

# ABOUT THE AUTHOR

## Dr. Caron B. Goode



*The Professional Side:* **DR. CARON B. GOODE** is a nationally certified and licensed professional counselor and psychotherapist, the author of 10 published books and over 300 parenting and coaching articles published in newspapers and on the Internet. She draws her insights from fifteen years of psychotherapy practice and thirty years in other fields of education, psychology, wellness and spirituality. Her two most recent books are *The Art & Science of Coaching Parents* (2007) and *Help Kids Cope with Stress and Trauma* (2006). In addition, she authored *Nurture Your Child's Gift* (2000), published by Beyond Words, now on Simon & Schuster's backlist.

- ✓ Goode's entrepreneurial success is the Academy for Coaching Parents International, LLC ([www.AcademyforCoachingParents.com](http://www.AcademyforCoachingParents.com)) that provides training and certification for seasoned parents and professionals to operate Parent Coaching businesses.
- ✓ Her expertise has made her a frequent media expert and her work has appeared in Colorado Parent, Convergence, The Joyful Child, Energy, Black Family Digest, and Better Homes and Gardens, Calgary Child, Dallas Child, North Texas Kids, The Edge and more
- ✓ She is a parenting expert on over a dozen major parenting sites including SheKnows.com and ClubMom.com.
- ✓ Her Parent Coaching column goes out monthly to 40 parenting newspapers and several web sites within the United States, Canada and Australia and web sites like Children of the New Earth.
- ✓ Caron is a professional member of the National Counseling Association, the American Counseling Association, the American Psychotherapy Association, the Association of Transpersonal Psychology and The Institute of Noetic Sciences. She serves as a Board Member for the Alliance for Transforming the Lives of Children and *Inspired Parenting* magazine, based in Los Angeles.

- ✓ Caron and her husband, Tom Goode, ND, also manage the International Breath Institute (IBI), an educational and training organization that offers health and lifestyle management information, seminars and certification. The couple founded IBI in 1991 to provide holistic instruction, products and services to proactive, health-conscious individuals.
- ✓ Both Tom and Caron have co-written, published, and sold the following numerous IBI-sponsored e-books. Their websites are:  
[www.inspiredparenting.net](http://www.inspiredparenting.net), [www.InternationalBreathInstitute.com](http://www.InternationalBreathInstitute.com) and [www.academyforcoachingparents.com](http://www.academyforcoachingparents.com).

### **On a More Personal Note**

In 1983, Goode was completing her doctorate in counseling psychology and also experiencing *spiritual emergence*, as Dr. Stan Grof coined the term. That is, Goode experienced three out-of-body experiences within the same year, witnessed by others in the room. The result of the spiritual experiences was the development of clairvoyance, clairsentience, and clairauidience. At the advice of a psychiatrist well versed in the upcoming psychological studies of spiritual emergences, Goode started using the gifts for the benefits of others, providing spiritual coaching for parenting, illness, accepting death, finding inner peace, and building relationships and medical intuition.

Through the ensuing twenty-five years, Goode has studied and actively experienced various forms of consciousness. Her interests are wide reaching and include Shiatsu massage, Macrobiotic philosophy, hands-on-healing, and various meditation approaches and styles. She has studied shamanism with South American curandero, Don Eduardo Calderon through the Four Winds Foundation and served as a psychological consultant for the NE MUFON organization, conducting hypnoses for those who believed in UFOs.

Throughout all of this experience, her private practice grew into serving clients, primarily moms and children, or sensitive men and women, who were in tune with other-dimensional spaces.

None were crazy; all understood real physical reality, and all were functional members of families. Only years later, as science supported knowing, intuition and spirituality would Goode understand that her specialty seemed to be working with the intuitive people, and that there is a biochemical basis for intuition. Regular people can have dissociative experiences without breaking down. Instead, they break through to exhibit exceptional capabilities. Today, in fact, intuition is recognized finally as a way to establish, enhance and further spiritual connection and communication.