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## Soon to be released

The audio version of  
*The Fabric of  
AUTISM*,

Now you can listen to  
Judith's Bluestone's  
acclaimed book on  
CD.

A perfect gift for the  
holidays!

Watch for the price  
and ordering details  
on the website or call  
the Institute at  
206-204-6000..

## Traumatic Brain Injury Study Published

Results of the independent research conducted by Dr. David Lewis of the University of Washington and Harborview Medical Center in Seattle, published in the July 2006 issue of the *Journal of Neuroimaging*, demonstrated improved brain activation in all five adults studied. Brain scans of the subjects, between 4 – 23 years after traumatic brain injury, all first demonstrated positive change in the hindbrain, especially the cerebellum and cerebellar vermis, with improved brain functions obvious in frontal areas of the brain within approximately 7 months after the subjects began their HANDLE<sup>®</sup> activity programs.

As would be expected, given the increasing knowledge about the importance of the cerebellum in attention, perception, memory and other functions as well as motor coordination, the subjects all also reported functional improvements ranging from improved vision, hearing, attention and problem solving to decreased pain and enhanced energy.

This study supports several of HANDLE's basic premises: neuroplasticity is a life-long process; the nervous systems, including the brain, respond to Gentle Enhancement<sup>®</sup> therapy; and through the interactive workings of the body-brain-mind-spirit, healing occurs with the brain restructuring itself in a manner that defies prediction. Hopefully, this study will spur interest in additional research in how HANDLE helps individuals with many different disorders to become more functional and to have more integrated brains, without reliance on psychotropic medication.

This impressive scientific support for HANDLE can be viewed or downloaded at:  
<http://www.blackwellsynergy.com/doi/abs/10.1111/j.1552-6569.2006.00034.x>

A limited number of copies are available from the HANDLE Institute office, for \$5.00 for each copy plus shipping costs.

For a more in-depth analysis read *The Purkinje Symphony* by Elizabeth Sage.

## **HANDLE Activity Coach Certification Program Launched in India**

As a part of the first Indo-US Conference on Autism organized by Tamana Association of India and the National Institute of Child Health and Human Development of the USA, in partnership with Indo U.S. Science and Technology Forum and co sponsored by Geraldine Dawson, Director of the University of Washington Autism Center, Judith Bluestone launched the Activity Coach training program for Autism Spectrum Disorders. Participants who demonstrate competency in explaining and teaching the activities in *The Fabric of Autism*, employing Gentle Enhancement<sup>®</sup> and a non-judgmental approach, can earn certification as HANDLE Activity Coaches for ASD. With guidance from the course curriculum, information from *The Fabric of Autism* and an understanding of some powerful HANDLE activities, ASD Activity Coaches have the tools they need to reduce stress and begin to strengthen systems that are compromised by the unique way autism expresses itself in each individual. This two day intensive is an exciting addition to the HANDLE training program.



**It was quite a sight! Hundreds of people skull tapping in India**

### **Welcome to the first 35 Certified HANDLE ASD Activity Coaches in the world!**

The response in India was overwhelming. Well over 200 people attended the training. With only one half day and two Practitioners to certify competency, participation in the certification section of the workshop was unfortunately limited to only 35 participants. One of the highlights of the conference was a meeting with Dr.A.P.J. Abdul Kalam, the President of the Republic of India. As a teacher and researcher, Dr. Kalam is keenly interested in autism research and dedicated to bringing relief to people with autism in India. Judith presented him with an inscribed copy of *The Fabric of Autism*, which he looks forward to reading.

Keep your eye on the HANDLE providers' web page to find ASD Activity Coaches in your area.  
New Activity Coach courses will be announced on the Calendar of Events page.  
Contact the Institute if you want to sponsor a training event in your area.

# The Churkendoose Project

A Nonprofit to Support HANDLE-Related Educational and Clinical Activities

In late 2004, Sindy Wilkinson, Carolyn Nuyens and Marlene Suliteanu began the steps to create The Churkendoose Project, a nonprofit organization to support HANDLE (programs, projects, courses, etc.). More than a year later their efforts came to fruition and TCP is now a federally designated 501(c)(3) corporation chartered to route funds to other nonprofit organizations for approved projects that assist individuals with neurodevelopmental challenges.

