

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

How can caregivers maintain independent functioning in very old people diagnosed with "Severe Alzheimer's Dementia?"

Geriatrician's Diagnostic Summary:

George J., an 88 year old male, with cardiac insufficiency, suffers from severe dementia. He cannot perform Activities of Daily Living. He is able to ambulate only with the help of a caregiver and his walker. When he becomes aggressive, acts out sexually, and/or is agitated; Mellaril reduces his acting out behaviors.

Validation Consultant Summary:

Social History: George J. began a successful construction company at the age of 25. He was born in 1929 in Youngstown, Ohio, where he has lived his entire life, except for a brief stint in the Army during World War II. He is extremely Time Confused, and believes he is still in Youngstown.

He has no idea where he is in time and place. He has lost his self-awareness, awareness of his body in space, his sensory acuity, and his social awareness.

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Social History Continued: He expresses his physical and emotional needs with no inhibitions.

He is the youngest of four children. His wife, with whom he had an intimate relationship, died three years ago. Two of his siblings have died. He believes they are alive. He moved to San Francisco to live near his daughter. His daughter, Polly, recalls that her father was “puritanical, inhibited, and always socially appropriate.” He believes he still lives in Youngstown, and often mistakes his daughter for his wife or his mother. I am exploring his life with him, using Validation techniques, “re-phrasing,” “polarity,” and reminiscing.

I am trying to teach these Validation techniques to his caregiver, who resists change. She cannot accept the damage to Mr. J’s brain, his loss of time and place, and social controls. She needs to control.

Here is a record of one of their daily interactions:

9:30 a.m.

George J: Where am I?

Caregiver: George, you are in San Francisco. Now sit still so that I can put on your shirt.

9:50 a.m.

George J: Where am I?

Caregiver: I told you, George. You are in San Francisco.

George J: When do I go back to Youngstown?

Caregiver: Never. I want you to stop asking so many questions so that I can get you dressed.

10:00 a.m.

George J: Where am I?

Caregiver: This is the last time I will answer that question. You are in San Francisco. Now, be quiet and behave yourself.

George J: What grade am I in?

Caregiver: George, no more questions! Be quiet.

George J: When do I go back to Youngstown?

Caregiver is silent.

George J: When do I go back to Youngstown?

Caregiver: (leaning over to button his pants)

George J: (raising his prominent, bushy eyebrows with a leer) You’ve got cute boobs. (He reaches to touch her breast) Who is this broad? (He winks, twitches his fingers, playfully.)

George J: Who dee hi...do do-Ha Ha-Hee Hee-(he sings, joyfully) I need a back rub. You can rub me here, too. (He tries to guide her hand to his penis.)

Clinical Column cont.

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Caregiver: George, you had better behave. Watch your mouth.

George J: What am I doing here? Where am I?

Caregiver: (She picks up her phone and calls Mr. J's daughter.) "Jessie, your father is impossible! He needs the tranquilizer to quiet him. If I didn't need the money to support my kids, I'd quit right now."

Daughter: Joan, please don't give him the medication yet. I'm sending over the Validation Worker to help.

Caregiver: (Relates Mr. J's sexual outburst to the Validation Worker.)

VW: (with empathy) This acting out of sexual behavior is hard to take, isn't it, Joan? Is that what bothers you the most about Mr. J.?

Caregiver: He repeats over and over, Where am I? Where am I? Every two seconds. I can't stand him. He is driving me crazy. He whines and he makes up stupid songs; he tries to grab me with those disgusting fingers. Yuk!

VW: You want him to behave as an adult?

Caregiver: I think his behavior is sick. I told you before; he should be in a mental hospital.

(The caregiver is a bit relieved after venting her feelings freely. She and the VW have met once a week for the past three weeks, and have established an open relationship)

VW: How old is your eldest son?

Caregiver: What has that got to do with anything?

VW: I wonder if he ever gets on your nerves.

Caregiver: Jason? Well, he doesn't repeat the same question every two seconds.

