

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

H.A.N.D.L.E Approach to Neurodevelopment; Introductory Course, Levels I&II

March 19 -20, 2019 (two-day training)

9am – 5:00pm, each day

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

Location: 14735 Juniper Street, San Leandro, CA 94579

(Building is behind James Madison Elementary School),

Audience: Alameda County BHCS Staff, its contracted CBO's and MHP providers.

Description: HANDLE, a Holistic Approach to Neuro Development and Learning Efficiency, 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. With the HANDLE approach, an individual's functioning and their ability to have efficient and healthy relationships with self and others can be improved.

Trainer: **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 at Alameda County Behavioral Health. 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: Lunch will be provided both days of the training, courtesy of ACBH Child and Young Adult System of Care.

For disability or reasonable accommodation requests for ACBH trainings, please contact the person listed on this flyer. To allow for arrangements to be made, please make request a minimum of five (5) business days prior to training.

REGISTRATION:

Please register online at:
<http://alameda.netkeepers.com>

For registration help contact:

Training.Unit@acgov.org

Ph: 510-567-8113

When emailing, include training Date and Title in Subject Line.

Registration deadline: Tuesday, March 12, 2019

For other information about this training contact:

Catherine Franck:

Catherine.franck@acgov.org

510-667-7553

Continuing Education:

*This course meets the qualifications for **13 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.