



The HANDLE[®] Institute

in union with The HANDLE Institute International, LLC

Enhancing human capability through a **H**olistic Approach to Neuro**D**evelopment and Learning **E**fficiency

An Introduction to HANDLE[®]

The HANDLE[®] Institute provides effective non-drug evaluation and treatment for individuals with neurodevelopmental disorders. Founded by Judith Bluestone as a non-profit organization in 1994, the Institute offers clinical services, community information, and professional training programs based on a **H**olistic Approach to Neuro**D**evelopment and Learning **E**fficiency (HANDLE). Certified Practitioners of HANDLE have helped thousands of clients of all ages, and with a range of neurodevelopmental issues, through its unique perspective and treatment methods.

The labels of ADD, Autism, Dyslexia, Hyperactivity, Tourette's Syndrome, and countless other dysfunctions and disorders have become increasingly applied to both children and adults. While individuals diagnosed with these dysfunctions are often treated with medication and other traditional therapies, HANDLE looks beyond the superficial labels and addresses the root causes of disordered behaviors, offering effective, gentle, non-drug methods of promoting efficient neurological functioning and learning.

HANDLE begins with a "systems" view of the body and mind through which human behaviors can be seen as expressions of the functioning of the various parts of the body—especially of the nervous systems and the brain. These systems interact with each other dynamically, and when one is stressed or disabled, another may reflect the stress, like eyestrain causing a headache. The particular pattern of irregularities in a person's systems can manifest itself in a range of dysfunctional behaviors. Through analysis, we can discern systems that need strengthening or protection, at which point we can strengthen these weak systems to reduce symptomatic behaviors.

HANDLE utilizes a holistic perspective, assessing numerous interdependent body-mind influences within each individual as they respond to a vast array of elements within their environment. This approach acknowledges the possible causal roles of chemicals, allergens, nutritional deficits, and toxins of any kind. HANDLE also considers environmental influences such as sound and light, as well as lifestyle factors, such as TV viewing and video game playing.

Because the brain and nervous systems continually change in response to stimulation, disorders are usually reversible. Independent research conducted by the University of Washington has found notable improvement in individuals suffering from Traumatic Brain Injury, even when HANDLE therapy has been initiated many years after the injury has occurred.

HANDLE is a set of guiding principles rather than a rigid list of activities or techniques. It is a paradigm that is unified by applied neuroscience deduced from developmental behavior, including evidence that the body organizes the brain, and not the other way around. Incorporating practices from many related disciplines, all HANDLE Practitioners carefully assess individuals and develop personalized home-implemented programs that gently and effectively move people of all ages from dysfunction to function.

The HANDLE[®] Institute International, LLC

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