

ACBH Child and Young Adult System of Care is pleased to offer a FREE training on the:

H.A.N.D.L.E method of Neurodevelopment; **Introductory Course, Levels I&II**

April 29-April 30, 2019 (two-day training)

9am – 5:00 pm, each day

(Sign in begins at 8:30 am; Training starts promptly at 9am)

2000 Embarcadero Cove, Oakland CA 94061

Audience: Alameda County BHCS Staff, it's contracted CBO's and MHP providers, parents interested in limited employment opportunity to provide HANDLE services in school.

Description: HANDLE, a **H**olistic **A**pproach to **N**euro **D**evelopment and **L**earning **E**fficiency, addresses the building blocks of neurodevelopmental systems that pave the way for self-regulation, attention and mental health. Through the lens of the HANDLE paradigm this workshop will look beyond labels such as ADD/ADHD, Autism Spectrum Disorders, and ODD, OCD, Anxiety, at underlying causes that lead to emotional, attention, learning & behavior difficulties. HANDLE does not teach coping mechanisms. It improves brain function, which ultimately reduces or eliminates the underlying neurodevelopmental problems contributing to emotional and behavioral symptoms. This workshop will assist clinicians in their practice a systems approach to individual functioning and the ability to have efficient and healthy relationships with self and others.

Trainer(s): **Sindy Wilkinson, M.Ed, LMFT** is the Director of Enhanced Learning and Growth Center in Walnut Creek and Behavioral Health Clinician II at Eden/Valley Children's Services in Alameda County Behavioral Health. She specializes in helping children and teens who struggle with emotional, learning, attention and behavior difficulties and their families to function with greater ease, be happier and navigate the myriad of unique issues they face. Sindy has held certifications as a practitioner, supervisor and instructor of the distinctive HANDLE® approach for 17 years.

Learning Objectives – at the end of the training, participants should be able to:

1. Identify the meaning of each letter of HANDLE
2. Discuss the HANDLE paradigm as a systems approach to understanding underlying causes of emotional, attention, and behavioral difficulties
3. Identify at least 3 neurodevelopmental systems and the functional effects of weaknesses in those systems.
4. Demonstrate at least 5 activities that strengthen neurodevelopmental systems.
5. Define "Gentle Enhancement" and list 7 changes indicating nervous system stress.
6. Name at least one application of this paradigm to the participant's clinical practices.

Food: Please pack a healthy meal for each day. There are very limited options that are expensive nearby.

If you have a reasonable accommodation request, or grievance regarding a BHCS training, go to: <http://www.acbhcs.org/training-calendar/>

REGISTRATION:

Please email Catherine Franck
Catherine.Franck@acgov.org.

Be sure to include your: NAME, EMAIL, Organization, Job Title, and clinical lic. (if applicable).

In Subject Line: Include training Date and Title in Subject Line.

For other information about this training contact:
Catherine Franck, LCSW
(510) 667-7553

Continuing Education:

*This course meets the qualifications for **14 hours** of continuing education credit for **RNs** by the California Board of Registered Nurses, BRN Provider No. 12040; for California Foundation for Advancement of Addiction Professionals (**CFAAP**), Provider No. 4C-04-604-0618; and for **LMFTs, LCSWs, LPCCs, and/or LEPs** as required by the California Board of Behavioral Sciences. Alameda County Behavioral Health Care Services (ACBHCS) is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for the target audience of this training, CAMFT Provider No. 65749. ACBHCS maintains responsibility for this program/course and its content.*

CE Certificates will be sent to qualifying training participants via email within 30 days after the training.