



A NEWSLETTER FOR THE VALIDATION TRAINING INSTITUTE



Listening with respect.

CLINICAL COLUMN

by Naomi Feil

FREQUENTLY REPORTED MYTHS (OR) WHAT IS NOT VALIDATION

MYTH ONE:

Received from Georgia:

"We use the Therapeutic Lie that comes from Validation Therapy. It works great for a few minutes. It quiets people down. But, often, the old person makes up another story that isn't true. Does lying really help?"

Response from Validation:

No. Lying is not therapeutic. Lying is the opposite of Validating. It ends further communication. The old person shuts down emotions. Lying does not

take the old person seriously. Lying is disrespectful. Lying pats the old person on the back, discounting, erasing the old person's human need to return to the past to re-live or re-solve or re-stimulate or restore an unfinished issue or a wonderful, vivid, memory. Lying denies the need to grieve for loved ones. Lying obliterates the struggle to maintain identity. Lying deflates the old human being who now longs to express anger or fear that has been suppressed for a lifetime.

90-year-old Mrs. Jay slips out the door of the nursing home to find her mother. When her mother died, Mrs. Jay was working. She feels guilty and needs to restore her mother in order to express her grief. The worker who lies wants to soothe the old woman, to quiet her down: "Sweetie, your Momma is right around the corner, shopping. She'll be back in 5 minutes. Let's sing and have some yummy chocolate cookies you love." Sandra Jay swallows her longing to see her mother along with the chocolate cookies. Deep down, Mrs. Jay knows that her mother is dead. Mrs. Jay buried her mother. She saw her mother's

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eyes in the coffin. Sandra Jay can never forget that. But, the memory is buried. Sandra Jay feels relieved but uncomfortable when the worker lies. She does not quite trust this worker, but says nothing and eats cookies.

88-year-old Joe Hopkins packs his briefcase. He must be at the courthouse at 7 a.m. The well-meaning worker reassures him: "Honeybunch, it's Saturday. The courthouse is closed. Eat your breakfast. You can go to court later."

The old man nods and swallows. Long ago, he banished the truth: he will never practice law again. His life was the law. He never learned to retire. He suppressed the stabbing pain as he walked away from the courthouse for the last time. He will die an attorney; not an old man stuck in a wheelchair.

The Validation worker has learned to empathize with the old person's need to grieve; to restore the past in order to resolve it; or, to survive the bleak present. The Validation worker understands that Joe Hopkins' retirement was traumatic, that he clings to his role as an attorney to go on living.

Validation Principles are based on well-established Theoretical Assumptions: Human beings live on several levels of awareness, from conscious awareness to suppression and repression. When painful feelings are expressed to someone who listens with empathy, the feelings are relieved. The client trusts the worker. (Freud, Jung, Rogers.)

The Validation worker helps the older person express feelings, not obliterate them. The Validation worker never lies and never argues. The worker knows that Mr. Hopkins cannot bear to be old without his job, and walks with this old man to restore his identity. Together, they review his life as a lawyer, his best cases, and his worst ones. Mr. Hopkins feels strong. Using Validation techniques, "The Preferred Sense," "Polarity", and "Re-phrasing", the Validation worker builds trust.

Sandra Jay blurts her guilt and her love to the Validation worker. The old woman feels relieved.

Each time Mrs. Jay calls for her mother, Mrs. Jay is "Validated" – she is able to express her emotions to an empathic human being. In six weeks, Mrs. Jay does not call for her mother any more. Her grief and guilt have subsided. Joe Hopkins, his role established as the one who keeps law and order in the Validation Group, no longer packs his briefcase to go to court.

MYTH TWO:

Received from New York:

"We use Validation all the time. When they want to go home, we go right along with them. We agree with whatever they say. Then we distract them, and re-direct them."

Response from Validation:

Webster defines re-direction: "To direct to a different place; to show the way; to command with authority." Re-direction is the direct opposite of Validation. Validation follows the old person, stepping into the old man's heart, feeling what the old woman feels. The Validation worker respects, not directs. Old people diagnosed with a "dementia" have wisdom. They know where they want to go. Though they have lost cognition, clock time, speech and recent memory, they are not mind-less. They have human needs to fulfill, human emotions to express, places to go, things to do. The Validation worker travels along.

"Get out of my way! My children are home alone. It's 4 o'clock. I have to go home. I think I left the fire on the stove." Frantic, 85 year old Mrs. Bart shrieks.

Calm, trained in re-direction and diversion, the worker soothes, taking Mrs. Bart's arm: "Sweetheart, I called your neighbor to see after the children. They're fine. Look at this new painting you made! It's beautiful. Now, come along with me to the art room. We need you to paint three more; just like this one to put on the wall."

