

Validation News

A Newsletter from the Validation Training Institute

Validation is a method of communicating with and helping disoriented very old people. It is a practical way of working that helps reduce stress, enhance dignity and increase happiness. Validation is built on an empathetic attitude and a holistic view of individuals.



Clinical Column

by Naomi Feil

In the last two years, I have received more and more questions regarding sexual acting out behaviors of very old people. Here are a few examples, and Validation Helping methods for: spouses, adult children, home health workers, institutional caregivers, and physicians.

Tom Albert had always been a true gentleman; courteous, controlled, charming. He was always faithful. He expressed sexual needs only occasionally. His wife, Sally, sadly admitted that Tom was never demonstrative. What has happened to this 92 year old? He had been a successful engineer... "Robert Cooper, Ph.D., (2006), argues that we actually have four brains, not one...the brain in our head (neo-cortex, limbic brain, and reptilian brain), the brain in our gut (the enteric nervous system), the brain in our heart (the neuro-cardiovascular system), and the one in our spine (the cranial-sacral system). In truth, all of these structures functioning together are one unified brain.)"[1] With damage to his cognitive structures, his sensory apparatus, his social controls, his proprioceptive self-awareness, Tom no longer knew where he was. His vision and hearing were impaired. Judgment, clock-time, vanished. Very old people, having lost cognition and perception often return to early-learned movements. They yearn to communicate with touch. Somatic memories return. Like eating, talking, and

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AVO Reports Annual reports from Authorized Validation Organization from around the world

What's New Announcements and Kudos

New DVD published in US and Germany

New tele-course being developed by North American Validation Association



Stay Up-2-Date on Validation Announcements
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AVO UPDATE

Report from Authorized Validation Organizations: 2011-2012

VIENNA RED CROSS, AUSTRIA First, a big WELCOME to Ms. Barbara Pichler, who is now the Director of the Vienna Red Cross AVO. Ms. Pichler is an RN, has studied pedagogics, nursing Science, and sociology. She is very experienced in the field of aging. We are happy to work with her and look forward to many years of working together. In 2011 the Vienna Red Cross sponsored: 2 courses for family members, 4 Basic Courses, 4 Level One Worker Course, 3 Teacher Courses, and one 2 day workshop with Naomi Feil.

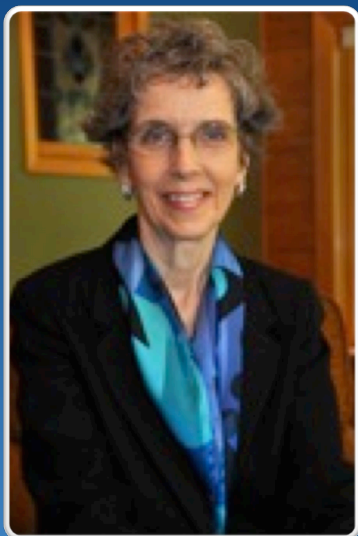
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PLATZ, GERMANY We sponsored 1 Level Two Group Practitioner Course, 2 Level One Worker Courses, 1 Level Three Teacher Course, 2 Family Members Course, 1 Course for Head Managers and Head Nurses and seminars and workshops for 800 participants. As well as further education & supervision for Validation Teachers. We are very proud to announce that the Validation Quality Certificate was awarded to *The Pfarrer-Johann-Schiller-Haus*. This home is one of only three homes in the world awarded this certificate.

JAPAN The Japan AVO has worked hard and has certified 196 workers, 35 Group Practitioners, 12 Presenters and 9 Teachers. Naomi San continues to return to Japan for training and presentations once a year for three weeks.

INSTITUTE OF APPLIED GERONTOLOGY-IFAG, Berlin, Germany held one Validation Worker Course, five 1-day presentations, and six Introduction to Validations (1 ½ hour).

