



CLINICAL COLUMN

"ROOM 314 WINDOW"

VALIDATION® WITH SOMEONE NEW

By Naomi Feil

(Mona's thoughts:) Those walls are not my walls. This is not my house. I don't know where I am. What am I doing in this chair? Who is that strange person? I can't see who she is? She tricked me. Where am I? Dear God, how did I get here. Where is my mother? She left me alone. I'm all-alone. My heart is beating so fast I'm going to die. (Outloud:) "Mother, Please come back. Please." She'll Never come back. You know she doesn't love you. She's too busy for you.

"MOTHER! WHERE IS MY MOTHER? HELP ME!" Mona's panic tumbled out, echoing over and over through the hall. The overworked CNA in the geri-psych ward of the 2000 bed hospital, squinted

her left eye, dropped her lower lip a fraction, and keep writing her report. Her routine reaction to the shrill wail that has permeated the halls for the last 8 hours was to ignore it. That evening, she would confide to her husband: "314 Window. That woman never learned how to be alone. 92 years old and she acts like our two-year-old. She'll yell until she learns that I can't be with her every minute." The overworked CNA finished her report, and closed the wailer's door, with finality. As she shut out the screech, she shouted with authority, piercing the old woman's ears: "Mona, you'll have to wait like everyone else. You just got transferred. Sit tight!"

Who is that woman. How does she know my name? What does she want from me? Why is she keeping me here? Dear God, let me go home. I don't understand what she's saying. I have to get out of here. I don't do anything wrong. Daddy's angry at me. I was late last night. I was bad. I Shouldn't have let Harry touch me. Daddy's punishing me. He sent me here because I was bad. But I didn't do anything wrong. I won't go out with Harry any more. If I yell loud enough, Daddy will hear me and let me come home.

Continued on next page



(Outloud:) "DADDY, I DIDN'T MEAN TO BE BAD. I'LL NEVER LET HARRY TOUCH ME THERE AGAIN. PLEASE COME AND GET ME. DADDY, PLEASE, LET ME COME HOME. PLEASE."

He isn't listening, He's too busy. And Momma doesn't care. I can't breathe. My chest is so tight. Am I going to die now? I have to stop crying like a baby. I'm 17 years old. But I'm so scared. I'm going to die here all alone. "DADDY! HELP ME!" She screams outloud.

The walls are moving in. I have to get out of here. I can move my leg. Ow. It hurts. Move slowly Mona. You can make it. Remember, God always helps you when you're in trouble. You can get out of this horrible place. You can find your way home. Daddy will forgive you. It's OK to talk to talk to yourself. Nobody is listening. You got one foot on the floor. Now, the other one. The hall is empty. If I move fast, that awful woman with the screechy voice won't find me. Oh, my leg hurts so bad. Don't think about it. Just move, Mona. There's a door. I think Daddy's there. "Daddy!" He doesn't look angry any more.

Mona pleads: "Daddy, Are you still mad at me? I'm sorry. I will never go out with Harry again. Don't hit me, Dad." Ramon, the orderly, a Certified Validation Practitioner, turns to face the old woman. Her bony arms outstretched, beseeching. Her doe eyes blurred with cataracts are streaming tears. Massive wrinkles cover every inch of her bony face. "Please take me home, Dad. I'll be a good girl from now on. I promise," she begs Ramon.

Oh! Something's happening to my foot. I'm falling.

George sprints towards Mona, catching her. He eases her heaving body into a wheelchair. Gently, he strokes her upper arm, his voice soothing, soft, asking: "You're new here, aren't you?" "Daddy! Don't leave me, Dad. Please take me home." "She's kooky, Ramon." Manny, the R.N., adjusting his new toupee, winks.

Breathing slowly, Ramon "**Centers.**" He blocks out Manny's smirk to focus on Mona Johnson's physical appearance: uneven breathing; blurry eyes fixed on him; high pitch, clear speech; muscles loose; body shaking as if in fear. Ramon's inner voice speaks Validation theory: She's probably in "**Time Confusion.**" She's lost track of clock time. People in the present become people from the past. Present day emotions attract similar emotions from the past. She's afraid of something that happened long ago when she felt abandoned and she panicked, like now. She doesn't see well. She looks at me and sees her Dad.

