

# 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-medicine 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](http://www.handle.org) & [www.pennclinic.co.uk](http://www.pennclinic.co.uk)

On the course the principles of the HANDLE approach will be explained.

You will learn about

- Understanding Behaviours such as fidgeting, thumb sucking, aggression
- Why are we distracted or have trouble paying attention
- Why stress prevents learning
- The things inside and outside our body that affect learning and quality of life
- HANDLE Activities including Crazy Straw

9.00 – 5.00 Date TBA (a Saturday in Jan/Feb 2018)

**£90** Professionals - including refreshments

**OFFER: PARENTS: £70**

Book **two places for the price of one**

Place: Hatfield TBA

Caroline Penn DO MSc,  
FSCC, PHI Osteopath &  
HANDLE Practitioner

To book a place email: [caroline@pennclinic.co.uk](mailto:caroline@pennclinic.co.uk) or phone 01707 274148

Caroline Penn DO, MSc FSCC, PHI: HANDLE engages with children and adults whilst allowing them to be themselves; we begin to understand what their systems need to develop optimally by observing their behaviours.

The simplest of observations can offer huge amounts of information – such as the child who fidgets, walks on their toes, can't hold a pencil or tie shoe laces, has difficulty focussing, can't find things, can't get to sleep, falls out of bed, bumps into people & things, speaks loudly. All of these are valuable clues which guide us to choose activities to help fragmented neurodevelopmental systems.

Children and adults whose symptoms require frequent visits to a healthcare professional may benefit. This includes problems such as headaches, backache, hypermobility chronic fatigue, poor sleep, tinnitus, dizziness, balance issues & scoliosis.

**IF YOU KNOW SOMEONE WHO MIGHT BENEFIT PLEASE PASS ON THIS FLYER**

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

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