

Freeing Potential

A unique approach to mental, physical and behavioral life and learning issues

HANDLE® Intensive Levels 1 & 2
Open to All



What is getting in the way of being healthy and happy?
What is keeping many of us from reaching our fullest potential?

Discover effective tools for freeing the energy necessary to learn, engage and enjoy life.

April 12-14, 2024

Friday 6:00 – 8:30 PM

Level 1 Saturday 9 AM-5:30 PM

Level 2 Sunday 9 AM – 2 PM

Barre, Vermont

Sliding Scale: \$250-\$400

Friday Night only \$10-\$20

(Individuals who complete the whole course will receive a certificate which may be applicable for continuing ed)

Space is limited

Advanced Registration Required

413-528-0477 or efrisha@sover.net

**Holistic
Approach to
Neuro
Development and
Learning
Efficiency**

This 16-hour course teaches the Foundations and Applications of HANDLE through the lens of **an array of life and learning challenges, affecting young children to elderly**. Follow founder Judith Bluestone's process to develop theories on Attention and Autism and begin to see behaviors as communication with new "HANDLE eyes".

Discover the interconnected relationship of nutrition, neurophysiology, healthy movement and more. Students will learn unique HANDLE activities and will explore how the activities can be applied and adapted to support individuals with a wide range of ages, sensitivities, and challenges. **No one is too old for HANDLE.**

HANDLE is a unique, gentle, non-drug movement therapy that is beneficial for individuals of all ages and abilities.

Level 1 offers an overview of the HANDLE paradigm, and Gentle Enhancement® including instruction in some unique HANDLE activities.

Level 2 builds upon the Level 1 with an in-depth look at sensory processing systems. Students learn more activities and different applications for a variety of presenting concerns.

Elizabeth Frishkoff, MSW, Certified HANDLE Practitioner and Instructor, has been working with the HANDLE Approach for 25 years in clinical, school and home-based settings. From preschool students to nursing home residents, she serves clients with a wide range of life and learning challenges.



For more information on The HANDLE Institute, and for links to qualified HANDLE providers worldwide visit:
www.handle.org or call 206-909-6028