

V/F VALIDATION 7: The Feil Method
USA WORKSHOP PACKAGE – REVISED April 2017

TABLE OF CONTENTS

Price List

Points to think about

Checklist – please fill this out and send by email to NaomiFeilWorkshops@vfvalidation.org – 2 months before the workshop

Material for Program:

- Short biography
- What is Validation?
- Objectives for the Workshop
- Validation Statistics
- Reported Benefits of Validation

Suggested Programs:

- Half-day workshop

Validation Workshop Pre- and Post ‘test’

PRICE LIST

* A half-day workshop:

is either a morning 9 am until 1pm, including one coffee break and book; or a morning/afternoon 9am until 2pm, including one coffee break and lunch

Add 45 minutes to the end of the presentation for 15 minute break and 30 minute book signing

Any number of participants: \$2000

Payment must be on the day of the workshop and can be made preferably with a US dollar bank check, in cash or if agreed upon in advance, a bank transfer.

Points to think of when organizing a Validation Workshop with Naomi Feil.

1. Send signed contract to Naomi Feil, to confirm the date of your workshop
2. Reserve the room/hall for the workshop date. Make sure that there is a room for Mrs. Feil to relax alone during the breaks, make sure that there is a toilet/WC easily available to her.
3. Contact Jana Stoddard to arrange for books to be sent for sale during the workshop:
jana@vfvalidation.org
Many participants appreciate information on where they can continue their Validation education, which is available only through Validation Organizations or through VTI.
4. Mrs. Feil is happy to sign books for those who purchase them after the workshop – however please make sure that Mrs. Feil has first a 15 minute break to go to the bathroom and get something to drink. Then she can sign books for 30 minutes. She can also sign books the day before if signing more than 20 books.
4. Reserve a hotel room for 3 days: 2 days before and the day of your workshop. The hotel should have a restaurant or be close to a restaurant, hotel rooms should be non-smoking if possible, have telephone, tv and bath/WC. (A bath tub is preferable to a shower.) Please remember that the organization is responsible for all meals, in addition to the hotel costs.
5. Find a translator (if necessary) -
We recommend “consecutive” and not “simultaneous” translation.
6. Create a program and send a copy to the Naomi Feil.
Mrs. Feil uses the program to prepare her workshop. If you decide to use a different program than what is recommended, please discuss this with Mrs. Feil.
7. Arrange to have someone pick up Mrs. Feil from the hotel and bring her to the workshop site before the workshop (she likes to be there at least 1/2 hour before). Arrange to have someone bring her back to the hotel

after the workshop. The organization is responsible for the costs of transporting Mrs. Feil to and from the airport or train station, as well as to and from the hotel to the workshop site.

8. Make sure that the necessary equipment is available and functioning on the day of the workshop. (Computer with Mrs. Feil's power point presentation, microphone, DVD player and screen) and a person to assist Mrs. Feil with the power point and showing the video clips at the appropriate moments.

9. On the day of the workshop please make sure that Mrs. Feil has plain water (not mineral water) and a quiet place to go to during breaks. She also needs easy access to a toilet. She does not have time to stand in a long line or walk a far distance.

10. Interviews etc. should be planned for after the workshop whenever possible.

11. For those of you who wish to organize a pleasant evening program for Mrs. Feil, please know that she enjoys theater, music (old jazz especially), and fun company.

12. Prior to the workshop day, go to the bank for a bank check in US dollars to cover payment of the fee and travel expenses. If this is not possible, be sure to ask the bank for enough dollars.

13. Make contact with local media for possible interviews.

VALIDATION WORKSHOP CHECK-LIST

Please fill out this form and return to:

Maria Paterson, email NaomiFeilWorkshops@vfvalidation.org

Today's Date: _____ Workshop Date(s): _____

Name of Sponsor: _____

Address of Sponsor: _____

Contact Name: _____

Work Telephone: _____

Home Telephone: _____ (in case of emergency only)

Contract signed and returned

(please remember that the fee and travel costs should be paid to Mrs. Feil in a US Dollar bank check or cash, no later than the day of the workshop)

Travel arrangements to and from your city:

Pick-up from airport/train station by _____ **(name/cell phone #)**

Drop-off at airport/train station by _____ **(name/cell phone #)**

Brought to and from the workshop site by _____ **(name/cell phone #)**

Name of Hotel: _____

Address of Hotel: _____

Telephone of Hotel: _____

Reservations made for the nights of/Confirmation#: _____

Description of workshop sent to Maria Paterson

DVDs to be used in workshop

Naomi Feil needs to provide the DVD Sponsor has the necessary DVD

Titles: _____

Translator: _____ **(name)**

Naomi Feil will give her workshop in ENGLISH or GERMAN

Check availability of:

large screen and DVD player- (not a computer)

computer with power point pre-loaded

cordless microphone

card-size table in front

_____ **Expected number of participants**

Arrangements made to have (_____ qty) the book, "Validation" by Naomi Feil, available during the workshop.

