

THE V/F VALIDATION® TRAINING INSTITUTE, INC.

FALL NEWSLETTER 1994

Naomi Feil, Editor

Volume 14
September 1994

21987 Byron Road
Cleveland, Ohio 44122



A Non-profit Agency Devoted to Wise Aging

CLINICAL COLUMN

Part One of a Two Part Series

Time is not a line, but a series of now-points.

Taisen Deshimaru

THE VALIDATION GROUP: A Simple Overview

Definition: A Validation Group is a social group, developed by Naomi Feil after 30 years of working with Alzheimer-type populations. The overall goals are to restore the following: verbal and non-verbal communication, identity, dignity and self-worth.

Who Benefits from the Validation Group?

The Validation group is most beneficial for Time-Confused, very old people. For a definition of Time Confusion, please refer to pages 52 and 53 of the revised text: **Validation: The Feil Method, 1992**. For Time-Confused, very old people with cognitive deficits, a group offers heightened energy, increased attention span, social roles, and common problems to solve, that are not possible in one-to-one Validation. The effort, energy, the need to produce dictionary words, and to follow a thread of thought can cause the Time-Confused person to withdraw from a one-to-one relationship with a caregiver. In a group, the very old person can listen, pick up energy from other group members, perform non-verbal social roles, and enjoy the group energy that comes from a unified, "we" feeling. Demands on the individual are less in the group.

Time-Confused, very old people who cannot maintain one-to-one relationships for any length of time listen to each other in a Validation group. A Validation group is a supplement to a one-to-one validating relationship. In a group, Time-Confused old-old try to help each other. They remember significant, vivid images from the past and offer them to each other. Their social

consciousness and intuitive wisdom returns. When memories bind the group together, the past is re-lived in the present. Very old people move from inside themselves to each other. The Validation group stimulates memories of family groups. They are no longer isolated. Sleeping speech awakens. Eyes light. They look at each other. They sit erect. Their gait improves. Social controls return.

Role of the Validation Group Worker

The Validation group worker accepts the cognitive losses of Alzheimer-type old people: the loss of verbal skills and recent memory. The worker accepts their repetitions, unique word-combinations, emotional incontinence, and their inability to sustain or follow one train of thought.

The Validation group worker establishes feelings of **safety and trust** through a nurturing voice-tone, touch, and a familiar group ritual. This stimulates memories of earlier, meaningful social groups. A Validation group has a beginning, middle and end. This familiar structure provides safety. The Validation group meets at the same time, in the same place, with the same Time-Confused individuals who perform the same social roles.

But, if necessary, the Validation group leaders can alternate. Time-Confused individuals, who often do not recognize the name or the face of the Validation worker, almost always remember a familiar voice-tone and a loving touch. The voice and touch become a safe anchor. Time-Confused feel secure with the Validation worker who becomes a trusted, nurturing parent-person or friend. Because names and faces are less important than voice and touch, a Validating team of two or three workers can alternate leading the Validation group.

Group members communicate without words through music, movement, and sharing food. They use words when they unite to solve a common universal problem.

continued on page 2

THE V/F VALIDATION® TRAINING INSTITUTE, INC.

Clinical Column, continued from Page 1

Preparation for the Validation Group

Before the group meets, the Validation worker builds a trusting, one-to-one relationship. The worker finds a familiar social role for each group member. To find a social role that is easy to perform and does not raise anxiety, the Validation worker rummages through the past with prospective Time-Confused group members, using the "there and then" questions found on pages 60 and 61 of the revised text: "Validation." (Feil and de Klerk, 1992)

A woman who has been chairlady of a church group may become the "Welcomer" of the Validation group. A man who performed in a Barber Shop Quartet may become the "Song Leader" of the Validation group. A former gardener, who has small finger dexterity, becomes the "Flower-Arranger" in the Validation group. The Validation worker is aware that physical disabilities can prevent a Time-Confused group member from successfully performing a familiar role. Failure brings anxiety or withdrawal. The Validation worker assures dignity and success for each human being in the Validation group by carefully assessing each person's physical capacity before the group begins.

