professions.

Until 2001, Joane (in conjunction with her late husband Jim Goulding), were Directors of a Registered Training Organization (RTO), the Australian Academy of Hypnotic Science (AAHS) now known as the Academy of Hypnotic Science (AHS). Joane is the author of numerous accredited training qualifications which specialise in the biopsychosocial aspect of stress management and emotional development. Her professional qualifications span the areas of clinical hypnotherapy, educational, supervision, training and psycho-nutrition. She has received peer recognition for outstanding lifetime contributions to her profession.

Joane was honored to be a member of the Yarra Valley Practitioners Project (YVPP) 2009 – 2012. During this time she assisted members of the community affected by the Black Saturday Victorian bushfires in 2009. This volunteer group of professionals worked with parents to assist children who had experienced major trauma. Joane worked with many Primary Schools in the area. She is a person who genuinely cares about the people she works with.

As the creator and author of the Goulding process, Joane delights in the successes those families all over the world experience when they practice this technique.

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