

Validation News

A Newsletter from the Validation Training Institute

Validation is a method of communicating with and helping disoriented very old people. It is a practical way of working that helps reduce stress, enhance dignity and increase happiness. Validation is built on an empathetic attitude and a holistic view of individuals.



Clinical Column

by Naomi Feil

Does psychiatric terminology apply to the very old human being in the final Resolution struggle of life?

Psychiatric Evaluation: Molly Thomas, age 85, is suffering from delusional symptoms. She is accusing her male caregiver of raping her. Her paranoid delusions often extend to the male physical therapist who sees her once each week, insisting that he is stealing her clothes. Her daughter claims that Mrs. T. has always been "extremely proper and puritanical," never mentioning sexual matters." I have prescribed Mellaril and distraction to dilute her delusional state.

Physical Diagnosis: Alzheimer's Dementia, Osteoarthritis, Vascular disturbance. Mrs. T. has complained of dizziness. Her caregiver claims that she is increasingly restless.

Validation Worker's report: I have been seeing Mrs. T. for one hour for the past three months. Since receiving Mellaril, an anti-psychotic medication, her accusations have increased.

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Social History: Molly T. is the oldest of three children. Her parents emigrated to the U.S. from Germany in 1936, when Mrs. T. was 6 years old. Mrs. T. cared for her two brothers while her mother worked in a shoe factory. Her father, according to Mrs. T., was very strict. She never dated, and was forced to marry at age 16 to a man 22 years older.

Current Situation: Her brother, Joseph, died two months ago. Her youngest brother lives 300 miles away and she never sees him. Since the medication has not helped, the psychiatrist has agreed to stop the medication while I tried Validation. Here is an example and a summary of our contacts and some of the Validation Techniques that I used during the past three months:

Mrs. T.: Did you see that hairy young man?

Validation Worker: (Using the Preferred Sense, Centering, and Empathizing with Mrs. T's fear) "What does he look like?"

Mrs. T.: He has big hands, and sometimes, he has no clothes on, and his "thing" is so big. (Her voice trembles with fear, as she gestures, describing the size of his penis.)

Validation Worker: (feeling Mrs. T's fear, establishing trust, rephrasing with empathy) "Is it that big?"

Mrs. T.: nods, her eyes fill with tears. They share a moment of silence. Mrs. T. takes the Validation worker's hands and cries, silently.

Each week, Mrs. T. shares her fears with the Validation worker, who listens with empathy and helps her express her anger and fear. The caregiver and physical therapist report, after three months of Validation, that Mrs. T.'s accusations have lessened. She often jokes with them calling them, "good boys after all."

Mrs. T. is not cured of her fear and anger at men, but her feelings have lessened considerably. She has not accused the men of hurting or robbing her for the past four months. I have taught her daughter the Validation techniques that have helped.

Validation Theory: When a very old person, who has lost clock time, returns to the past, and substitutes a person in present time, for someone in the past, they have entered the final "Resolution Struggle." We do not call this a "delusion," rather a struggle to resolve unfinished issues and express emotions that have been suppressed for a lifetime.

An important **Validation Principle:** "When deep feelings are expressed, and validated, the feelings subside and the old person is relieved." The very old person in this final Resolution Struggle is trying to heal. The Validation Worker may never know what happened to Mrs. T., but the worker does know that she never expressed her fear of sex and her anger at the man who hurt her. In old age, Mrs. T. is struggling to ease her hurt and pain in order to live and die in peace.

NEWS FROM THE EXECUTIVE DIRECTOR

Vicki de Klerk-Rubin

News from the Executive Director: Vicki de Klerk-Rubin

VTI is moving forward with its strategic plan to develop from a 'mom 'n pop' shop to a more professional, international organization.

You can read about our new Board members, who are infusing VTI with a new dynamic. On page 8 read about our successful fund raising campaign which raised over \$50,000 in order to hire a grant writer.

Now we are following through and hiring a person who can give VTI a solid financial base so we can continue our mission:

- supporting people certified in Validation
- creating new ways of Validation training
- maintaining quality standards in training
- spreading information about Validation
- creating more training centers around the world
- bringing Validation to more people

In doing so, we will be enhancing relationships and communication with people living with dementia and their caregivers.

We will continue moving forward, adding professional staff, refining what we now have in place, adding training centers and new programs.

As supporters of Validation and VTI, I thank you for your support and generosity.

