

The HANDLE[®] Approach to Neurodiversity

HANDLE Introductory and Basics Course (Level 1-2)

Course Description

"I am seriously impressed. This work touches the nerve of virtually everything taking place in our current cultural crisis of childhood."
- Joseph Chilton Pearce, author: *Magical Child*, & other books

The combined Introductory and Basics course delves into the foundations upon which the HANDLE philosophy and clinical services stand and the application of these concepts to daily function at home, at work, at school, and in the community. These concepts are further explored in relation to neurodevelopmental systems in the unique, interdependent hierarchy envisioned by Judith Bluestone, originator of HANDLE.

These neurodevelopmental systems are taught in relation to normal and disrupted development, normal and disrupted system functions, and interaction between systems. The course explores how irregularities in neurodevelopmental systems relate to perplexing behaviors and dysfunction and offers activities, strategies and compensations to reduce stress and improve function.

Eleven activities are explored in detail, focusing on application for different ages, capabilities, developmental stages and needs.



Course Content:

- Understanding the HANDLE principles and their application
- Discovering root causes of challenging behaviors and learning difficulties
- Creating a new understanding of the senses and motor functions
- Learning to notice signs of stress and intervene before the consequences manifest
- Understanding and interpreting learning, social and behavioral challenges
- Exploring the neurodevelopmental systems - the building blocks of learning and achievement
- Discovering the elements of learning – such as the numerous systemic influences on writing
- Learning how to positively enhance learning without overwhelm
- Learning how neurodevelopmental systems develop, affect and support each other
- Discovering how our quality of life and abilities are affected by internal and external environment
- Understanding how nutrition and good health enhance our abilities
- Learning about Gentle Enhancement[®] and the meaning of innocent assault
- The science of how stress affects learning and quality of life

HANDLE Activities for enhancing learning and human potential

- Learn 11 HANDLE Activities.
- Explore a wide range of variations and applications for each of the activities.
- See examples of HANDLE in action.

Most often stated feedback following HANDLE courses: *"Everyone should know this!"*