

A One-Day Introduction to the HANDLE® Approach

Holistic Approach to NeuroDevelopment & Learning Efficiency



A course for families, professionals and people interested in learning more about the underlying reasons for learning issues and difficulties.

This course is a hands-on, interactive introduction to HANDLE and how this unique, comprehensive and simple approach can help people understand the root causes of neurodevelopmental differences including: **Autism, ADHD, dyslexia, dyspraxia, brain injury, language delay, Tourette's Syndrome, behavioural difficulties and more**

It offers an effective, holistic and non-drug approach for all ages. You will learn fun and inexpensive therapeutic activities that can be used at home, school or work.

To find out more see www.handle.org & www.pennclinic.co.uk

The course will include:

- Understanding the HANDLE principles
- Behaviours as communication
- Paying attention
- Learning to notice signs of stress and what to do
- How nutrition and good health enhance our abilities
- How to positively enhance learning without overwhelm
- How our ability to learn and our quality of life are affected by internal and external environment
- HANDLE Activities including Crazy Straw

9.00 – 5.00 £115 including refreshments (£90 early bird, payment by August 1st) Place: David Lloyd, Hatfield AL10 9AX	Saturday 24 th Sept 2016	Caroline Penn DO MSc, FSCC, PHI Osteopath & HANDLE Practitioner Alex Bidlake-Corser DO M Ost Osteopath
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To book a place email: info@pennclinic.co.uk or phone 01707 274148
Please send cheques to: The Penn Clinic, 40 Crawford Road, Hatfield, Herts. AL10 0PE or email for details for payment by bank transfer.

Caroline Penn DO, MSc FSCC, PHI writes:

HANDLE has opened many avenues in my work. Even after 35 years of clinical practise as an osteopath, there was more to discover. The depth of understanding that HANDLE brings is truly mind-blowing. I see patients of all ages with puzzling problems that have baffled conventional and complementary professionals alike. HANDLE, with the joint endeavour of the HANDLE Practitioner and the client, can develop an understanding of the issues that enable a means for change to emerge. People with all manner of symptoms have come for this approach such as trigeminal neuralgia, headache, disorientation, poor concentration, vision and hearing problems, balance, dizziness, poor memory, seizures, chronic fatigue and postural issues including scoliosis and hypermobility, neurological issues including head injury and Parkinson's disease. As a busy professional the fact that the patient does the work at home is an absolute joy, meaning that the intervals between sessions are longer than with osteopathy alone. I value immensely the insight that HANDLE brings to my work.

Comments about the course from previous participants:

'I gained further understanding about HANDLE and further understanding about myself! I really enjoyed experiencing other feelings after doing the activities. The instruction was very clear with everyone being well looked after too.'

'Clear and interactive with useful examples of how to use the activities.'

'I really enjoyed the informality of the course and Caroline's knowledge & experience.'

'I now better understand HANDLE and the cause of the problems we experience and how to better support autism & sensory behaviours.'

'Very informative and easy to ask questions. Easy to see how it can be used practically with my own child straight away. Lovely atmosphere.'

THE PENN CLINIC



Osteopathy and Complementary Medicine

www.pennclinic.co.uk

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