Mona grips Ramon's sleeve, sobbing. Ramon uses the non-verbal Validation techniques for the "Time Confused." He "**Mirrors**", measuring his breath to her rhythm. He "**Matches her emotion.**" He feels the fear filling her body, spilling out of her eyes. He remembers when he first came to America, a boy of 15, alone. With empathy, Ramon "**Says her emotion with emotion.**" "Mrs. Johnson, You're scared." Ramon's voice holds fear. Mona Johnson's eyes widen. She nods. Her sobs of panic change to heaves of relief. As fear loses its hold, her fingers relax their clutch on Ramon's arm. Her cloudy eyes clear. She smooths Ramon's shirtsleeves. "Daddy, I was so scared. I was afraid you would be ashamed of me. And you wouldn't love me anymore. I didn't do anything wrong, Dad. I didn't."

Ramon uses the Validation technique: "**Ambiguity.**" He doesn't lie and say, "Yes, I am your Dad." He doesn't argue and say, "I am Ramon, not your Dad." He knows that in this moment, he is a symbol for Mona's father. She shuffles pages from the past to resolve unfinished business. Ramon uses the vague pronoun, "he" to designate Mona's father.

"Are you afraid that *he* will punish you?" He asks gently. "Yes." Mona whispers. "I've been bad." "What did you do?" Ramon explores, using **non-threatening, open questions.**

Ashamed, Mona studies her knobby knuckles. Silence. Ramon uses "**Touch.**" He softly strokes the back of her head and neck, the upper cervical

Continued on next page



"ROOM 314 WINDOW" continued VALIDATION NEWS AROUND THE WORLD

3

vertebra, the place where a father often touches a child. Each cell remembers. Mona smiles a wry, little smile, knowing that her father loves her. She points to her breasts. "Harry touched me, here," she whispers. "But **only** twice."

"Is that the **worst** thing he did? Ramon uses **"Polarity."** Mona nods, contrite. "I'm sorry, Daddy. Do you forgive me?" Ramon helps Mona answer her own question. "Do **you** think **he** forgives you?"

Silence. Mona looks long and hard at Ramon. Finally, she says in a clear, firm tone. "Yes. My father loves me. Always, and forever. Until the day he died." The old woman smiles, her eyes remembering. Safe in her knowing, secure with Ramon, Mona returns to present time. On a deep level of awareness, Mona knew that Ramon was not her father. She had held her father's hand when he died. Mona will never forget that. **"Time Confused,"** she has buried her knowing, using Ramon to finally erase her guilt. Mona, her muscles relaxed, her eyes twinkling, takes Ramon's hand. "You are a good looking young man. Are you new here?"

- Validation theory and 15 verbal and non-verbal Validation Techniques can be found in the book: **V/F VALIDATION**: Revised 2003, and **THE VALIDATION BREAKTHROUGH**, Revised 2003, Edward Feil Productions, 4614 Prospect Avenue, Cleveland, OH 44103

VALIDATION NEWS AROUND THE WORLD

• United States

- Cleveland, Ohio - The Cornelia Schnurmann Foundation has granted Montefiore Home, a long term care facility, \$125,000. to establish an Authorized Validation Training Center. The Validation Coordinator plans to begin Level I, Worker Course in the Spring.

- Hershey Pennsylvania - This AVO plans three courses, to begin in September, 2004: two Validation Worker Courses and One Validation Group Practitioners Course. CVT's Rita Altman and Sandy Strathmeyer presented a Poster Session

on "Why a Lie is Not Therapeutic," at the National Alzheimer Disease Conference in Philadelphia, July, 2004. CVT, Pastor Steve Klotz is presenting Validation at a Community Fair on August, 28, 2004. Two CVW's from Colorado and one CVW (Certified Validation Worker®) from The United Kingdom plan to complete their Teacher Training.