Here's what you can do to help our mission:

- send us contacts to organizations that have expressed interest in Validation
- if you are certified in Validation: let us know if you would like to be on our list of Validation coaches
- if you are a certified Validation Teacher: let us know if you would like to be on our list of Validation speakers
- share posts on the VTI Facebook and LinkedIn pages – spread the love

With great enthusiasm for the future,
Vicki



Vicki de Klerk-Rubin, VTI
Executive Director

NEW VTI BOARD MEMBERS



Charles de Vilmorin is the CEO and co-founder of Linked Senior, Inc, the first cloud based dementia and therapy engagement software for the senior care market. The solution improves outcomes, client satisfaction and enables person centered life enrichment. His passion for seniors and the senior care industry started with his relationship with older members of his family and the thesis he wrote while attending Georgetown University: *“The Nursing Home Institution, a Foucauldian Paradigm.”*

Prior to Linked Senior, Charles served as director of Marketing at Trident Internet Systems, a DC based IT consulting and service firm. Back in Europe, he served as the Assistant to the Worldwide Financial Controller of the French consumer electronic goods company, Thomson Multimedia, (Parent company of

RCA and Technicolor in the US) He has also served as Assistant Product Manager of the Educational Line at Mattel. Inc in France.

Charles holds a Master's Degree in Communication, Culture and Technology from Georgetown University, a Master's Degree in International Management from Dauphine University, Paris and a BBA Hon's in European Management from Lancaster University UK.

Charles was first introduced to the Validation Method by Mrs. Rita Altman who has given him much guidance into the world of caring for the older adult living with dementia. He went through the online course to be a certified Validation Worker level 1 and loved the experience. The reason why he enjoys the Validation Method is that it rests on fundamental human values: respect and validation. In doing so, it helps anyone truly connect with someone else despite cognitive impairment and helps us enjoy life as fully as possible.



Kevin Carlin, MS, Principal and Chief Sales and Culture Officer- Meridian Senior Living is responsible for the strategic and operational leadership of Meridian's national sales, marketing, and culture development. He is the creator and owner of The WOW! Experience which is a registered Culture and Sales Training system currently used in the United States and China. In addition to driving sales and marketing programs, Mr. Carlin is responsible for branding, public relations, market research, and sales training.

Mr. Carlin brings two decades of experience in the Senior Living Industry as an owner operator, consultant, Executive Director, Regional Director of Operations, Divisional Director and Vice President for one of the largest Senior Living providers in the Country.

Mr. Carlin served on the Board of the Utah Assisted Living Association for 4 years and was involved in the rewrite of the Assisted Living Regulations that govern the industry in Utah today. He holds a Bachelor's Degree in Economics and German as well as a Master's Degree in Gerontology from the University of Utah. Mr. Carlin's professional affiliations include the Gerontological Society of America, American Society of Aging, and the Alzheimer's Association.

He first learned of Naomi Feil's Validation methods while studying at the University of Utah and has actively had Naomi teaching workshops for our caregivers all over the U.S and now in China for the past 7 years.

New Board Members Con't from pg. 4



WAYNE OLSON Wayne Olson serves as Executive Vice President of Healthcare Operations & Development and directs operations for all Volunteers of America National Services health care programs and has the responsibility for new development and strategic initiatives.

Prior to joining the organization in 1997, Mr. Olson served as regional director with the Evangelical Lutheran Good Samaritan Society, a national leader in long-term care. Mr. Olson has also served as district manager for operations at Good Neighbor Care Centers, a for-profit regional long-term care organization.

He received his bachelor's degree in long-term care administration from the University of Minnesota in 1979, and his master's in business administration from the University of St. Thomas in 1986.

Mr. Olson serves on the national Program for All-inclusive Care for the Elderly (PACE) Association board of directors and as chairman of the board for Aging Services of Minnesota. He previously served on the Government Services Committee and was chairman of the Payment for Services Committee. Mr. Olson has worked with various organizations in exploring technological applications for senior services.

EDUCATIONAL OPPORTUNITIES AND OTHER NEWS

New Development for Validation Teachers and AVOs

We've developed a new 'Modular Learning Curriculum' especially geared for training in nursing homes and other in-house learning situations. Many care facilities have the mission to maintain respectful, home-like residences for older adults. The caregivers, who work in their memory care units need to be trained to work 'person-centered', specialized in working with people who have various forms of dementia. This curriculum offers that in a flexible, economical way and still maintains VTI quality standards. It is an answer to an often expressed need from professionals and managers.

There are four 2-day modules; each is self-contained, meaning participants gain new skills with each module and could possibly stop after each one.

If a person completes all modules successfully, and demonstrates consistent practice of skills learned in between each module, he or she will be eligible for Level 1 Worker certification.