VW: (smiling) That's a relief. How old is he?

Caregiver: 17. OK, he does act stupid sometimes.

VW: What does he do that bothers you the most?

Caregiver: He swears. I taught him that swearing is evil. It's the devil in him. And Lord knows what he does with that tramp he goes with.

VW: Joan, can you remember when you were 17?

Caregiver: I didn't swear, for one.

VW: Did you ever get mad at your Mom? Think back. Be honest.

Caregiver: (Thinking hard) She smacked me for wearing a low cut dress.

VW: What did you do?

Caregiver: I shut up. I cut up the dress.

VW: Did that hurt?

Caregiver: It hurt bad. I never forgot it. But I never told her.

VW: When you swallow strong painful feelings, they grow, inside. Do you think you'll feel better after you tell me how you felt? (long silence.)

Caregiver: I hated her for a long time.... Yes, it feels good to say it after all these years.

VW: Mr. J's daughter told me that he was a sweet man. He never yelled. He was always controlled. Not once did he say a bad word. He slapped her when he found her kissing her boyfriend. He never said the word, "sex."

Caregiver: Well, he's certainly making up for it now.

VW: Right! When he expresses his anger, and sexual feelings, after all these years of stuffing them, he is struggling to heal himself, to lessen his pain. Do you think you can learn to "Center," and listen?

Clinical Column cont.

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The Caregiver looks at the VW, and nods, slowly.

The VW meets once a week with the caregiver, teaching her to “Center,” “Re-phrase,” and Reminisce. The Caregiver learns to understand Mr. J’s acting out of sexual behavior. Once released, without judgement, Mr. J’s acting out behaviors lessen. The Caregiver learns over time, to accept the damage to Mr. J’s brain, his recent memory loss and listen without judgment. Slowly, Mr. J. restores his dignity.

VTI Assembling Worldwide Validation Speakers List

The nonprofit invites Validation Presenters and Teachers who have maintained continuing education and supervision requirements to join the new list, which will be shared with conference organizers seeking speakers.

The Validation Training Institute is taking a giant step to maintain quality in Validation training worldwide—while making it easier for conference organizers to find Validation speakers—with the creation of a VTI Worldwide Speakers List.

“One of the most important qualities that makes Validation training consistently excellent are the standards required of Validation Teachers,” said VTI Executive Director Vicki de Klerk-Rubin. “This differentiates Validation Teachers from presenters of other ‘person-centered’ methods. High quality training is part of the VTI mission.”

According to the VTI Quality Manual, Validation Presenters and Teachers must have some sort of continuing education every year AND a supervision one time every five years. To monitor these activities, VTI maintains a registry of every person certified at Level 3 (Presenters/Teachers). Currently, there are 388 people who have completed this level of training, worldwide.

Using this registry, VTI will create a Speakers list.

Information for the Speakers List will include:

- Contact information
- Languages spoken
- Area/s willing to travel to speak
- Country of residence

Teachers and Presenters who maintain their continuing education and supervision requirements are identified by VTI as recommended Validation spokespeople. The database is updated annually by VTI as new information is received. To ensure this information is current, Validation Presenters and Teachers should:

- Fill in forms provided by VTI
- Scan and provide VTI with all documentation related to continuing education and/or supervision on a regular basis.

This new Speakers List will help VTI to grow. “Presenting Validation at conferences helps spread quality information and promote Validation,” said de Klerk-Rubin.

VTI Launching Monthly (Free) Online Validation Support Group

Validation Teacher Olga Lavault is partnering with VTI to offer a monthly support group for Validation practitioners worldwide.

Are you using Validation and having difficulties? Are you feeling alone in your efforts to use Validation? Are you seeking inspiration in your work with older adults experiencing disorientation?

