

## V/F VALIDATION® TRAINING INSTITUTE, INC

### Basic Validation Workshop Schedule

**Purpose:** This workshop is designed for health and human service workers, families and volunteers who wish to learn how to communication with disoriented “old-old” people. Its overall objective is to restore dignity to the old person; to teach empathy; self-awareness of one’s own aging; and the application of Validation Techniques.

- Objectives:**
1. List the physical, social and psychological characteristics that lead to change in very old age.
  2. Experience an awareness of yourself.
  3. Differentiate the phases of disorientation in older people.
  4. Identify specific Validation helping techniques.
  5. Formulate ways of preventing burnout and ways of reaching a wise old age.

#### ***OVERVIEW***

9.00 – 10.30	<ol style="list-style-type: none"> <li>1. The brain shrinks as we age.</li> <li>2. What if we don’t prepare?</li> </ol> <p>Role play</p> <ol style="list-style-type: none"> <li>3. Demonstration with the audience of what does not work well.</li> <li>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.</li> <li>5. How to achieve Empathy? Become self-aware, be able to center.</li> </ol> <p style="color: red;"><b>Centering exercise with the audience</b></p> <p>The next step is to calibrate.</p> <p style="color: red;"><b>Exercise with the audience</b></p> <ol style="list-style-type: none"> <li>6. Role play “Empathy” with an audience member</li> </ol> <p>Without empathy the techniques are sterile.</p> <ol style="list-style-type: none"> <li>7. How to achieve Integrity?</li> <li>8. Role play Malorientation</li> </ol> <p>Description of the other phases of resolution.</p> <p style="background-color: cyan;"><b>9. Show DVD: Introduction to Validation (3 min)</b></p>	
10.30 – 11.00	Coffee break	
11.00 – 12.00	<ol style="list-style-type: none"> <li>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-</li> </ol>	

	<p>healing model.’</p> <p>There is a reason behind the behavior of very old people.</p> <p>11. Feelings that are expressed are relieved.</p> <p>12. How Naomi developed Validation – ‘I learned from my mistakes.’</p> <p><b>DVD clip: Looking for yesterday: beginning (5 min)</b></p> <p>13. <b>Exercise with the audience: experiencing the mind’s eye</b> People restore the past to heal themselves.</p> <p>14. Role play: I wish I were dead! Learn how to use the Validation techniques, rephrasing, polarity and the preferred sense.</p> <p><b>DVD Communicating: police section (10 min)</b></p> <p>15. Role play: You stole my wedding ring! The concept of symbols in Validation - why you do not lie. Demonstration of how to use rephrasing &amp; the preferred sense.</p>	
12.00 – 1.00	Lunch break	
1.00 – 2.30	<p><b>DVD clips: Looking for Yesterday: end (5 min)</b></p> <p>Role play: find your comfort zone. Demonstration of getting close and using touch Demonstration of how to use music &amp; ambiguity</p> <p><b>Exercise for the audience</b></p> <p><b>DVD clip: Gladys Wilson</b></p> <p>Role play: I want to go home - non-verbal techniques: mirroring and close eye contact</p> <p>Closing</p>	
2.30 – 2:45	Break	
2:45 – 3.15	Book signing	