It is possible for there to be one year in between each module. Intervention or supervision between modules helps keep skills sharp and motivation high.

Participants are evaluated at the end of each module; successful evaluation leads to the award of an official diploma and entry to the next module.

The package includes:

- a curriculum with exercises
- power point slides
- video clips
- evaluation forms, instructions plus diplomas for each module
- materials, written exercises and handouts

The Price is \$500 for teachers and \$1,000 for AVOs.

For more information, download the brochure and contact: jana@vfvalidation.org

North American Validation Association Conference 2016

“Breaking Through the Barriers of Dementia Using the Validation Method”

The North American Validation Association (NAVA) leadership team invites all Validation Workers, Group Practitioners, Teachers, Masters, and AVO managers to join us for our annual conference:

Date: August 18-20, 2016

Location: First Neighborhood P.O.A.

31830 Village Center Road

Westlake Village, CA 91361 (USA)

Conference Schedule:

Thursday (8/18/16): Afternoon and evening NAVA meetings

Friday (8/19/16): 9am-5pm Certified Validation Teacher meetings

Saturday (8/20/16): **Strategic Challenges of Implementing Validation: An International Perspective.**

Everyone is invited to attend.

9am– 12:00pm - Presentations and panel discussion with Naomi Feil, Vicki de Klerk, and Validation Masters and Teachers (see invitation below)

1-3:30pm - Break Out Sessions

3:30-4:00pm - Break

4:00-5:00pm - Wrap Up, Summary, Question & Answer Time

Special Invitation for International Validation Workers, Group Practitioners, Teachers, Masters and AVO Managers

The NAVA leadership team welcomes you to **present a short summary of your cultural opportunities and challenges in implementing Validation.** Following your summary we will have a panel discussion about the information presented. We hope you will take part in this opportunity!

If you are interested in presenting, please contact James Day (President of NAVA) by email:

jamesdanielday@yahoo.com. You will present on Friday morning during the teacher meetings or Saturday morning in the general session.

New Course in Upper Austria

We are developing a new course called “Validation Assistant.” It is an intermediate course between the ground courses and the Level 1 Worker course. The course will consist of 64 hours learning time. Instead of teaching in a classroom we will teach in an elderly home. The course will take place in an elder’s home so that the teachers can point out how the Validation Worker is communicating with the elder in a validating manner.

Twenty four people have signed up to take the course. We will split them into 3 groups with 8 people in each group. We will teach them how to begin speaking with elderly disoriented people using day to day communication and an empathetic attitude based on Validation. By the end of the course, the student should have a validating attitude, can watch and give information to the Validation Worker or Group Leader to help support them, but not validate on the same level as a Certified Validation Worker.

This is a pilot project we will begin this year and finish at the end of 2017. There are many elderly homes that are interested in this form of learning Validation.

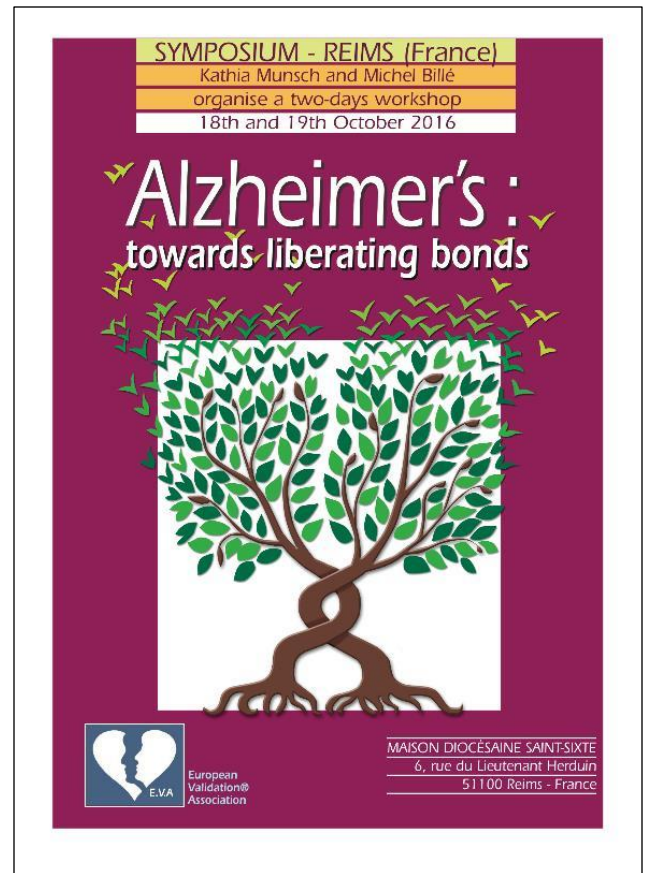
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European Validation Association Symposium in Reims, France 18, 19 October 2016

When it occurs, the disease—especially Alzheimer's—takes over all spheres of our lives: emotional, social, professional, family, and so on. It immobilized the sick person; it hinders their freedom of movement, relations and action. Too often, our medical and social answers appear to be just another constraint, based on protection and security. Placement continues to be used a lot! Our job is to try and find new ways of working, accompanying, caring which don't add constraint over constraint, but rather propose freedom in such difficult situations. We have to try and move from liberticidal ties to liberating bonds.

