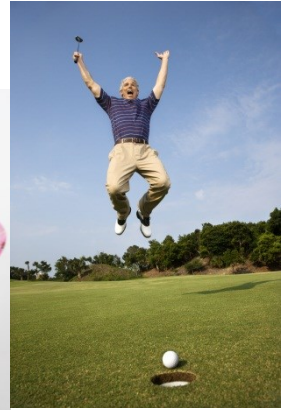


A One-Day Introduction to the HANDLE® Approach

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 & 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 Sunday 25th March 2018

£90 Professionals - including refreshments

OFFER: PARENTS: £70

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

Place: Hatfield The Penn Clinic

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

To book a place email: 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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