Validation Group Structure

Social roles move the Validation group from beginning to middle to end. The Welcomer greets. The song leader begins the song. The worker offers a universal, subjective topic --usually a common problem to solve -- in order to stimulate verbal interactions. The group works on the problem. The worker summarizes. The hostess serves. The meeting ends with music and movement, depending upon the physical capacity of group members. The Welcomer says goodbye. The Validation worker and co-worker say farewell, assuring the group that they will meet again. (The video *"The More We Get Together"*, Feil Productions, 1986, documents the phases of a Validation group with nursing home residents.)

Why a Validation Group is Unique

The Validation group worker follows this established structure, which creates an atmosphere of safety and restores social roles and dignity for group members. The Validation group is unique because the worker also follows the meandering and unrelated offerings of individual group members. The Validation worker often must abandon the main topic. The Validation worker verbally wanders through time with a group member using the Validation techniques (Pages 69 to 71 in the Validation text) for those in Time Confusion.

After traveling on the side-road with one individual for a few moments, the Validation worker picks up the universal human thread in order to return to the main topic. The universal thread bridges the gap between group members, carrying them back to the same path.

These universal human themes stimulate the intuitive wisdom that remains in the time-confused. This wisdom does not require many dictionary words to express. Please see the next issue of the Newsletter for examples of universal human needs that engage the Validation group members in a common purpose.

A First for Us!

The First NATIONAL VALIDATION SYMPOSIUM

Our First National Validation Symposium will be held April 19-22, in Kansas City at the Kansas City Marriott Hotel. Scott G. Averill, J.D., *CVT®, Administrator of the Colonial Manor Nursing Home in Lansing, Kansas is coordinating the symposium. Please write to: **Scott G. Averill, Colonial Manor Nursing Home, Box 250, Lansing, Kansas 66043**, or call 913-727-1284, if you are interested in attending the Symposium.

Included will be a full day workshop by Naomi Feil, which will serve as an update for CVT®s who have not had a refresher workshop within the past four years. There have been some changes in Validation theory and practice that need to be incorporated. Small breakout sessions, an evening dinner theater, and a banquet are some of the offerings. Don't miss this opportunity to meet Validation workers, teachers and therapists throughout North America and Europe to share ideas.

*Certified Validation® Therapist.



Message from the President of Our Board

We continue to receive letters of appreciation from folks around the world for the new book, **The Validation Breakthrough**, as well as for Naomi's Validation workshops. I want to share a few: From Australia... Validation "has entered my life at a very significant time... you have in fact 'Validated' me and my work." From Shaker Heights, Ohio... I am "captivated by Florence Trew and Isadore Rose, and more profoundly by your

THE V/F VALIDATION® TRAINING INSTITUTE, INC.

sensitive and eloquent expression of your basic philosophy." About Validation, from an administrator from Lockhart, Texas... "To shorten the story, it (Validation) worked... it is not a cure, but rather an organized, intelligent way of showing our compassion and love."



Please remember that our Validation® Certification requirements have changed in 1994. There are now two levels of Validation Certification: a Validation® Worker and a Validation® Therapist. Please write the Newsletter for more information.



Regarding Validation Centers: We have agreements with six European Validation Centers, The Validation Therapy Resource and Training Centre in Australia and New Zealand, and two American Validation Centers. (The U.S. centers are located in Ironton, Missouri and in Lansing, Kansas.) Our Institute encourages the development of more Validation Centers in the United States. Below are the requirements for becoming a Validation® Center in the U.S., according to the Validation® Training Institute Code of Regulations, Article III, Sections 3, 4, and 5:

3. *Only the Board of Directors at the Principal Office, Cleveland, Ohio, can certify Validation® Therapists.*
4. Validation® Chapters are established in order to:
 - a. facilitate communication among Validation Practitioners
 - b. facilitate a close ongoing association with the Principal Office
 - c. promote interest in Validation philosophy and practice
 - d. disseminate teaching materials that have been approved by the Validation® Training Institute Principal Office
 - e. advise chapter members of advances in Validation philosophy and practice
 - f. promote research and encourage practice of Validation to benefit disoriented old people throughout the world.
5. Validation® Chapters must submit annual written reports regarding: 1) membership; 2) geographical scope; and 3) yearly activities to the Principal Office in Cleveland, Ohio.