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FREQUENTLY REPORTED MYTHS (OR) WHAT IS NOT VALIDATION continued VALIDATION NEWS AROUND THE WORLD

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"I'll paint them tomorrow for you. Right now, I have to see after my four children. NOW!"
"Sweetie, they're fine. The bus broke down, and it's too far to walk. Oh, look, the chocolate ice cream tray just arrived. Let's have some. There's your friend, Sally. She's waiting for you." The worker firmly takes Mrs. Bart's arm, moving her towards Sally and the ice cream. Reluctantly, the old woman eats chocolate ice cream and stops talking.

45 years ago, Elsie Bart's children came home from school and started a Boy Scout fire on the rug. Elsie was playing bridge with her friend next-door. The burn on her son's finger healed, but not Mrs. Bart's heart. Unexpressed, her guilt simmered, grew stronger through the years. Now, she hurts. Before she dies, this old woman struggles to heal herself. In "Time Confusion," Elsie Bart sees the fire with her mind's eye. The Validation Worker has learned these Validation Theoretical Assumptions: Human beings can see with their mind's eye, using the visual areas of the temporal lobe of the brain. (Penfield) Suppressed and Repressed emotions can cause pain. (Rogers) Human beings struggle to die without pain. Without knowing what it was, the Validation Worker knows that something terrible happened years ago that haunts this woman in old age. The worker Validates Mrs. Bart, helping her express emotions, using these Validation Techniques: "Open questions," "The preferred sense," "Ambiguity," "Polarity," "Genuine, empathic eye-contact," "Matching Emotions". The Validation Worker matches Mrs. Bart's movements, breathing, and voice tone, in order to feel Mrs. Bart's fear. The old woman slows down. She whispers to the worker.

Her guilt and fears expressed, she admits softly, apologetically: "That's the last time I played bridge. He got a little burn on his finger, but I put ice on it, and the pain went away."

In the next issue of THE NEWSLETTER, we will give further examples of these validation techniques.

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References to Freud, Jung, Penfield, and Rogers are found in: VF VALIDATION, and THE VALIDATION BREAKTHROUGH, by Naomi Feil.

VALIDATION NEWS AROUND THE WORLD

In the UNITED STATES

- From COUNTRY MEADOWS, HERSHEY, PENNSYLVANIA

A NEW POSITION

Steve Klotz, CVT® has filled the position of Validation Director at Country Meadows. He is developing certification courses, supporting the development of AVO's in the U.S., mentoring Validation workers, presenting Validation at National and International Gerontological Conferences, supporting Validation research, and publishing VALIDATION ADVANCES. The first issue of this Newsletter presented articles from the field as well as helpful Validation techniques and Validation news from around the world.

Validation Certification Courses

Steve Klotz, CVT®, is teaching a Validation Group Practitioner Course in Bridgeville, Pa., and a second Group Course has begun in Hershey. Rita Altman, CVM® will conduct The Validation Teacher Course in June.



Research

Rita Altman, R.N., CVM® and Steve Klotz, CVT® are planning to complete a Validation Research project with Dr. Edward G. Feil, at the Oregon Research Institute. The Research is titled: "Multimedia Intervention for Caregivers of People with Alzheimer's type Dementia."

The research will evaluate Validation Training using an innovative DVD and computer-mediated multimedia intervention to help caregivers use Validation at home.

- **From BROOKSIDE
RETIREMENT COMMUNITY,
OVERBROOK, KANSAS**

Brookside Retirement Community, formerly a "troubled facility," now owned by Validation Board Member, Scott Averill, has a waiting list as a result of implementing Validation. There is no longer a need for a secured area.

- **From the VALIDATION
TRAINING INSTITUTE,
CLEVELAND, OHIO**

The Validation Training Institute, with the help of Board Member, Betty Kemper, is preparing grant proposals in order to secure a Public Relations Manager to increase awareness of the positive results of Validation in the United States.

IN EUROPE

- **From EVA ~ REIMS, FRANCE**

EVA President, Frederic Munsch, has announced that EVA will be meeting in October 2007, in Bremen, Germany. An executive meeting was held in March 2007, in Mannheim, Germany. EVA needs to update its statutes, improve communication, and establish quality research in order to be recognized by The European Community and requires funds to support this research.

- **From M. & R. ~ PARIS, FRANCE**

The Avo, M. & R., directed by Kathia Munsch, CVM® sponsored its first conference of French, Swiss and Italian Teachers in February 2007, in Paris. Wolfgang Hahl, CVT® presented an informative presentation on Erik Erikson, increasing the Teachers' knowledge of developmental life tasks. Naomi Feil worked with the teachers to develop new exercises to enhance their teaching skills. Ms. Munsch plans to continue this conference each year.

