



Members of the Community Life Support Center, The new Authorized Validation Organization in Japan with Naomi Feil in a Geisha House in Kyoto

CLINICAL COLUMN

by Naomi Feil

"WHO SAYS THEY ARE DE-MENTED?"

THE TUESDAY GROUP, aged 84-101

Place: The Mayfare Nursing Home

Time: The first 20 Minutes of the Meeting

Mrs. Heines

I want to go home. Get me outta here, you Nazi.

Mr. Jackson

Why don't you take care of that, big boss?

Validation Worker

Did your boss know all the answers, Mr. Jackson?

Mr. Jackson

He thinks so, the s.o.b.

Validation Worker

You know some answers, too, don't you?

Mr. Jackson

You bet I do. I can tell that sonofabitch a few things he doesn't know.

Validation Worker

What can you tell him?

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Mr. Jackson

You sonofabitch bastard.

(Validation Theory: The worker moves to Mr. Jackson's time frame, using present tense. Mr. Jackson is TIME CONFUSED. He tells time by memories. He associates his law firm with life in the nursing home. Without warning and against his will, his boss fired him at age 65. His father dominated him. He resents male authority. Meek and mild, he swallowed rage. At age 92, in "Resolution," without conscious knowing, he spurts repressed pain and anger to find relief. With intuitive wisdom, he struggles to heal. Validation helps him.)

Mrs. Heines

Tell the bastard I want to see my Mother.

Ms. Tops

Shuttup! She's crazy.

Mrs. Witt

(Singing, a falsetto, at the top of her voice)
 "I'M HALF CRAZY OVER THE LOVE OF YOU." *(giggles)* It's better when you're crazy. When you're crazy, it doesn't matter what you do!! *(Roars, slapping her thighs.)* DAISY, DAISY, I'M FULL CRAZY...."

Validation Worker

What is being crazy, Mrs. Witt?
(The Validation worker gently touches her upper arm while tapping her "human knowing".)

Mrs. Witt

Doing what you want... anytime you want.

Mrs. Heines

I WANT TO SEE MY MOTHER, NOW!

Mrs. Witt

Yesterday I went to see my mother to tell her she was dead, but she didn't believe me.

Validation Worker

Mr. Jackson, can you help Mrs. Heines? She wants to see her Mother.

(Stirring wisdom jelled through the years.)

Mr. Jackson

Is Mother in this courtroom?

Mrs. Tops

Her mother is dead.

Mr. Jackson

Her mother is alive, on a technicality. Is mother in this courtroom? It behooves us to habble when they need our assistance, not fadle like that sonofabitch. If you see her, point to her.

Validation Worker

Mr. Jackson, are you telling us to help them, not to fiddle around like your boss did with you?
(Mr. Jackson's speech is beginning to fail. He is moving to "Repetitive Motion.")*
With increasing brain damage, he loses dictionary words. When logical, abstract thinking and speech collapse in very old age, early learned, permanently imprinted memories surface. Jean Piaget researched the evolution of dictionary words. He found that movement is the precursor of speech. The Validation Worker acknowledges this return to early-learned movements, and at the same time, respects the intuitive wisdom harvested through years of living.*

This is not a second childhood. Instead of abstract thought, concrete movements of tongue, teeth, lips and jaw create unique word

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"WHO SAYS THEY ARE DE-MENTED?" continued VALIDATION NEWS AROUND THE WORLD

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combinations. The old person expresses his thoughts and human needs by stimulating similar sensations and sounds... a unique tangle of images.

In "Repetitive Motion," body movements replace speech. Mr. Jackson's movements have purpose. His occasional mixture of sounds is not nonsense. When the Validation Worker uses non-verbal Validation techniques with those in "Repetitive Motion," ("ambiguity", "intimate eye contact", "mirroring", "touch", "matching emotions", and "music") instead of too many dictionary words, communication flows. The old human being does not slip inward. Sleeping speech sometimes awakens, stirring dormant dictionary words.)*

Mr. Jackson

Right on the money, honey! Help them, not hurtle them.

