



Insights- Neuroplasticity And The Process.

The definition of Neuroplasticity is ‘the ability of the brain to form and reorganise synaptic connections, especially in response to learning or experience or following injury’. It used to be believed that the actual structure of the brain was fixed and unchanging. Those born with brain limitations, or those who sustained brain damage, would be limited or damaged for life. And since the brain could not change, human nature was also ‘hardwired’.

However, a number of scientists at the frontiers of brain science discovered, in the 1960s and 70s, that this was not so. They discovered that the brain changes its structure with each different activity it performs; it is constantly refining its circuits and even reallocating certain functions from damaged parts to undamaged parts. Brain cells that die can be replaced and even basic reflexes can change or develop. They also discovered that our thinking, learning and acting can turn our genes on or off, meaning that we are not restricted to our genetic inheritance.

These truly marvellous insights into the brain have unleashed all sorts of potential healing, and they explain why the Goulding SleepTalk® Process works so well. The Goulding Process requires a parent or caregiver to lovingly repeat certain useful, empowering statements to the sleeping child. Repetition is the key because as these statements are repeated each night over a sustained period of time, the messages entering the child’s subconscious mind begin to alter the child’s beliefs and even trigger actual changes in the structure of the brain.

Fear, insecurity, anxiety and even trauma can be gently ‘undone’ and replaced with positive ideas. This is why the Goulding SleepTalk® Process has been called ‘the two-minute gift with changes that last a lifetime’. Just two minutes of loving messages from the parent or caregiver will build in the child confidence and the capacity for emotional resilience. These are tools that every child needs to deal with a challenging world.

The changes that occur in the child’s mindset result in less anxiety, more confidence, a positive self-image, and the ability to deal with everyday events with greater poise and effectiveness. Those real-life changes reflect actual changes in the wiring and structure of the brain.

The Brain That Changes Itself by Norman Doidge, describes the science of Neuroplasticity and gives multiple inspiring examples from actual case studies. It was while reading this book that I understood what we had achieved through developing the SleepTalk® Process: I realised that while my daughter Michelle’s physical brain had been damaged, her unconscious mind was continuing to learn and absorb information from her environment. This was why she responded so positively to the encouraging messages we gave her while she slept. By repeating these positive messages, we were continually reactivating certain pathways in her brain, and eventually her self-image and behaviour had to respond.