- Richmond, Virginia AVO at the Virginia Geriatric Education Center, will certify its second group of Level One Validation Workers in October, 2004. 16 participants are slated to complete this course, taught by CVT, John Colletti, Psy.D., and CVT, Lori Hasty, R.N. The VGEC AVO plans a Level Two course in 2005 for those who have completed the Level One course.

• Europe

The European Validation Association yearly meeting will take place in Tampere, Finland, September 22-26, 2004. Please see their website: www.validation-eva.com

NOTES from Vicki de Klerk-Rubin,
European Manager:

Every year people who are actively involved with Validation in Europe, get together for the annual European Validation Association meeting. This convocation of enthusiastic and active individuals begins with a two day meeting of Validation Teachers to discuss any and all topics that have to do with the teachings of Validation. Two years ago, the Validation Teachers created working groups on two important themes: Quality Maintenance for Teachers and Quality Standards for Institutions. This last topic arose because several teachers had been asked by nursing homes and other care facilities about the possibility of becoming a "certified Validation institution". The working group presented their proposals at the recent VTI Board meeting and they were given a go-ahead.

Maintaining Quality in Validation Teaching:

There are now new guidelines for maintaining quality in certified Validation Teachers. It was realized that in order to maintain a high level of quality in teaching,

Continued on next page



teachers had to continue to learn and develop, as well as get feedback on their work. Each year a Validation Teacher is required to participate in some form of additional learning. Also, a Teacher is required to teach a course or give a presentation at least once every two years - this keeps one's teaching skills from getting rusty. And as a last point, Validation Teachers need to be evaluated and given supervision once every five years.

Another change was in the certification process at this level. Once an individual has taken the Level 3, Validation Teacher course and successfully completed the written and practical test, they will be awarded a "Validation Presenter" certificate. Once he or she has successfully completed a co-teaching assignment, the Validation Teacher certificate will be awarded.

Quality Assurance for Institutions

Institutions or care facilities that want to become known for integrating Validation, can now request evaluation to secure a "Label of Quality" from the Validation Training Institute or an Authorized Validation Organization. The criteria have been set approved. The evaluation is carried out by a Validation Teacher. The handbook for the Teacher to use in the evaluation is currently being completed. The price for such an evaluation has been set at \$500 for a 1/2 day evaluation.

More Teachers are being trained in Europe. Annemarie Fläcklin-Schönis has just completed her 1st teacher course in Switzerland. There were 18 participants from Switzerland and Germany. Annemie Schmidt recently began her 1st teacher course in Bad Dürkheim, Germany. 7 participants come from Austria and Germany. I will be beginning a Teacher Course in Paris, France this December, which will include participants from both France and Belgium.

The Netherlands

Stichting Validation has decided to stop offering Validation course, and after discussion with VTI has ended their AVO contract. However, there are several very enthusiastic Validation Teachers in the Nether-

lands wanting to carry on. **Validation Nederland** is a loose association of people in Holland, putting energy into re-building a Validation AVO. In the coming months there will be a new Dutch-language web site: www.validation-nederland.nl: the newest revision of Naomi Feil's first book, **Validation**, will be published in Dutch and after several years of absence, Naomi Feil herself will give a one day workshop. It is hoped that enough people will express interest in training so that a Worker course can begin next year.

Respectfully submitted,
Vicki de Klerk-Rubin, CVM® (Validation Master)
European Manager

•Asia

Japan

Vicki de Klerk has taught 108 students in four courses, in three Japanese cities. The students will complete their final block of The Validation Worker course in October, 2004. The plan of the sponsoring agency, Community Life Support Center, in Sendai-shi, Miyagi, Japan, is to begin group Practitioner courses in May, 2005, for those who wish further training. It is hoped that by the end of year 2006, there will be a core of Japanese certified teachers, ready to do their co-training and a new Japanese AVO will be prepared to offer courses and training in Validation.

Naomi will be presenting her fourth series of Validation Workshops throughout Japan in December, 2004.

Singapore

The first Validation Workshops in Singapore will be presented by Naomi in October, 2004.

• NOTE: Naomi's workshop schedule, and articles on Validation are found on our website:
www.vfvalidation.org.

Please send your \$20.00 yearly membership fee to:
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Continued on next page

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