

The Validation Training Institute

What is Validation?



Validation is a method of communicating with and helping disoriented very old people, developed by Naomi Feil. It is a practical way of relating to a person that helps reduce stress, and enhance dignity and happiness. Validation can be used by family members as well as professionals.

Validation is built on an empathetic attitude and a holistic view of individuals. When you “step into the shoes” of another human being and “see through their eyes”, you step into the world of disoriented very old people and understand the meaning of their sometimes bizarre behavior. Using Validation techniques, family members and professional practitioners offer disoriented elderly the opportunity to express what they wish to express, whether through verbal or non-verbal communication. Mirroring, using anchored touch and rephrasing with empathy are some of the important skills that help caregivers connect and communicate.

Validation practitioners gain new insight, new relationships and more joy in their interactions with people with dementia.

Who is Naomi Feil?

Naomi Feil is the developer of Validation. She was born in Munich in 1932 and grew up in the Montefiore Home for the Aged in Cleveland Ohio, where her father was the administrator and her mother, the head of the Social Service Department.

Between 1963 and 1980, Mrs. Feil developed Validation as a response to her dissatisfaction with traditional methods of working with the severely disoriented old people who were her clients. In 1983 she then formed the Validation Training Institute to spread information about Validation.

Feil’s two books *Validation: The Feil Method* and *The Validation Breakthrough* are updated regularly and translated into French, Dutch, German, Italian, Finnish, Danish, Spanish, and Swedish.



What is the Validation Training Institute?

Validation Training Institute was formed in 1983 as a U.S.-based not-for-profit organization.



VTI’s mission is to spread information, gain acceptance and inspire people to become trained in Validation.

We want very old people with dementia to be treated with respect and to keep communicating with the people who care for them - all over the world.

We want families and caregivers to feel the joy and love of communicating with disoriented elderly and enjoy new ways of connecting to them.

Over the past 25 years, VTI has created and delivered constantly evolving training programs in 23 countries, published 4 books in 12 languages, created films and built an international network of affiliated organizations. There are over 350 certified Validation teachers and a growing number of Master teachers to mentor and support them.



Who can practice Validation?

- Validation can be used by anyone who cares for very old disoriented people. Both professionals and family members can use Validation with positive results.
- Validation can be used with elderly who are verbal and non-verbal.
- Validation can be used with individuals and in groups.

There are 4 levels of certification. Each level builds on the experience and knowledge gained from the preceding course:

- Level 1, Validation Worker: participants become skilled at validating individuals.
- Level 2, Validation Group Practitioner: participants become skilled at starting and leading Validation Groups.
- Level 3, Validation Presenter/Teacher: participants become skilled at presenting Validation and after successfully co-teaching a course with an experienced Validation Teacher, may become certified as a Validation Teacher.
- Level 4, Validation Master: the role of this level is to train and support Validation Teachers, review and authorize curricula and become a member of the VTI Education Committee.

The results that you can expect after using Validation:

- Disoriented elderly sit more erect and keep their eyes open more.
- Disoriented elderly display more social controls.
- Disoriented elderly cry, pace and pound less and express less anger.
- There is a decreased need for chemical and physical restraints.
- Disoriented elderly communicate more, both verbally and non-verbally.
- Disoriented elderly often move better and more often.
- Disoriented elderly express less anxiety and withdraw less.
- Deterioration is often slowed down.
- Caregivers morale is increased and burn-out is decreased.
- Caregivers express a greater sense of fulfillment.
- Caregivers feel more capable of handling difficult situations.
- Families visit more because they feel it is worthwhile.

Where you can get more information:

www.vfvalidation.org

Authorized Validation Organizations in the United States:

Country Meadows
for Pennsylvania
Contact: Steve Klotz
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Hershey, Pennsylvania 17033
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Volunteers of America National Services
for Minnesota, Ohio & Arizona
Contact: David Nilson
7530 Market Place Drive
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Sunrise Senior Living Inc
for Virginia
Contact: Rita Altman
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