The European Validation Association, in collaboration with the *Institut de formations M&R* will hold its annual Symposium in Reims (France) on the 18th and 19th of October 2016. At this occasion specialists from different horizons, neuropsychologist, R.N., sociologist, philosopher and many more, will share their acute perspectives on the bond issues. We will also have the pleasure to listen to International Validation Masters and Teachers: Vicki de Klerk, Hedwig Neu, Wolfgang Hahl and Mathias Hergué.

All the talks will be translated in English, German and French. If you are interested and want more info, or if you want to register please visit the website www.vfvalidation.fr or contact Elodie: eva@vfvalidation.fr.



New Course for Family Caregivers

Family caregivers struggle every day to give their loved one the care he or she needs. Whether they are caring for a loved one at home or ensuring their good care in a facility, many of the same worries and problem situations arise. This training offers new ideas; new practical skills and promises to change the way family caregivers interact, communicate and maintain a loving, close relationship with a relative who has Alzheimer's disease.

This course combines:

- 5 taped classes that offer information and end with exercises that reinforce ideas or skills.
- Interactive Webinars extend the knowledge learned in taped webinars and offer participants the opportunity to express their feelings and exchange ideas with others in the course.
- A private discussion board offers participants the opportunity to share events and network with others 24/7 to combat feelings of isolation.
- A 2-day in-person training where participants practice Validation techniques with the teacher.

Participants can expect to spend approximately 1 hour per week for 12 weeks.

The cost is \$500; there is a limit of 20 participants. For more information, please contact: jana@vfvalidation.org

Other News

You Made Our Fundraising Campaign a Success

When I was invited to join the VTI, Vicki and the team had developed an ambitious 5-year plan to turn this mom 'n pop shop into a professional organization. Hiring a development director was the first step, to create a solid financial base. It was decided that we would need to raise seed money with a goal of \$50,000.

Indiegogo was a great way to tap into two of VTI's big assets: a very well establish brand name in the geriatric field and a global and engaged network of trainers, workers & caregivers.

We decided to set a campaign to attract funds around the time of Thanksgiving and it was a huge success: By December 31st 2015, we raised more than \$25,000 from hundreds of people like you across the world. We also had a generous donor match every single dollar bringing the total fundraising effort to \$55,504.

It's exciting to help VTI move to the next step of its evolution and I'm impatient to see how the organization develops in the coming months.

Charles de Vilmorin
CEO, [Linked Senior](#)
Board Member, VTI

Article on Resident to Resident Altercations

One of VTI's colleagues and supporters, Eilon Caspi B.S.W. M.A. Ph.D. a Gerontologist & Dementia Behavior Specialist has written a thoughtful and insightful article entitled "Deaths as a Result of Resident-to-Resident Altercations in Long Term Care Homes: A Need for Research, Policy and Prevention."

<http://www.jamda.com/article/S1525-8610%2815%2900640-4/pdf>.

It is meant to raise awareness to this public health problem and inform advocacy and educational efforts to address it and keep older residents with dementia safe. Feel free to check it out and share it with friends, family and colleagues. It is free and accessible via the above link.

AVO News from PflegeImpulse, Bremen, Germany

Since July 1, 2015 there is the new AVO for the Northern part of Germany. Many presentations have been done for the public and also basic training for the nursing staff of PflegeImpulse.

In January 2016, our first Level 1 course finished. Five participants took part in it and all of them have been certified. A basic course for caregivers was also given. Six people took part in it and the course was paid for by the health insurance company. We also hosted a refresher level 1 and level 2 courses in Bremen. It was very successful; nine people of the AVO Bremen participated.

We want your feedback!

Please email Newsletter Editor Jana Stoddard at jana@vfvalidation.org with any questions, comments, or suggestions. We accept submissions for future newsletters.

Coming Soon: New Look to Our Website:

We are in the process of updating our website with a new look. It will also be iPhone and tablet friendly. Look for the new changes at the beginning of April.