

Help for families sorting out issues of

- Perplexing Behaviours
- Language Delays
- Organisational Problems
- Sleep Disorders
- Disorders Deemed Psychological in Nature
- Maximising Learning Potential
- Work Efficiency
- Social Interactions

Help for individuals diagnosed with

- Attention Deficit Disorder/ Hyperactivity
- Learning Disabilities, including Dyslexia
- Tourette's Syndrome
- Brain Injury, Stroke, Cerebral Palsy
- Autistic Spectrum Disorders
- Bipolar Disorder and Depression
- Obsessive Compulsive Disorder
- CHARGE and other rare Syndromes
- Down's Syndrome

#### How HANDLE® has benefited others:

##### **M GAZIN, TRAUMATIC BRAIN INJURY SURVIVOR:**

*"Before I was evaluated by HANDLE, I felt as though I were a square peg being put through a round hole. . . Typically, my difficulties were viewed as psychological in nature.*

*HANDLE was the 'interpreter,' and provided me with the key and the pathway toward becoming functional again."*

##### **S W, OF HER 5 YEAR OLD AUTISTIC SON (AT HIS 1ST REVIEW):**

*"I think his whole life is easier. HANDLE helps children be like other children."*

##### **T. B., Young man with Tourette 's Syndrome**

*Recently rated tics as 3/10, "Best in 17 yrs".*

*"Slowly but surely developing into myself, a person, my own identity. " I am " happy in myself".*

#### FOR MORE INFORMATION CONTACT:

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# The HANDLE® Approach

**HOLISTIC  
APPROACH  
to  
NEURODEVELOPMENT  
and  
LEARNING  
EFFICIENCY**

An effective, non-drug  
alternative for  
diagnosing & treating  
most neurodevelopmental  
differences across  
the life span

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## HANDLE perspective

HANDLE acknowledges labels and diagnoses as a form of shorthand to describe clusters of symptomatic behaviours. The HANDLE® approach goes beyond labels, to the root cause of the disordered behaviours and offers families effective, non-drug methods to promote efficient neurological functioning and learning.

Just as no two fingerprints are alike, so also no two people have the same arrangement of pathways that carry messages to, within, and from their brains. That is, each of us acquires slightly different neurodevelopmental patterns. Many children and adults who experience difficulties in learning, task performance, or social interaction have neurodevelopmental differences that interfere with processing. When the systems that support vision or the sense of position in space, for example, are not strong enough, then reading, maths, general organisation and efficiency may suffer. Trauma may further complicate matters.

The HANDLE® approach, developed by Judith Bluestone from more than 35 years of diagnosing and treating neurodevelopmental differences, is unique. It is truly developmental in nature, treating problems at their roots, rather than merely providing short-term solutions or compensatory techniques. Its goal is to help each client achieve functional outcomes.

HANDLE® incorporates research and techniques from many disciplines. It includes principles and perspectives from medicine, rehabilitation, psychology, education and nutrition. It is founded on an interactive, developmental model of human functioning. It relies on certain facts, among them:

- The nervous system is designed to adapt continuously, and the types of stimulation we receive influence the patterns in our brains.
- Movement reflects our neural organisation, and provides stimulation to our systems.

- The nervous system, especially its weak parts, responds to overwhelming stimulation by stress, and stressed systems shut down.

There is a unity to the senses. Irregularities in one area may resonate symptomatically

## Can you benefit from HANDLE®

HANDLE® has helped thousands of people of every age. The vast majority of those following HANDLE® programs have achieved significant results without drugs or expensive equipment.