Material for a Program

NAOMI FEIL, M.S.W., A.C.S.W.

Ms. Feil grew up in the Montefiore Home for the Aged in Cleveland (USA) where her father was the administrator and her mother, the head of social work services. After earning a Master's degree in Social Work from Columbia University, Ms. Feil lived and worked as a group worker in New York City; she was also an actress in off-Broadway theaters. She returned to Cleveland in 1963 to work with the aged. Ms. Feil began the Validation method in response to her dissatisfaction with traditional methods of working with the severely disoriented old-old people. She developed Validation between 1963 and 1980, as a group worker at Montefiore Home and as an Adjunct Instructor at the School of Applied Social Sciences, Case Western Reserve University. Ms Feil now practices Validation with residents in nursing homes and day care centers throughout the world, and leads workshops on Validation throughout Europe, Australia and North America. She is executive Director of the Validation Training Institute, has authored two books on Validation, numerous articles and 10 award winning film scripts.

WHAT IS VALIDATION?

Validation is a tested model of practice that helps old disoriented people reduce stress, enhance dignity and happiness.

Developed from 1963 to 1980 by Naomi Feil, Validation accepts the old person who returns to the past. Often his/her retreat is not mental illness or disease, it is survival. In old age, people can survive through hind-sight. When eyes fail, they see with the mind's eye. When hearing fails, they hear sounds from the past. They see childhood scenes when recent memory and friends die. They restore the past to relive good times and resolve the bad in this final struggle to find peace. Validation helps them win!

Validation was developed to help those diagnosed with Alzheimer's and related disorders who are disoriented in the later stages of life. Older persons who are trying to "tie up loose ends" by retreating into fantasy or confusion are often brought closer to reality and security.

Using Validation both individually and in groups, we tune into the world of the elderly. Traveling back in time and space with them, we can begin to understand the underlying life themes that are being expressed. By careful listening, eye contact and touch, pacing body rhythms, the person trained can build a sense of mutual respect and trust with the elder. Most important, feelings and memories can be understood and interpreted.

Through Validation techniques we are able to enter the person's inner world. Empathy builds trust, trust gives strength, strength reduces stress, helping to restore well being and happiness.

OBJECTIVES FOR THE WORKSHOP

1. You will learn the physical, social and emotional traits that lead to change in old-old age.
2. You will recognize the different stages of disorientation.
3. You will learn the principles of Validation.
4. You will learn specific techniques for helping disoriented elderly.
5. You will learn the ingredients of successful aging, and how to prevent burn-out.

VALIDATION STATISTICS

January 1996

- II Over 9,000 Agencies in the U.S., Canada, Europe, and Australia use Validation
- II Over 80,000 persons have attended Naomi=s workshops
- II 50 US States, all Canadian Provinces, Austria, Belgium, Denmark, France, Germany, Italy, Norway, Spain, Sweden, Switzerland, Japan and Australia use Validation films and books
- II Austria, Belgium, France, Germany, Italy, Sweden, Switzerland, Japan and the United States have Authorized Validation Organizations which offer certification courses.
- II Over 70,000 books have been sold
- II The books, *Validation: The Feil Method*, and *The Validation Breakthrough* have been translated into Dutch, German, French, Swedish, Danish, Finnish, Spanish, Japanese and Italian
- II 50 T.V. Stations have interviewed Naomi on Validation

REPORTED BENEFITS OF VALIDATION

- II Decreased use of chemical and physical restraints
- II Increased staff morale
- II Increased staff productivity
- II Decreased staff burn-out
- II Staff stays on job; less staff turnover
- II Residents gain dignity
- II Residents gain controls and rolls in Validation groups
- II Families gain empathy for Alzheimer=s Victims@
- II Staff and family learn Validation helping methods that prevent withdrawal inward and further disorientation
- II Validation helps families keep relatives at home
- II Alzheimer-type@ older people can remain in their own home
- II Self-awareness of one's own aging
- II Families and workers learn how to cope with loss and prepare for their own mentally healthy old-old age!

