

Our Sleep Consultant Programs

Course Outline



Our Approach

We are about being respectful. We respect that parents are doing the best they can. We respect that infants and children have emotional and biological needs. We respect the bond that needs to be nurtured between parent and child. We also respect how vital sleep is in supporting all these needs.

Consultants trained with us are educated in all sleep training methodologies and gain an understanding of how to adapt tailoring solutions that meet parents where they're at and don't compromise on their parenting values.

We are the world's first provider in a consultancy program that focuses on attachment theory.



International Recognition

Our internationally approved program is evidence-based and research led. Comprising of coursework and supervision of practicum work, delivered by online learning. Move through our 16 modules at your own pace. You can start at any time.

Is English your second language? Prefer to write or conduct your consults in your native language? Not a problem. Ask us how we can still support you to complete your certification.

Founded in Australia in 2015, we accept enrolments in all countries where sleep consultants operate. We have representation in over 25 countries.



Program pathways

We have two pathways to sleep consulting; the **standard program** and the **Advanced**. The Advanced program includes every component from the standard, plus some additional modules. The Advanced program is also the program to choose if you are seeking personalized, individual mentoring support.

Read on to discover the range of topics and learning outcomes....



The Sensitive Approach to sleep consulting

- Identify the principles of how to approach sleep consulting in a sensitive manner, whereby the client's views are always respected.
- Identify the emotional wellbeing issues surrounding infant and child behaviour and parental bonds relating to sleep issues.
- Stress effect.
- Psychological Views on emotion regulation & How do these approaches translate to sleep training.
- Concept of need for boundaries (mental and physical) that help kids feel secure (it's a big world out there) and how to get creative with finding boundary-solutions for families.
- **Consulting Skills** - Apply skills of active listening and empathy in consultations with clients, and demonstrate ability to guide clients to identifying their issues and solutions.
- Coping strategies for parents dealing with sleep deprivation.



Science of sleep

Our program will prepare you to identify the physiological and psychological science around how humans sleep.

Identify the difference in sleep cycles for adults and infants.

Cultural sleep habits.

Provide education on benefits of sleep.

Safe Sleep.

Reasons for waking.

Newborn & pre birth sleep.

Identify common behaviours, environments and activities that have been proven in psychological science to improve sleep health.

Apply knowledge to incorporate sleep hygiene into a sleep plan suitable for an infant and child.

How to adapt for families that room-share or co sleep.



Sleep Disorders

Understand the array of sleep disorders in children and adults.

Identify which disorders are appropriate for consultants to work with and which ones should be referred on to other professionals.

Conduct a holistic assessment of client's concerns.

Learn best practice methods for addressing disorders.



Bonding / Attachment

World-first program that centers its approach from the perspective of relationship between parent and child.

Identify and apply the fundamental ideas of evolutionary theory of attachment (as a psychological construct)

Apply methodology of Attachment Parenting sleep habits and incorporate positive parenting views to developing a sleep plan approach.

Techniques & Methods

Age appropriate routines for sleeping.

Identify methodology of all sleep training methods.

Tailor and adapt sensitive and gentle concepts considerate of bonding.

Apply knowledge of sleep training methods and how to determine which methods are appropriate for a wide range of situations, child temperaments, parenting styles, etc.



Self Soothing vs. Self Settling

Understand the Science of self regulation...

The only sleep consultant program to effectively explain the difference between Self Soothing vs. Self Settling from a psychological and physiological scientific perspective.

Co-sleeping

Our program is the first of its kind to support sleep consulting on co-sleeping / bed-sharing clients. Learn how to improve sleep for parents and children who feel the co-sleeping arrangement is the best choice for them. We support co-sleepers or solo sleepers! Learn the benefits and challenges with both choices.



Developmental Milestones impacting sleep

How developmental milestones impact on sleep. What is normal and how to manage.

Understand certain development milestones that you shouldn't sleep train through.

Dealing with behavioural issues such as delay tactics, fighting sleep, fear of missing out.

Toddler Tactics. Learn the tricks to working with clever toddlers.

Troubleshooting Early Rising and catnapping.

Minimising night terrors.



Sleep Training

Sleep Training is the well-known phrase that nowadays is interchangeable for the wide range of methods used to help address sleep problems.