Validation Worker

Mrs. Heines hurts because she is alone, without her mother. You know how that feels, Mr. Jackson? You understand. (VW gently touches Mrs. Heines upper cheek, where the mother first touched the infant. Each cell remembers the mother-touch. Mrs. Heines' muscles relax. She smiles. Mr. Jackson watches)

Mr. Jackson

Yes. (A tear struggles down his cheek)

The worker becomes a mother for Mrs. Heines. The old woman feels safe, nurtured. Mr. Jackson's self-image rises. He feels potent, strong, the way he felt when he helped clients in his law practice. Tuesday Group members never become living dead people. Their eyes stay open. They move. They feel less alone. Tuesday Group members need less medication.

They engage with the VW, who stirs their innate wisdom. They are not mindless.

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*The Four Phases of Resolution, Mal-orientation, Time Confusion, Repetitive Motion and Vegetation, Piaget's Early Learning Theory, and non-verbal Validation Techniques are found in the books: V/F VALIDATION, revised 2003, Edward Feil Productions, 4614 Prospect Avenue, Cleveland, Ohio 44103, and in THE VALIDATION BREAKTHROUGH, revised 2003, Health Professions Press, P.O. Box 10624, Baltimore, Maryland 21285.

VALIDATION NEWS AROUND THE WORLD

• In The United States

Country Meadows Authorized Validation Organization, Hershey, Pennsylvania

Validation Certification Courses

This AVO is expanding and developing. Jana Stoddard, Project Manager, reports that Country Meadows will be hosting a Validation Worker Course (Level 1) in the fall of 2006.

Deb Kunkel, CVT® (Certified Validation Teacher) and Rita Altman, RN, VM® (Certified Validation Master) will be the teachers.

In the spring of 2007, Country Meadows plans to host a Validation Group Course near Pittsburgh, Pennsylvania. Those with Worker level certification are invited.

For more information about either course, please contact Jana Stoddard at 800-322-3441 ext. 1035.

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Research

Rita Altman, RN, VM®, is developing a Validation Research project with speech pathologist, Stephanie Trifelli. Researchers will study the effects of Validation techniques on the verbal fluency of Country Meadows' residents with "dementia." The investigation is based on findings by Naomi Feil (1992) that the combination of touch, genuine eye contact, and a nurturing voice tone can spark dormant speech. The use of nouns, adjectives, and verbs often increases.

A control group will ensure validity. Residents will be video taped pre and post treatment. The researchers will evaluate the total number of words, meaningful units and count the number of times that a resident initiates conversation or statements. Investigators are currently testing instruments, selecting participants and getting permission from relatives. Rita and Stephanie plan to conduct a test run by June, 2006.

A goal of Country Meadows for 2006 is to cultivate a Validation Culture in all eleven George M. Leader facilities. Towards that end, a part-time Validation Teacher® position has been created. Deb Kunkel, CVT® with years of experience, will fill that position. Ms. Kunkel is currently contributing to a book on Validation for Families. In addition to teaching Validation courses, she will be conducting Validation Quality assurance reviews, as well as guiding and mentoring staff towards creating a culture of Validation at Country Meadows.

Overbrook, Kansas

A Validating Nursing Home

Brookside Retirement Community, owned by Validation Training Institute Board member,

Scott Averill, has created a new website: www.brooksideretirementcommunity.com. Together with Validation Board member, Dale Beaulieu, Scott is expanding Validation Groups in the nursing home. Description and photos can be found on the website. Scott is building a special multi-media training room to instruct all levels of staff in Validation.

Cleveland, Ohio

Validation Worker Course

Montefiore Home is offering a Certified Validation Worker course taught by Validation Board Certified teachers from Country Meadows. Call Joan Sahley, Validation Coordinator, at 216-910-2513 for more information.

• In Japan

Jinri Shinozaki, Representative of Community Life Support Center in Sendai, and Masahiro Ikeda, Director of All Japan Community Life Support Center, have signed a VALIDATION AGREEMENT between the Validation Training Institute in Cleveland, Ohio and the Authorized Validation Organization in Japan, in February 2006.