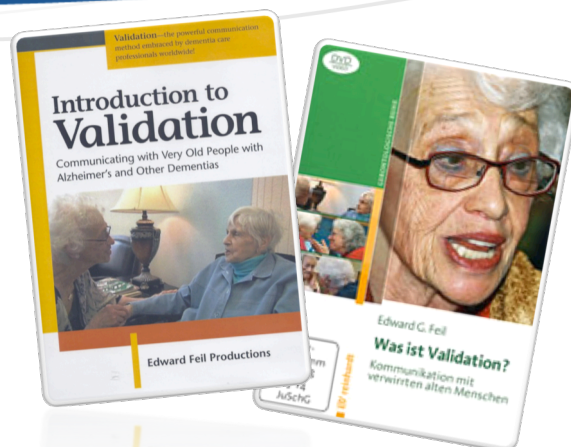
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TRIBUTE TO ROSEMARY GOLIAS

We want to extend our thanks to Rosemary, without whose tireless effort, Validation would not have blossomed in the U.S.

Rosemary's ceaseless commitment to Validation through the years has inspired the Volunteers of America to become an Authorized Validation Organization; has initiated Validation Training Workshops; and has spearheaded the International Validation Gala of 2012. We are deeply grateful.



New DVD
Introduction to Validation
 produced in English by
 Edward Feil Productions
 and *Was ist Validation?*
 (German translation) by
 Reinhardt-Verlag

This DVD provides an excellent overview and introduction to the Validation Method. Using demonstrations by Naomi Feil and Vicki De Klerk working with people diagnosed Alzheimer's-type dementia; both principles and techniques are illustrated. This is a great DVD for those new to Validation as well as students of Validation. A great in-service teaching tool.

Order from

www.edwardfeilproductions.com and
www.reinhardt-verlag.de

Clinical Column

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walking, feeling with one's hands and sexual needs, are one of our basic human behaviors. Tom's suppressed sexual needs surfaced. When caregivers tried to re-direct him to another activity, Tom returned to his sexual acting out behaviors. His feelings and human needs ignored, diversion did not work.

Validation is a holistic method. The Validation worker is aware of the interplay of bio-physiological and psychological behaviors. The Validating caregiver is non-judgmental, recognizing that this old human being has suppressed sexual feelings for a lifetime, and in old age, returns to early acting out behaviors. But, intellectual awareness is not enough. In order to fully empathize, to step into the shoes of the old person, the caregiver must be self-honest and self-aware.

Tom and his Wife

Sally shifted, backed up, embarrassed. "Where did you get those beautiful boobs, sweetie pie?" Tom, her husband of 55 years leered, his lips twitching, his eyes, bright, wanting with a twinkle. Tom's voice, usually melodious, deep, controlled, now squeaked. His bony, arthritic fingers, yellowish nails groped. This stooped, caricature of a man could not be her handsome husband. Sally sobbed, "Stop it, Tom! Don't touch me!"

How a Wife Validates: *Own your feelings: "He's disgusting. His beady brown eyes leering at me. All he wants is a prostitute. I hate him!" Put your feelings away until later, in the top shelf of the closet of your mind. *Don't Judge: "His brain has changed. He's lost control. He is not doing this to hurt me. He's lost his perception of how I feel."

*Center to be open: Take 8 deep breaths in through your nose and out of your "Center." ("Validation Breakthrough" and "VFValidation")[2] *Calibrate: Look at Tom's eyes, his hands, his muscles; listen to



his breathing and his voice-tone. Sense his sexual need. *Re-phrase: Say what he feels, matching his feelings: "Tom, you want to touch my breasts." *Reminisce: "Do you remember our first date? We danced so close." *Use Music: "Let Me Call You Sweetheart..." Sing the Love Song softly, as you gently place his arm around your neck and begin to dance with him. *Use Polarity: Ask the extreme. "What do you like the most about me?" *"I love your voice. Let's sing together." You have helped Tom's satisfy his need to touch, be close, and be loved. If you move with him each time he acts out, using music, the acting out behavior will lessen. *Express your feelings: Call someone in your Support Group or a Family Member who understands Validation: "Tom is driving me crazy. Do you know what he did this morning...?"

Tom and his Home Health Aide

SMACK! Jennie Jones, Tom's caregiver's soft voice became livid in outrage. The washcloth hit the floor. "Let go of my hand. I don't get paid to rub your penis. Your wife can hire a prostitute." Tom chuckled, tightening his golfer grip on her thin wrist. "Sweetie, you are luscious. Just a little squeeze. You can also kiss it." Tom's lusty voice pleaded with a trace of good natured humor. Jenny mobilized her 100 pounds, and shoved Tom on the toilet seat. The 92-year-old man flopped down, grabbing Jennie's breast on the way. Furious, Jennie shouted, "Don't you dare touch me."