To help address these concerns and more, Olga Lavault, Validation teacher and recreation therapist, will offer a monthly support group using VTI's online meeting platform starting later this month. Attendees can expect:

- ♥ Coaching and new ideas for handling problem situations
- ♥ Opportunities for networking with other in a similar situation
- ♥ Encouragement and inspiration from fellow attendees to advance with the Validation skills you have worked hard to develop

When

- ♥ The last Wednesday of each month
- ♥ 5 p.m. PST, 8 p.m. EST (United States)
- ♥ First meeting: February 22, 2017 (2nd meeting March 29th if you missed the first meeting)

Where

- ♥ Online: when you register for the group, you will receive an invitation link via email

What you need to participate

- ♥ A computer with internet access
- ♥ A web camera
- ♥ Speakers and microphone (most laptops have built-in cameras and microphones)

How to register?

Email Validation Training Institute Manager, Jana Stoddard at [jana \(at\) vfvalidation](mailto:jana@vfvalidation.org)

P.S. We just had our first meeting and it went great, everyone benefitted from it.

AVO News - Austrian AVO's First Newsletter

We are happy to announce that the Austrian AVO, Samariterbund in Linz, has published their first newsletter in German. It was edited by Certified Validation Teacher and EVA board Secretary, Hildegard Nachum and can be found on the VTI website newsletter page by clicking on this link

<https://vfvalidation.org/austrian-newsletters/>.

Their first newsletter includes

- ♥ a welcome letter from Vicki de Klerk-Rubin, VTI executive director
- ♥ news about the new AVOs in China, Czech and Slovakia
- ♥ Austrian Validation Masters
- ♥ a pilot project about a Validation assistant training
- ♥ local events and other news

Congratulations and we wish you much success on your future publications.

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Elder Care Homes in Germany Receive Certificates

The VTI is happy to announce that the Willi-Hussong-Haus Kandel and the Theodor-Friedrich-Haus Haßloch facilities were awarded their first Validation Approved Facility Certificates. The Pastor-Johann-Schiller-Haus Wörth re-certified for their Validation Certificate of Quality.

Like the Pastor Johann Schiller House in Wörth, the Will Hussong Home in Kandel, Germany and the Theodor Friedrich Home in Hassloch, Germany received Validation Certificate of Quality from the Valuation Training Institute, for their excellent working methods with older adults with cognitive decline.

The Pastor Johann Schiller Home was first awarded the VTI certificate in 2011. It is the 4th institution in the world to be acknowledged for its exemplary implementation of Validation and was successfully re-certified in 2016.



Successfully tested: the engaged co-workers with Vicki de Klerk-Rubin (front row, 3rd from left)

All three Landesverein centers for the elderly received excellent results on the evaluation. They also received more than 75% of the total points. The certificate is valid for 5 years, until the end of November 2021.

Vicki de Klerk-Rubin, CVM, spent one day in each Home evaluating how the principles of Validation are integrated into resident care. This included the areas of Validation Groups, nursing care, breakfast and activity programs. Through informal talks with family members, volunteers, Validation Workers and the staff, de Klerk-Rubin determined how these groups supported the Homes in the care of people with dementia.

“In recent years, we have integrated Validation more and more in the procedures of our facility and laid the foundation for successful certification,” said Gabriele Balz, Administrator of WHH, and Christine Vocke, Administrator of TFH. “Care for people with dementia is a central point in our facility. The certificate now makes this objectively measurable.”

Tobias Mayer, Administrator of Pastor Johann Schiller Home, sees the successful re-certification as an important acknowledgment of the specialized care provided to elderly people in his Home.

“We decided early on to integrate Validation into our practices and in 2011, received the certificate for the first time. Since then we have consistently followed this path,” he reported. The elderly care home in Wörth, has created a care Oasis where residents in the later phases of dementia can take part in daily activities that meet their needs.

“Validation is an integral part of life in all our facilities and especially central in elderly care. It is also increasingly practiced in our health care facilities,” underlined Hedwig Neu, leader of the Authorized Center for Validation in Wachenheim. The Landesverein is the owner of all four facilities that VTI has honored in Germany. The Burgerspital facility in Wachenheim is also Quality certified.