At the Institute of Sensitive Sleep Consulting, Sleep Training is not a rigid process.

Our approach is holistic.

Our approach is scientific. Evidence-informed methodology.

Our approach is considerate. We value being respectful to child and parent.



What methods will I learn?

Put simply, all of them.

Yes our focus is on sensitivity, however, we feel it is important that consultants are educated on all types of sleep training methods to understand and appreciate the science behind them, to be able to make informed, unbiased selections for recommendations.

Our approach is to teach consultants how to tailor any method to be respectful of the bond between parent and child.



Siblings and Multiples

Balancing multiple children's needs within the family dynamic.

Working on multiple cases in the same household.

Best practice for safe sleep for twins who co-share.

Every child is treated as an individual case.



Special Needs

We touch on working with children with special conditions such as Down Syndrome and Autism.

We also offer a separate specialized program dedicated to working with ADHD Sleep issues that you may be interested in completing after your certification.



The Business of Sleep Consulting

Professional report writing: Identify and present relevant information to be included in a report for client use and referrals to medical professionals.

Issues around inflexible plans.

How to structure a consultation.

Review a real-life recorded consultation.

Materials to include in your consults.

Case studies discussed with peers

Setting up your own private consultancy including safe practices and suggested policies.

Working with the flexibility of phone/video consulting or in-home visiting.

Tutorial from our Social Media Marketing expert and Sleep Consultant working in the industry.
One-to-one support offered.



Assessment and Support

Join our private online support group for peer discussions.

Receive individual mentoring by phone/video with our Co-Supervisor.

(Standard program includes one full private session. Advanced program includes ten full private sessions.)

Your questions answered directly by our expert team including personally by the Founder.

To complete your certification you will submit:

- (1) **Attachment Parenting Essay.** (1000 words).
- (2) **Online Exam.** (open book, multiple choice, multiple attempts)
- (3) **Client Summary Report.** (1000 words) (working with 8 practice clients) and client evaluations online.

Don't stress – flexible learning, you set the pace.



Advanced Program

We offer this new stream of our program to cater to students who wish to experience training to the fullest. Our standard program stream offers our respected approach to sleep consulting as an affordable and accessible option to gaining your certification. This option would suit students who enjoy working at their own pace independently. However, for students who prefer a more intimate learning approach with a high level of one-on-one mentoring and expanding on their skillset, we offer the Advanced (Intensive) stream.

Read on to learn about the additions of the Advanced Program. Remember, students in the Advanced stream will also partake in everything from the standard course as described in the pages prior.



Advancing your skills

As an Advanced Sensitive Sleep Consultant, you will be able to use further insights into connecting with your client to be able to provide a thorough assessment of their needs.

Partake in a practical guided activity to demonstrate how to get your client to open up more so you can work out the best method for their problem.

Gain insight into how to personally apply effective communication.

A real life practice consultation is dissected as we examine the comparison of our prior assumptions and knowledge versus the outcome of the consultation.



Working with older children

The Advanced stream caters for working with children of all ages from zero to pre-teens.

Gaining an understanding of the management of Behavioural Insomnia in children - whilst promoting consultants to look for the "why" in behaviour



Parenting perspective

Understanding Parenting approaches and learning styles - how consultants may need to adjust their approach to effectively engage the parent in formulating the interventions

Bonding and perinatal depression - Building on from our knowledge of attachment in the standard program, we further examine perinatal depression and attachment to child in pregnancy. We look at the link to this and post birth relationship with child as well as links to postnatal depression. Our qualified psychological researcher provides a Systematic review of the scientific research.



Build your Business Confidence

Consultant Confidence: a psychological approach to your business mindset and working on your own self worth as a professional... an Aha! Moment for growing your business.

Interviews with successful business leaders in the sleep consulting industry across the globe.

Lessons learned in clinical practice such as exploring conflicting values and goals: getting to the core of why parents can fail at any sleep training and how to help them align with their values .

Self reflective practice: why do it and how to do it effectively.



Ready to enrol?

We'd love to welcome you soon!!

Enrolment is open world wide, 24/7. There are no set intake periods as learning is self-paced, you start at anytime, with immediate access.

Join here: <https://institute-of-sensitive-sleep-consulting.learnworlds.com/>

Looking for our payment plan option?

<https://www.instituteofsensitivesleep.com/paymentplan>

