



Penny and Mary

Introduction to **HANDLE**, Level 1

**HANDLE**®

**How does it help life and learning be easier?**

**Course Information Pack**

**Level 1, one day, 9:00am-5:30pm**

**Visit our website for dates, location and registration fees.**

**Who's invited:**

Anyone who wants to enhance their own potential, experience life with less stress and more ease. And those who support individuals of all ages including: parents, caregivers, family, support workers, educators, therapists and clinicians.

**: Educating You :**

During the course, tasks/activities are highlighted - at school, work, home and at play - that are challenging for some children and adults, too; new insight is presented about the root causes of neurodevelopmental and learning challenges.

**: Inspiring You :**

We share stories of hope and help from our clinical experiences with hundreds of people. See yourself and others' individual differences from a new interactive model.

**: Empowering You :**

The course offers you - parents, teachers, and therapists - tools and confidence to support development, learning and participation within the home, school, care and community.

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I love how the course focuses on building the foundation and gets to the reason for the behaviour, not just a compensatory strategy for dealing with the behaviour. It also has the developmental model and this is the component I am missing in my practice as an SLP and RDI practitioner. Wonderful program! As a parent of a child with ASD and a SLP, I see this information as essential for any parent and practitioner of children with special needs.

Daphne Brindle,  
MS CCC SLP. Seattle, USA.

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*Judith Bluestone,  
founder of HANDLE*

### **What is HANDLE?**

HANDLE® (Holistic Approach to NeuroDevelopment and Learning Efficiency) is an effective, non-drug, respectful, movement-based therapy. The HANDLE approach incorporates research and techniques from medicine, rehabilitation, psychology, education and nutrition. HANDLE is for people of all ages who experience obstacles to functioning in life and learning. Read more here: <http://compassionate-therapy.net.au/what-is-handle/> or visit [www.handle.org](http://www.handle.org)



### **Instructor:**

Mary E. Robson,  
Certified HANDLE Practitioner and Instructor

Mary Robson is the Co-Director of Compassionate Therapy and Training Centre based in Castlemaine, VIC. Mary earned a Bachelor's Degree in Health Sciences from Boston University and a Teaching Credential from Dominican College. She achieved certification as a Practitioner and Instructor from The HANDLE Institute in 2002, where she studied and worked side by side with the founder, Judith Bluestone, for over five years. She is currently the Asia Pacific Regional Education Director and Board President for The HANDLE Institute. In her career she has worked with well over a thousand individuals and families in group home, educational, and clinical settings, in several countries worldwide.

## Level 1

Open to all, prerequisite for Level 2.

**Course Objectives** are to foster in participants the ability to:

- Begin to view neurodevelopment from a new model of interactive and interdependent functioning, a model which enables a nonjudgmental approach to individual differences.
- Be able to recognise subtle signs of stress, in order to individualise task challenges appropriately
- Understand how social and academic behaviours and developmental histories provide information about neurodevelopmental dysfunctions
- Become familiar with an array of HANDLE activities that may be used with groups or one-on-one to enhance learning and functioning at any age



### **Learning Outcomes:**

- The foundations of the HANDLE approach
  - Considers internal and external environments
  - Incorporates knowledge from many disciplines
  - Provides a set of guiding principles rather than a specific technique
  - Values the way respect influences learning; embodies non judgement
  - Views behaviours as communication
  - Understands that neuroplasticity is a life-long process
  - Recognises the importance of patterned organised movement
  - Takes into account nutrition and how one's internal environment affects it
  - Addresses all forms of learning: academic, language, motor, social, etc.
  - Acknowledges the value of mental rehearsal
  - Employs Gentle Enhancement® in evaluation sessions and treatment alike: services and trainings
- **Six HANDLE activities to enhance learning and functioning, and how to adapt them to varying abilities and situations**