Clinical Column

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How a Home Health Aide Validates: *Own Your Feelings: "The nerve of him! He needs a good smack where it hurts. What a dirty old man. I want to quit this job! Enough is enough." *Don't Judge: "Ok. I didn't take that Caregiver Course for nothing. He doesn't recognize me. I can't take this personally. His brain won't let him control himself. He can't help it." *Center: "Take 8 deep breaths, in and out of my Center." *Calibrate: "His eyes are small and bright. His grip is tight. His voice is cracked and high. He is chuckling. He really is enjoying this." · Re-phrase: Match the smile in his voice: "You really like sex, don't you, Mr. Jones?" · RE-minisce: "Did you have good sex with your wife? Were you 18 when you met her?" · Use Music and Movement: "Did you sing with her?" Take his hands and move with him, singing, "You Are My Sunshine," Keep singing as you finish dressing him. Use a beachball and play catch with him for at least ten minutes each day. · Review what has happened with your Supervisor. Express your feelings.

Tom and his Physician

Like a flash of lightening, the stethoscope hit the floor. "Mr. Albert! Please! Behave yourself! I thought you were a gentleman!" Dr. Margot Morris, M.D., horrified, struggled to retrieve her strangled stethoscope and avoid Tom's grasping hand, now strong with desire. "Man! am I gentle, baby. You can feel it grow." The woman within the Physician warned, her voice menacing, "Keep your hands to yourself!"

How a Physician Validates: * Own Your Feelings: "I don't need this! Why didn't I up his medication? I told his wife he needed institutionalization. This man needs a male doctor." *Don't Judge: "Tom Albert was always a controlled man. He suppressed his sexual needs. At 92, he's lost his social controls. He is not consciously aware that his behavior is inappropriate." *CENTER. *Calibrate: "His eyes are bright, but his gaze not focused; he doesn't recognize me; his face is flushed; muscles tight; lips loose, mouth open; breath comes in spurts; his grip is strong; feet firmly planted. *Re-phrase: "You are a gentle man, Mr. Albert? *Reminisce: How did you learn to make love to a woman? Where did you meet your wife? *Polarity: What do you like the most about her?" *His Preferred Sense is visual. He uses his mind's eye to see. His vision is impaired. "What does she look like? Her eyes? The color of her hair?" As he remembers, Tom becomes more verbal. He loosens his grip on Dr. Morris' wrist. * Meet with a colleague, discuss your feelings and a possible referral to a male physician.

WHAT'S NEW

WELCOME TO OUR NEW AVO IN SWEDEN, KARLSKOGA KOMMUN.

Maria Hedman, Master of Health Sciences, Director of the AVO, is planning Validation Certification Worker Courses. We are looking forward to working with her to expand Validation.

OUR HEARTIEST CONGRATULATIONS to GUNVOR SRAMEK, who has attained the highest level of certification, Validation Master. Gunvor began teaching Validation in 1996. Gunvor has co-written her first book on Validation with Petra Fercher, which will soon be published. She has written articles, supported her fellow Teachers, and has helped clarify The Validation Method, world-wide. She joins Rita Altman, Steve Klotz, Hedwig Neu, Kathia Munsch, Heidrun Tegeler, and Vicki de Klerk-Rubin as a Validation Master.

THE VALIDATION

WEBSITE: Edward G. Feil, Webmaster, has revamped our website to provide easier access to both the public and the Validation Community. Since November, 2009, we have had over 10,000 visitors from 96 countries.

SEE: <http://vfvalidation.org>

Clinical Column (Continued from Page 4)

Tom and his daughter

"I love you, Daddy, now go to sleep." Sharon's soft, soothing voice vanishes, unheard, into thin air. Tom is deaf. Bending close to her father. Tucking the blanket lovingly, Sharon didn't see Tom's itchy fingers, with the swiftness of Houdini, pulling her body on top of him. "Mademoiselle from Armentieres, parlez-vous. She hasn't been screwed in 20 years." Tom roared, singing with joy. His large, misshapen hands caressed Sharon's buttocks, blue veins bulging. "Sharon gasped, her breath in spurts. Her cry a sob. "Daddy, what are you doing?"