If you are interested in becoming a Validation® Chapter, please contact the Newsletter Editor: 21987 Byron Rd., Cleveland, Ohio 44122.

VALIDATION RESEARCH

Masters and Doctoral candidates in Texas and Utah are researching the results of Validation. The Child's Nursing Home \$250,000 research grant, conducted by The Ringel Institute of Gerontology in Albany, New York, will be completed around November 1994, according to researcher Dr. Phil McCallion. Results will be reported in the Winter Newsletter.

Dr. Lori Richards and Skip Averill in Kansas have completed their pilot Validation research study. They will apply for funds to expand the positive results of their initial research.

Please let the Newsletter know if you are conducting a research study in Validation so that we can become a network to encourage a much-needed investigation into the results of Validation, both for the older person and for the caregiver. Reduced burn-out and frustration for the caregiver are common results after Validation.



VALIDATION NEWS from AROUND the WORLD

- **Salina, Kansas** - Scott G. Averill, J.D., CVT®, and Jennifer Carpenter, CVT®, presented a three hour workshop entitled, "*The Role of Validation Therapy in Dementia Management*" for administrators at the Kansas Association of Homes for the Aging, Annual Resident Care Conference. They received rave reviews; participants wanted more!
- **Adelaide, Melbourne, Sydney, Canberra, and Brisbane, Australia** have been exposed to Validation through Naomi's 1993 Validation tour. National television and state radio have generated interest in Validation. The new book, **The Validation Breakthrough** has stimulated growth of Validation principles and practice throughout Australia. Alan Johns, director of *The Validation Therapy Resource and Training Center, Australia and New Zealand*, newly formed in July 1994, continues to work to promote Validation "down under".
- Berlin and Munich have formed Validation Centers in Germany.

continued on Page 4

THE V/F VALIDATION® TRAINING INSTITUTE, INC.

VALIDATION NEWS from Around the World, *continued*

- Vicki de Klerk Rubin, B.A., M.B.A., CVT®, our European coordinator and our representative to the European Validation Association (EVA), reports that The Netherlands "Stichting Validation" is developing a Validation course for "in-house Validation implementors". The "Stichting Validation" offers a Basic Course (2-day intensive) and a Worker Course (6-day course given over 5 to 6 months, with practice and supervision).
- Austria is expanding its Validation teaching. Sweden has organized a year-long Validation training program for Validation Workers, taught by Naomi Feil and Vicki de Klerk. Sweden plans to follow this basic training with a Teacher level training to assure quality implementation of Validation theory and practice.
- Brussels, via Rapsodie, is developing a Validation Center and is beginning a worker-level training program. Switzerland, Denmark, and France are organizing Validation Centers and worker and teacher training courses.

1994 VALIDATION WORKSHOPS

Locations for Validation Workshops include:

Virginia, Kentucky, Texas, Iowa, Kansas, Florida, Michigan, Wyoming, France, Switzerland, Austria, Denmark, Sweden, Germany, New Jersey, Ontario (Canada), British Columbia (Canada), Washington State, Missouri, North Carolina, Wisconsin, Pennsylvania, California, Louisiana, and Ohio.

MESSAGE FROM OUR FISCAL OFFICER

Please! Support Validation!

Your \$35.00 two year Validation Training Association Membership supports this Newsletter and helps us disseminate information on Validation Research and Practice. Please make your tax deductible checks payable to:

THE VALIDATION TRAINING INSTITUTE

Attn.: Rosetta Paolino
21987 Byron Road
Cleveland, Ohio 44122



THE VALIDATION® TRAINING INSTITUTE BOARD OF DIRECTORS

Lita S. Kohn, *President*
Rosetta Paolino
Albert F. Paolino, Ph.D.
Harvey L. Sterns, Ph.D.
Evelyn Sutton, M.A., CVT®
David D. Lamb, M.A.
Frances Bulloff, J.D.
Scott G. Averill, J.D., CVT®

Typeset by Renée Paolino

Newsletter © 1994 Naomi Feil
Permission needed to reprint

V/F Validation® Training Institute
21987 Byron Road
Cleveland, Ohio 44122

Non-Profit U.S. Postage PAID Permit 424

FALL NEWSLETTER 1994