The AVO in Japan has completed a Validation Worker Course taught by Vicki de Klerk-Rubin, VM®. Ms. De Klerk-Rubin will teach the Validation Group Worker and Teacher courses. The Japan AVO hopes to graduate outstanding teachers who will create a Validation Culture throughout Japan.

• In Europe

The AVO's in Bad Durkheim, Mannheim, Berlin and Bremen have formed a coalition to offer more courses in Germany and expand the

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VALIDATION NEWS AROUND THE WORLD VALIDATION REVIEWS AND VIEWS

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Validation Culture. German AVOs now offer several Validation Worker and Group Worker courses. Please visit their website for details.

Annual Validation Teachers' Meeting:
Thirty Validation Teachers held their annual meeting on October 27-28, 2005, in Vienna, Austria. Teachers visited Viennese nursing homes. They plan to review and update all tests.

Teachers re-examined the term, "Resolution," since not all disoriented people restore the past to resolve unfinished issues. Some retreat to survive present day losses. Teachers will disseminate their findings.

The EVA Symposium, entitled, "the Bridge from Me to You," hosted by the Austrian AVO, was held on October 26, 2005 at the Austrian Red Cross Headquarters in Vienna. Participants heard gerontological experts and viewed visual and dramatic exhibitions illustrating the benefits of Validation. Dr. Frederic Munsch, CVT®, from France, was elected as the new President of EVA (European Validation Association).

• France

Kathia Munsch, VM®, Director of the French AVO, "M. et R." has revised the French translation of the book, *VALIDATION*. She plans to translate several Validation Videos into French, to expand Validation courses in France.

• Germany

Wolfgang Hahl, Director of the AVO in Mannheim, presented plans to conduct a Validation Research Study using tools of "Dementia Mapping" as evaluation instruments.

VALIDATION REVIEWS AND VIEWS

Does culture affect Validation? Vicki de Klerk, who is teaching Validation in Japan, writes: "Cultural norms are learned, taught by parents to their children and lost later in life when people become "demented." Very old "demented" people, the world over, undress in public, say improper things and exhibit socially inappropriate behaviors because they have lost these social controls. My point is: yes, there are significant cultural differences, but these differences lessen as "dementia" increases....."

Comment from the Validation Training Institute:
We teach the Validation worker to respect the boundaries of the old person. Boundaries change as the old person loses social controls. The Validation worker moves to the rhythms and needs of the old person. A culture that has learned to disguise emotions may have difficulty in accepting non-verbal Validation Techniques: "Intimate eye contact, Mirroring, and Touch." These are the keys that open the door to the inner world of disoriented old people who now, for the first time, freely express emotions. Without these keys, the old person remains locked from the outside world. This is an area for exploration and research.

Research needed: A graduate social work student from Idaho writes: "Teachers cannot believe that a social worker would accept a theory without empirical evidence that it worked... I wanted you to know, because those of us who work with the memory impaired know, without a doubt, that Validation works...."
Comment from the Validation Training Institute:
Validation has evolved after 20 years of trial

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and error with the “demented population.” Qualitative studies through the years have shown many benefits from Validation. We need rigorous quantitative research studies to illustrate these benefits for the scientific community.

Inspiration: When asked what books to read, Dance Therapist, Christine Hopkins, suggested: “Here are my top book picks: Validation Therapy by Naomi Feil (my personal “bible” and well-known in the field.) I was doing this approach

already as a dance therapist and it was great to connect with her work.”

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Please send your Validation experiences to VTI. Your work with Validation illustrates how we can transform the lives of practitioners, families and very old disoriented people around the world.



Validation courses and workshops are found on our website, www.vfvalidation.org.

Please send your \$20.00 tax-deductible contribution and become a member of the Validation Training Institute Incorporated, 21987 Byron Road, Cleveland, Ohio 44122. This is our only funding source for THE VALIDATION NEWSLETTER. Your support empowers us to spread the Validation message world-wide.