- **From EVA ~ PARIS, FRANCE**

The EUROPEAN VALIDATION ASSOCIATION (EVA) meeting was held in Paris, in October 2006. All Authorized Validation Association (AVO) members were notified that an EVA Exercise Book would be created, translated into all EVA languages and distributed to all Validation teachers.

Information about "The Quality Certificate for Institutions" has been distributed to organizations that wish to ensure that their institution is implementing quality Validation.

A new AVO from Linz Austria; Samariterbund Linz, in Austria has been established. We wish you many years of successful work with Validation.

- **From BOLOGNA, ITALY**

Dr. Lucio Tondi, Ribani, L., Bottazzi, Michela, Viscomi, G. & Vulcano, V., have completed a case-control study of Validation Therapy in the Nursing Home. Dr. Tondi presented positive findings at the 4th Bologna International Meeting of Affective, Behavioral and Cognitive Disorders in the Elderly, in June 2006.

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VALIDATION NEWS AROUND THE WORLD AND AN EXCERPT FROM THE HOSPICE IN MARTHA'S VINEYARD

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IN JAPAN

• From AVO ~ JAPAN

Vicki de Klerk, CVM®, has completed the first Teacher Training Course (level 3) in Japan. In December 2006, 9 Japanese Students received their Presenter Certificates, authorizing them to present Validation and to co-teach certification courses with an experienced Validation Teacher.

Ms. de Klerk has adapted the standard Worker Curriculum to conform to the Japanese Culture. A new teaching block focuses on emotions, empathy and basic communication skills. This block provides the training needed to assimilate Validation practice.

The Japanese AVO has embraced this curriculum.

Ms. de Klerk has been consulting with the Japanese AVO and a professional video development organization to create a Japanese Validation video. The Japanese National Broadcasting Company (NHK) has completed its second documentary on Validation, shown on national TV in January 2007. The NHK documentary compared the "State of Validation" in Germany with that in Japan. Filming in Germany was accomplished with the cooperation of the AVO in Bad Dürkheim.

Japan has made tremendous progress with Validation in the past four years.

AN EXCERPT FROM A HOSPICE IN MARTHA'S VINEYARD

.... Imagine my shock when I heard a community "professional" inform the hospice volunteers that "therapeutic lying" was a common practice when working with persons with Alzheimer's and dementia-related disorders. I was unable

to redirect this "professional" during this in-service. Upon being specifically questioned by me, the "professional" responded, "Therapeutic lying is condoned by the Alzheimer's Association." She then immediately added the name: Naomi Feil, and she cited Validation Therapy. I was again unable to redirect this individual to an understanding of either the works of Naomi or the principles of Validation Therapy. At the conclusion of this in-service, I did clearly explain all matters to the volunteers present.

.... Hospice of Martha's Vineyard genuinely thanks Naomi for her personal response...

Hospice of Martha's Vineyard will continue to maintain the integrity of the individuals we serve, including those with dementia-related disorders.

Cheryl Lewis, LCSW
Social Worker/Bereavement Coordinator
Hospice of Martha's Vineyard
3-9-07

Cornered

by Mike Baldwin



"I don't reimburse. I validate. I listen and acknowledge how difficult it was for you to find a place to park."

SPRING/SUMMER 2007



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Naomi Feil/Executive Director
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PEOPLE in VALIDATION

VICKI DE KLERK, CVM, will move from The Netherlands to New York City in July 2007. Vicki will continue her job as European Manager as usual, by e-mail, fax, telephone, and scheduled visits to Europe. The Validation Community wishes her well.

Warmest Congratulations to our newly CERTIFIED VALIDATION MASTER, HEDWIG NEU, in Bad Durkheim, Germany. We are confident that Hedwig will continue to teach, develop and promote Validation through the years. Hedwig writes, "I feel grateful and honored... and will do my best..."



Bibliography and References to Validation Theory can be found in Validation books listed on our website: www.vfvalidation.org
www.edwardfeilproductions.com

Validation Films in DVD format and Validation books: V/F Validation, revised 2003, and "The Validation Breakthrough, revised 2002, published by Health Professions Press, Baltimore, Maryland, can be purchased from Feil Productions, 4614 Prospect Avenue, Cleveland, Ohio 44103.

Please send your \$20.00 tax-deductible contribution and become a member of the Validation Training Institute Association. This membership entitles you to continuing Validation Newsletters. Your contribution is our only funding source, and your support empowers us to spread the Validation message, worldwide. *Thank you!*