Suggested Program

Program for Naomi Feil US Validation ½ Day Workshop (3 ½ hours presenting time)

1 ½ hour block of time	<ol style="list-style-type: none"> 1. The brain shrinks as we age. 2. What if we don't prepare? Role play 3. Demonstration with the audience of what does not work well. 4. With Validation, we need empathy. You need to feel what the old person feels. Empathy is different from sympathy. You need to feel with them, not for them. 5. How to achieve Empathy? Become self-aware, be able to center. Centering exercise with the audience The next step is to calibrate. Exercise with the audience 6. Role play "Empathy" with an audience member Without empathy the techniques are sterile. 7. How to achieve Integrity? 8. Role play Malorientation <p>Description of the other phases of resolution.</p> <p>9. Show DVD: Introduction to Validation (3 min)</p>
½ hour	Coffee break
1 hour block of time	<ol style="list-style-type: none"> 10. Role play of a time confused person, a person with repetitive motion and someone in Vegetation. 'These people were never mentally ill, but they always controlled their painful emotions. In old age, they can no longer control them. Now the emotions spill uncontrolled. When painful emotions are expressed, they lose their strength. These very old people enter the Resolution Struggle. They struggle to heal themselves. Validation is a self-healing model.' There is a reason behind the behavior of very old people. 11. Feelings that are expressed are relieved. 12. How Naomi developed Validation – 'I learned from my mistakes.' DVD clip: Looking for yesterday: beginning (5 min) 13. Exercise with the audience: experiencing the mind's eye People restore the past to heal themselves. 14. Role play: I wish I were dead! Learn how to use the Validation techniques, rephrasing, polarity and the preferred sense. DVD Communicating: police section (10 min) 15. Role play: You stole my wedding ring! The concept of symbols in Validation - why you do not lie.
1 hour	Lunch
1 hour block of time cont'd after coffee break	<p>DVD clips: Looking for Yesterday: end (5 min) Role play: find your comfort zone. Demonstration of getting close, using touch & music</p> <p>DVD clip: Gladys Wilson Role play: I want to go home - non-verbal techniques: mirroring and close eye contact</p> <p>Closing</p>
¾ hour	Book signing, including 15 min break prior to signing

Cover letter to Validation Workshop Pre- and Post Test

From: Validation Training Institute

To: Workshop organizers, Validation Teachers and Authorized Validation Organizations

Date: November 2013

The Validation Workshop Pre-and Post Test was originally done by an organization in West Virginia. Naomi Feil thought it was a good idea. The questions have been revised by VTI.

The purpose of the 'test' is to measure if a Validation workshop creates a change in knowledge. It could also be fun for participants to see a change in their perceptions of Validation and, assuming there is a positive change in perception, people will feel that they gained from the workshop experience. It is also possible for workshop organizers to measure changes in the audiences.

Teachers may discuss the Pre-and Post test during the workshop – giving explicit direction when to fill it in and include the correct answers in a final discussion at the end. For smaller audiences, this can be done interactively and for all audiences, an excellent way to review what was covered in the workshop.

AVOs and workshop organizers may simply ask that the tests are handed in at the end of the workshop. Then the answers can be collated and the data used for a variety of purposes.

VTI requests that IF an AVO or workshop organizer does collate the data, that the results be sent to VTI.

Sincerely,

Vicki de Klerk

For VTI

VALIDATION WORKSHOP Pre and Post Test

The Pre-test is intended to be taken as you are waiting for the workshop to begin. Please answer 'TRUE' or 'FALSE' in the **left** column.

The Post-test is to be taken at the completion of the workshop. Please answer 'TRUE' or 'FALSE' in the **right** column.

Pre-Test		Post-Test
	1. Validation helps restore a sense of reality to very old people who have some forms of dementia.	
	2. Validation helps restore a sense of dignity to very old people who have some forms of dementia.	
	3. Disoriented old-old are 80 years old+ and don't have the coping skills to cope with the many losses that come with aging.	
	4. Validation works with all people with dementia.	
	5. Empathy is the same as understanding. When you can understand the older person, you can validate.	
	6. A Validation worker never lies to a client because she knows that old person is aware of the truth on a deep level of awareness.	
	7. Validation helps reduce difficult or challenging behaviors.	
	8. Diversion is a technique used in Validation.	
	9. Verbal Validation techniques include: asking open questions, rephrasing with empathy and using the preferred sense.	
	10. The goals of Validation include: increasing communication, building trust and the expression of needs and emotions.	

Correct answers:

	1. Validation helps restore a sense of reality to very old people who have some forms of dementia.	False
	2. Validation helps restore a sense of dignity to very old people who have some forms of dementia.	True
	3. Disoriented old-old are 80 years old+ and don't have the coping skills to cope with the many losses that come with aging.	True
	4. Validation works with all people with dementia.	False
	5. Empathy is the same as understanding. When you can understand the older person, you can validate.	False
	6. A Validation worker never lies to a client because she knows that old person is aware of the truth on a deep level of awareness.	True
	7. Validation helps reduce difficult or challenging behaviors.	True
	8. Diversion is a technique used in Validation.	False
	9. Verbal Validation techniques include: asking open questions, rephrasing with empathy and using the preferred sense.	True
	10. The goals of Validation include: increasing communication, building trust and the expression of needs and emotions.	True