TCP's mission is to provide information to the general public about the unique challenges faced by people with neurodevelopmental differences, to provide information about therapies that gently enhance neurodevelopment and learning efficiency, to promote research and professional interest in these therapies, and to provide financial assistance to people who cannot afford therapy or individuals who cannot afford training.

Now the hard work of writing the operational policies and procedures needs to begin so we can fulfill our vital mission.

We encourage you to invite those individuals who you think would be qualified to take the work of The Churkendoose Project to the next level. If you would prefer, the current Board will make the contact for you. Please send any names, inquiries or requests for applications to [csnuyens@comcast.net](mailto:csnuyens@comcast.net).

To be eligible to serve on the Board of the Churkendoose Project candidates must be:

- Over the age of 21 with at least a high school diploma and no criminal history
- Directly or indirectly concerned about individuals with neurodevelopmental issues in either a professional or personal capacity.
- Committed to the Project's mission
- Supportive of non-invasive, non drug therapy approaches to treating neurodevelopmental irregularities
- Willing and able to donate their time, as Board members are not paid
- Able to communicate via email, and conference call, and able to travel for occasion for in person meetings

Each candidate will complete an application for consideration. In the application the candidate will describe their interest neurodevelopmental problems, the skills and attributes they see themselves bringing to the Board, their understanding of the mission of the Churkendoose Project and their vision of its application.

We are proud to announce that we have already received a grant for \$10,000.

You can send tax-deductible contributions to

The Churkendoose Project

c/o Carolyn Nuyens, PO Box 429, Forest Knolls, California 94933

# HANDLE Screenings in our schools

In the last newsletter, we mentioned HANDLE Screener Nancy Wenzel's outcome study in Texas at Shady Oaks School. Here is the update from Nancy:

Back in October 2005, before we started, the Kindergarten teacher kept shaking her head and saying she thought it was about time to retire, that this class was going to be the death of her. Nancy screened the students and HANDLE programs were incorporated into the school day. By Thanksgiving, the teacher was singing an entirely different tune. She couldn't believe how things had turned around; June (the lead teacher) said that she loved being able to tap the children's heads, for a couple of reasons. One, the children loved it, and would just flop back in her lap, totally relaxed, and let her tap away. But she also felt that a closeness developed between them that was as important as the job the tapping was accomplishing. June is convinced that the HANDLE activities made a huge difference, and has continued the program in the 2006-07 school



At the same time that Valerie MacLean was taking her Intermediate training in Atlanta she was making arrangements to open The Phoenix Alternative Learning Centre in Peterborough, Ontario. She envisioned an alternative learning environment specializing in neurodevelopment for children and adults. HANDLE has become the cornerstone of the school. A HANDLE Screening is a part of intake for all students. Students can elect to do their activities at school or at home. Students are screened at the beginning and end of each school year. For more information go to her website at <http://www.phoenixalternative.com/>

Becky Blake, a parent and special educator, has been involved with HANDLE since 1996. Although she is not a certified screener she has taken several HANDLE classes. She reports about her preschool classroom: The growth and improvement we see in our students is remarkable! We start our day at circle time, drinking water with our silly straws and face and skull tapping. We use HANDLE activities throughout the day. We have a very happy calm classroom. So much happens with our students in such a little time, and our parents and our students are all very grateful.

A note from Certified HANDLE Screener Tamara McEachern of Canada:

I had screened an 8-year-old boy. He came to me at the end of June and was a very angry, yet brilliant, little boy. We worked out ways to reduce the stress and defiance of this little boy so that he would actually attempt to participate in his HANDLE program. In the middle of the first day of school this year, I got a call from a mom whose daughter is in this little boy's class. In the 15 minutes, before and after school, she had noticed some major differences in this boy. It made such a dramatic impression on her that she found the HANDLE website, called the Institute, got my number and called me looking for help with her own daughter... It really was very encouraging for me to learn that a complete 'outsider' had noted the differences.