AVO News continued from page 6

Project for Family Caregivers

For 3 years we have had a Project for Family-Caregivers. Under the title - Wir Verbinden Menschen (We Connect People) we teach family caregivers some Validation tools and some mediation techniques. The goal is to help them better care for their family members and to avoid or manage conflicts in the family.

Also, the AVO Inca & Kompetenz will be starting a new project in March. It's about networking with people who are already working with Validation as a Worker Group Leader or Teacher. It is also for those who are in Level 1, 2 or 3 courses as a participant and also for anyone who is interested in Validation and plans to take part in a course in the future.

We will bring them together every 6 weeks for 3 hours for a short theory session about Validation, to talk and inspire each other to keep on working with Validation and to get useful help on how to integrate Validation with their daily work, even when alone.

The goal is to start an open group to support people and give them the chance to meet others and support themselves.

The meetings will start in March and we have already 3 more dates scheduled up to September.

Sigrid Kronhofer
VTI Certified Validation Teacher
Professional Director AVO Corinthia

Upcoming Workshops and Courses

Workshops

Naomi always wanted to be an actress...what's better than a Parisian theatre to host Naomi and Vicki's workshop on the **17th of March** in Paris? The Institut M&R will host a Validation workshop at the "Feux de la rampe", a theatre in the very heart of Paris, next to the famous Folies Bergères. Don't miss it! Info and booking on our website: www.vfvalidation.fr

Naomi a toujours voulu être une actresse...quoi de mieux qu'un théâtre parisien pour accueillir la journée d'étude de Naomi et Vicki le 17 mars à Paris ? L'Institut M&R organise cette journée d'étude aux Feux de la Rampe, un théâtre en plein cœur de Paris, proche des Folies bergères. Venez nombreux!
Informations et inscriptions sur notre site: www.vfvalidation.fr

New workshops for 2017 with Naomi Feil for Canada, the USA, Australia and Europe, have been added to the VTI website. Follow this link for more information: <https://vfvalidation.org/workshops/>

[Courses listed on page 8](#)

Courses

The Institut M&R organises different Validation worker courses all over France. This year, one Group leader course and one Teacher course will be held in Reims in April 2017.

Visit our website for more info: www.vfvalidation.fr

You can also follow us on Facebook: [Institut M&R Validation - IFMR](#)

L'Institut M&R organise plusieurs formations de praticien en Validation à travers la France. Cette année, une formation d'animateur de groupe et une d'enseignant en Validation auront lieu à Reims à partir d'avril 2017.

Consultez notre site web pour plus d'information: <http://www.vfvalidation.fr>

Retrouvez nous sur Facebook: [Institut M&R Validation - IFMR](#)

New Validation courses starting in 2017 taught by Certified Validation Teachers for Europe, USA have been added to our website. For more information go to the VTI Train in Validation page,

<https://vfvalidation.org/training/>

CALL FOR VALIDATION STORIES

VTI is calling on all Validation Practitioners to send us your stories. We are planning to publish a book describing how Validation works - in reality. Working title: *How Validation Works in Real Life*

There are thousands of Validation Practitioners - all with great stories about how this method of communication worked to make connections, help very old people express themselves and communicate with YOU.

Whether you are a great writer or not, please share with us one moment where you used Validation with pleasure and success. Choose a moment you are proud of, or a moment that stands out in your memory. Some guidelines:

- ♥ Make sure to include a brief description of the client - no real names please.
- ♥ Please keep it to one page.
- ♥ Don't worry about the format or editing, just get the story on paper.
- ♥ Let us know how you want your name to be published or if you prefer to remain anonymous and please state your location (State, Country)

Please send your story to: vdeklerk@vfvalidation.org

By submitting your story, you give VTI permission to edit and publish it in a book, e-book, audio book or any other public format.

Thanks,
Vicki de Klerk-Rubin

We want your feedback!

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

Validation Support Group:

The next Validation Support Group meeting will be held on March 29th at 5pm PST. For more information on the group send a request to jana@vfvalidation.org.