*How an Adult Child Validates *Own Your feelings:*
"Oh God! Is this incest? My own father. He was never like this. My Daddy was a wonderful man. What's happened to him. This is not my father. Help!" * Don't Judge: The doctor said his brain damage can cause loss of control. He can't see and he doesn't know who I am. He can't tell time anymore. He's moving in the past. He was in France during the war. He was only 18. He thinks I'm a woman he met in the war. *CENTER *Match his Emotions: The daughter begins to sing with Tom, slowly moving away him, holding his hand, singing "Mademoiselle from Armentieres," matching his rhythm and pitch. They sing war songs together, then a lullaby and Tom falls asleep. The daughter calls the Validation Practitioner, or a trusted friend, or a physician trained to understand the "Mal-oriented" and "Time Confused" old person. She expresses her feelings about her father, and learns Validation techniques.

[1] "Bodymind is One Word," Illana Rubinfeld, Ph.D., and Camilla Griggers, Ph.D., SOMATICS, 2009, VOLUME XV1, NUMBER 1, NOVATO, CALIFORNIA 94945.

[2]. See website, www.edwardfeilproductions.com for books on Validation Techniques

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COUNTRY MEADOWS, HERSHEY, PA.,

USA hosted the First Annual NAVA Conference. Working with a local college to teach Validation as a course, conducted 3 Worker Courses, 1 Group Course, 2 Worker Courses in Texas, & N.C., 1 Group Course, 2012 and 1 Teacher Course.

FONDAZIONE CASTELLINI ONLUS-MILAN, ITALY presented at six scientific conferences, conducted eight Level 1 Validation Worker Courses, one Level 2 Group Course and sponsored a workshop by Naomi Feil.

OVA ASP GIOVANNI XXIII- BOLOGNA, ITALY The Bologna AVO has conducted 3 Family Meetings, 1 Family Presentation, 6 Courses for Nursing Home Staff, 1 Level Two Group Practitioner Course. This AVO is developing a project of Validation and Multisensory interventions designed for very old people who are in the third phase, Repetitive Motion.

AVO SAMARITERBUND, LINZ, AUSTRIA

We will miss Director, Ulli Praschl. We have completed 5 Level One Worker Courses, 1 Level 3 Teacher Course, 2 Courses For Family Members, and 6 Courses for Staff, Volunteers and Hospice Workers.

SUNRISE SENIOR LIVING, USA conducted 5 Worker Courses in California, Chicago, and Atlanta and 1 Group Course. Plans for West, Mid-West, South and in Canada, as well as in the UK.

AVO BREMEN, GERMANY held three Level I courses, one Level II, 25 courses for family caregivers, and one Advanced Seminar, one workshop by Naomi Feil, and helped facilitate the preparation and monitoring of SWR TV documentary of a portrait of Naomi Feil.

M & R INSTITUTE IN RHEIMS, FRANCE

held 46 "the Basis of Validation" courses, three worker courses, one group leader course, and one teacher course. M&R also sponsored Naomi's 80th birthday celebration in Strasbourg, France.

Celebrations for Naomi's 80th Birthday and over 50 years with the elderly

In May, 2012, in Minnesota, USA, and in October, 2012, in Strasbourg, France, the North American and European Validation Associations held great gala events in honor of Naomi Feil's 80th birthday and over 50 years of working with the elderly. Over 500 people attended these events which included testimonials by people from across North America and Europe.

We want your feedback!

Please email Newsletter Publisher ed@vfvalidation.org with any question, comments, or suggestions. We accept submissions for further newsletters.

Pilot test of New Level 1 worker tele-course

A working group of the North American Validation Association (Ed Feil, Vicki de Klerk, Rita Altman, Jana Stoddard, Eric Portnoff, Steve Klotz, Sandy Strathmeyer and Dianne Knettel) is developing a combined Internet-based and 2 live in-person weekend sessions Level 1 Worker Course. We hope that this course will enable people who are highly motivated but who live at great distances from Centers to become Validation Practitioners. For more information, contact Ed Feil at ed@vfvalidation.org.

Coming Soon: On-Line Tutorial

BEGINNING VALIDATION is a web-based educational tutorial currently in English. Great for new workers. Quizzes and Statement of Accomplishment included. For more information, contact Ed Feil at ed@edwardfeilproductions.com.

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