

The Foundations of HANDLE®

Holistic

- HANDLE is a systems approach including but not limited to the central nervous system, autonomic nervous system, immune system, digestive system, visual system, family system, and more.
- HANDLE incorporates information on how the external environment and an individual's internal make-up influence one another
- HANDLE theories and practices incorporate knowledge from many disciplines.
- HANDLE realizes that nothing stands alone.

Approach

- HANDLE addresses the client, regardless of age or presumed abilities.
- HANDLE takes into account social-emotional factors in addition to physical developmental stages to provide activities that strengthen the nervous system while respecting the psyche.
- HANDLE views behaviors as communication rather than as symptoms to be masked or controlled.
- HANDLE understands that standardization is simply a construct, not compatible with reality and not validating of individual differences.
- HANDLE employs Gentle Enhancement™ in evaluation sessions and treatment alike.

Neuro Development

- HANDLE works with the knowledge that neuroplasticity is a life-long process, with the nervous systems (including the brain) in a constant state of adaptation
- HANDLE realizes the importance of developmental history and future aspirations as influences on current behaviors.
- HANDLE recognizes that movement, supported by proper nutrition:
 - Organizes mental processing
 - Influences the body's biochemistry
 - Helps mold the actual structure of the brain

Learning

- HANDLE addresses all forms of learning: academic, language, motor, social...
- HANDLE employs mental rehearsal therapeutically and, by way of mental rehearsal, may modify familial traits through home-implemented programs

Efficiency

- HANDLE understands that stressed systems do not get stronger.
- HANDLE encourages conservation of our natural resources to improve well-being
- HANDLE employs Gentle Enhancement in evaluation sessions and treatment alike.

HANDLE employs nonjudgmental observational assessment and in-depth interviews to develop a Neurodevelopmental Profile instead of determining a score and providing a label. From the profile, understanding emerges of the root causes of the presenting concerns. From this basis, an individualized program is designed to enhance function. Groups may also use HANDLE programs designed according to their setting and needs.