



Sleep Counselling Training

Sleep Action is a division of Capella. Capella Charity is a registered charity (SC027560) and company limited by guarantee (SC182935).
Registered office in Scotland: 60 Ravenscroft Street, EH17 8QW.



Thriving through **healthy sleep**
Formerly Sleep Scotland



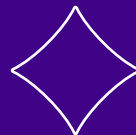
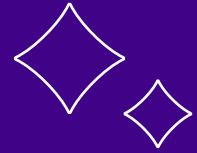
Thriving through healthy sleep.

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About us

Founded in 1998, Sleep Action is the UK's oldest sleep charity and leading provider of sleep support, training, and resources.

We focus on long-lasting positive change by providing practical advice and strategies based on the latest scientific understanding of healthy sleep, delivered through tailored, non-judgemental, empathetic approaches.





Sleep Training

Our training is based on the success of our tried and tested, cognitive and behavioural strategies.

For 25 years, we have helped thousands of individuals improve their sleep through our work with professionals and families because we believe everyone can thrive through healthy sleep.

Sleep Action provides a range of high-quality, dynamic training courses to enable professionals from Education, Health, Social Work or the Voluntary Sector to develop their understanding of sleep processes and problems.



Sleep Action website:
sleepaction.org



Two-tier Sleep Service



Sleep Action recommends a two-tier model in order to deliver an effective & efficient service.

Tier 1 - Sleep Support Workers

A generalised group undergo the Sleep Awareness training programme. As Sleep Support Workers, they'll be trained to provide sleep interventions for typically developing children and young people.

Tier 2 - Sleep Counsellors

A specialised group within your team undergo Sleep Counselling training to provide in-depth assistance for complex sleep problems experienced by individuals with additional support needs, implementing practical, evidence-based interventions to support and improve sleep.

A two-tier approach ensures that service users can access the appropriate level of support required while allowing for adequate caseload management in your service. This two-tier system is used by Sleep Action's Scottish Sleep Support Line.

This model can be implemented through commissioned training or, on a smaller scale, through individuals attending open Sleep Counselling and Sleep Awareness courses. Contact us discuss commissioning training:



Sleep Action contact:
training@sleepaction.org

Sleep Counsellors

Sleep Action-trained Sleep Counsellors are professionals working in health, social work, education, or charities.

What do they do?

Sleep Counsellors work with families and individuals over a series of sessions to create sleep plans that are tailored to the individual's situation and needs.

The aim of the sleep intervention is to promote improved sleep patterns.

Our Sleep Counsellors are trained to deliver specific, tried and tested behavioural and cognitive techniques which adapt the individual's day and night-time behaviours.

Where do they work?

Sleep Action-trained Sleep Counsellors are professionals working in health, social work, education, or charities. This includes social workers, doctors, health visitors, psychologists, teachers, specialist nurses, youth workers, residential workers, and occupational therapists.

What's involved?

Sleep Counsellors commit to running a Sleep Clinic in conjunction with Sleep Action, which is free at the point of access, providing a sleep counselling service for a minimum of 2.5 hours per fortnight.



Sleep Training

Sleep Action has trained hundreds of Sleep Counsellors across the UK and Ireland.

Our in-depth training equips participants with the skills and resources necessary to set up and run a sleep counselling service through a blended approach of self-led modules, interactive sessions, and ongoing support.

Training Structure

Sleep Counsellor

- ◆ 20 hours of self-led learning
- ◆ Three online sessions with our lecturers
- ◆ 8-10 weeks of self-directed activity within your workplace – during which time participants begin a sleep support case study with one of their service users
- ◆ A final online workshop designed to be a peer discussion on the case study experiences.

Sleep Support Worker

- (Sleep Awareness)
- ◆ 2 hours self-led learning/reading
 - ◆ Two online sessions with our lecturers split across two days, lasting approximately 7 hours
 - ◆ Lectures, exercises and online testing





Expert Lecturers

Sleep Action prides itself on providing training led by some of the UK's foremost sleep experts.

Our training is delivered by experienced Sleep Counsellors with expertise in a range of fields, including:

- ◆ Sleep research
- ◆ GP training & education
- ◆ Paediatrics
- ◆ Respiratory & sleep medicine
- ◆ Medical & mental health
- ◆ Neuroscience & biopsychology
- ◆ Education

Sleep Action Lecturers come from a range of backgrounds which include nurses and specialist nursing roles, paediatricians, specialist health visitors, project and social workers, educational visitors, therapists, GPs, consultants, cognitive behaviour therapists, and occupational therapists.

Sleep Training Pricing



Training course



Sleep Awareness



Sleep Counselling

Cost per delegate

£320

£1069/£959*

Train one get one**

15% off

10% off

Train Sleep Support Workers to provide advice for:

Families, carers, typically developing children & young people under-18

Referring more complex cases to a fully trained Sleep Counsellor

Train Sleep Counsellors to run a Sleep Clinic for:

Children & young people under 18 with additional support needs

OR

Adults with additional complex needs

*Scotland only. **Open courses listed above only, excludes CPD & special courses. Applies to second delegate, max two discounted delegates. Ends March 31, 2024.

We endeavour to provide you with the most up-to-date information, Sleep Action reserves the right to amend prices and availability due to errors or omissions without notice. Prices are correct at the time of publication but may be subject to change.

Open courses:

Sleep Action regularly runs open training courses for Sleep Counselling and Sleep Awareness throughout the year. Visit sleepaction.org for details of upcoming dates.

Commissioned courses:

Want to run a course just for your team either online or in your local area for groups of up to 12 for Sleep Counselling or 15 for Sleep Awareness? Email training@sleepaction.org to learn more about commissioning training.

As a charity, Sleep Action's priority is not profit.

We prioritise improving lives through affordable services. Training funds boost our Sleep Support Line, Training, and other initiatives for better sleep in the UK and Ireland.

Training Testimonials



Here's what previously trained Sleep Counsellors say about our us:

"I can't wait to get started. Thank you for enabling and teaching me. I feel confident to change the sleeping habits of our future generations."

"Very different examples of case studies given, enjoyed learning about different sleep counsellors' ideas and how we would implement strategies to help the families in the case studies."

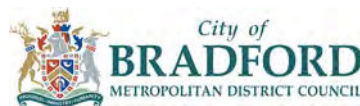
"I have become more confident in my role. I understand the content more. Parents are responding and they feel engaged in what I am saying."

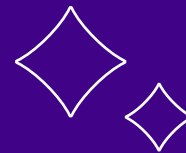
"There was a good mix of case studies to discuss with a variety of conditions and problems. I like that we worked together in small teams as different people brought different perspectives."

"The subject itself is so interesting and it helped to reinforce the knowledge to have an expert talk through the information.

I felt it was a supportive learning environment. Case study examples were very relevant and easily translated into real-life scenarios that we are experiencing in our daily working lives."

Who have we trained?





Thriving through
healthy sleep.

sleepaction.org

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