



## **Sleep Practitioner Training for the assessment and management of sleep issues**

As part of the Handsel Project's ongoing Sleep Initiative to tackle sleep deprivation in families of children with disabilities, we are offering a two-day Sleep Practitioner training workshop. The workshop will be an introduction to the principles of sleep assessment and management and will be especially useful to professionals new to this area of practice.

**Purpose of the training:** To provide a sound knowledge of sleep theory and equip professionals with the specialist skills to apply this to families of disabled children. The topics to be covered are:-

1. Mechanisms of typical sleep e.g. sleep phases and cycles
2. Different categories of sleep disorder commonly seen in disabled children
3. Partnership working with families of disabled children
4. How complex health needs associated with disabled children impact on sleep
5. Understanding the role of medication in tackling sleep disturbance
6. Preventing sleep problems and developing positive sleep habits
7. Assessing sleep problems using diaries and questionnaires
8. Understanding how different strategies for change work and knowing how to apply them

**Trainees:** The training is specifically designed for frontline health professionals who work with families of children with disabilities / special needs, including such Public Health Practitioners as Health Visitors, Community Children's Nurses and School Nurses. This is an opportunity to gain practical skills and develop best practice in sleep work with these families.

**In brief:** The Sleep Practitioner Training would provide delegates with a sound knowledge of the mechanisms of typical sleep and what can go wrong. The different types of sleep disorder which commonly affect children with disabilities will be covered in some detail. We will cover very thorough assessment tools which can be used with all children and we will explore creative strategies for helping children sleep better.

### **Cost:**

June 2013, London	£350 per delegate
October 2013, Birmingham	£330 per delegate

Price includes lunch and refreshments.

**Places are limited and therefore booking is essential.**

## The Facilitator

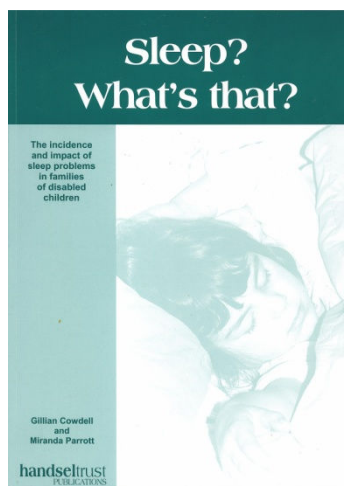
The training was designed and each two-day course is personally facilitated by Julie Sutton. Julie joined the Handsel Trust (now the Handsel Project) in 2008 with the specific role of developing and delivering sleep practitioner training. She is a learning disability nurse specialising in working with families of children with disabilities and is an experienced trainer. She has many years' experience of working with children and their families, both in England and Wales and abroad. Her experience includes five years as a Community Sister for children with learning disabilities.

## The Handsel Project

In 2006, recognising the significant numbers of families talking to us about sleep problems, we began our campaign to look at sleep and how families might be supported in this area. In 2007, we published ***Sleep? What's That?*** incorporating the results of our research into the extent and nature of sleep problems within families of children with disabilities. This research was the first of its type and remains the only work to reveal the full extent of sleep problems.

We have now been running sleep practitioner training courses all over the UK for three years. We also work to raise the profile of sleep issues for both practitioners who may be in a position to include sleep as an issue in their assessment processes; and also for parents and other family members who can then ask for support.

The Handsel Project is an independent community interest company established in 2011. Our aim is to promote the support of families of children with disabilities. The Handsel Project is continuing the work of the Handsel Trust which ran from 1999 to 2011.



Each delegate on the Sleep Practitioner training will receive a complimentary copy of ***Sleep? What's that?***