# HANDLE Around the World

With 8 Practitioners, 27 Interns, and 30 Certified HANDLE Screeners interest in the HANDLE approach continues to grow in Europe. A recent Introductory Course in the south of London included participants from Slovenia, Slovakia, and the Czech Republic. The Introductory Course held in Sligo, Ireland, with 102 participants, was the largest Intro Course ever! Intern Kevin McQueen sponsored an Introductory Course in Scotland, which included participants from the Congo and Rwanda.

As certified HANDLE supervisors Sean Williams, Susan Haverty, and Bryn Regan help Cathy Stingley keep up with the interest in HANDLE training. Sean and Susan are also certified to teach the Introductory course. Sean travels to Switzerland and The Netherlands. He and Bryn will also be working in Slovenia soon. Susan provides services in Australia, as well as the UK. Jana Kohutova, HANDLE Intern, has traveled to the Czech Republic and Slovakia to give public presentations in her native language. Rosemarie Mason, Certified HANDLE Practitioner, gives public presentations and provides Screenings in Ireland.

Marianne Wagner, from Olympia, WA, taught two Introductory courses in German in Switzerland, where there now are one practitioner, three interns and six screeners.

There are now two certified Screeners in Canada, Tamara McEachern and Valerie MacLean. Valerie was invited as a special guest to speak about HANDLE at two round table discussions hosted by the Ministry of Social Services in the Turk and Caicos. One of these events took place on the island of Providenciales (Provo), and the other on the island of Grand Turk. Valerie generated a lot of interest in applying HANDLE screening and treatment in the schools in this tropical republic.

Anticipation and excitement are growing as we approach the upcoming First World-Wide Affiliate Gathering, hosted by the European Affiliates in London in February 2007. Any HANDLE affiliate who has not yet registered can get more information by contacting Linda Salisbury at [m\\_salisbury@yahoo.com](mailto:m_salisbury@yahoo.com). Don't miss this opportunity to meet with practitioners from around the globe and to hear our illustrious keynote speaker!

## HANDLE Mentioned at U.N. Conference

The Emerson Family had their daughter Hannah, who suffered from Autism, evaluated by Judith Bluestone. You may have read about Hannah and her family in TIME Magazine's cover story on Autism (May 15, 2006). In August, the Emersons were asked to contribute to a conference at the United Nations entitled, "Building Partnerships Beyond Borders" Given by the New York State Occupational Therapy Association. Bob and Kathleen were on the panel discussing "Partnering with Families: Serving the Child Through Productive Parent/Professional Partnership." While presenting Hannah's current intervention, the HANDLE approach was explained and cited as an excellent model of families and clinicians working together with mutual respect.

## On the Cutting Edge of Neuroscience

Over the past twenty years, scientific research continues to emerge to prove the insights that Judith Bluestone has incorporated into the HANDLE Approach. It is becoming ever more evident that HANDLE truly is on the cutting edge of applied neuroscience! *One of the more recent examples of this phenomenon relates to Judith's statement that the sound waves from ultrasound cause discomfort to fetuses, stressing them and potentially disrupting their development.*

### Dangers of Ultrasound

New Haven, Conn. (Reported by Jacqueline Weaver) -- The prolonged and frequent use of ultrasound on pregnant mice causes brain abnormalities in the developing mouse fetus, Yale School of Medicine researchers report August 7 in the Proceedings of the National Academy of Sciences. Proper migration of neurons during development is essential for normal development of the cerebral cortex and its function," said Pasko Rakic, M.D., chair of the Department of Neurobiology and senior author of the study. "We have observed that a small but significant number of neurons in the mouse embryonic brain do not migrate to their proper positions in the cerebral cortex following prolonged and frequent exposure to ultrasound." Neurons in mammals multiply early in fetal development and then migrate to their final destinations following an inside-to-outside sequence. The destination defines the neurons' connectivity and function. It has been reported earlier by others that abnormal cortical function may result when this process is grossly altered by genetic or environmental factors such as alcohol and drugs. Further research is planned for non-human primates, to see if a similar effect is occurring in the developing larger brains, which are more similar to humans. For more information on this study go to:

[http://www.naturalchild.org/research/yale\\_ultrasound.html](http://www.naturalchild.org/research/yale_ultrasound.html),

[http://www.abc.net.au/science/news/health/HealthRepublsh\\_1709159.htm](http://www.abc.net.au/science/news/health/HealthRepublsh_1709159.htm)