

# Validation

A NEWSLETTER FOR THE VALIDATION TRAINING INSTITUTE -- INTERNATIONAL SYMPOSIUM



## International Validation Symposium approaching this March in Hershey

The second International Validation Symposium will be held at Hershey Lodge and Convention Center Friday and Saturday March 30 and 31, 2001. Michael Leader, CEO of the George M. Leader Family Corporation, which owns and operates Country Meadows Retirement Communities in Pennsylvania, thought it would be a good idea to bring together people in the U.S. and Europe interested in Validation.

---

WINTER 2001

---

### Contents

Symposium 1-2

CLINICAL COLUMN  
By Naomi Feil:

"Oversimplifying  
Validation" 3-4

Validation Worldwide

- United States
- Europe
- Japan
- Webnotes 5

International  
Symposium  
Registration 6

Barb Frey and the other planners are excited about building energy for the new millennium. From our experience at the First International Symposium, we know participants will bring expertise, passion, joy, excitement, commitment and a willingness to share our understanding of Validation principles. Barb continued, "Michael made a commitment to train a group of Country Meadows co-workers who work with confused residents. Thus far, we have engaged Naomi Feil, Validation founder, and Vicki de Klerk Rubin, European manager, to do the training over a five-year period until all Validation levels have been completed by a core group of co-workers. So impressed by the difference Validation is making for the families, co-workers and residents at Country Meadows, Michael decided to move ahead with the symposium." The two-day workshop will include teaching Validation to others, beginning and advanced supervision, Validation studies and results, implementing Validation in an organization, impact of Validation practice and looking at the future.



## International Symposium seeks new paradigm for new millennium

Validation founder, Naomi Feil anticipates getting to know one another, gathering the international Validation community and sharing stories on how Validation is growing and making a difference in the lives of confused elders.

Symposium planners are excited about this rare opportunity to gather as a unified body, to learn from one another and plan ways to spread Validation.

Our keynote speaker is Leo Frangipane, MD, a former surgeon from Reading P.A. A dynamic speaker, Dr. Frangipane tours the U.S motivating and training medical students on the human side of medicine that has been lost over the years. We have applied for CEUs and participants will be given certificates from the VTI board for attending.

Additional presenters include experts from Europe: Wolfgang Hahl, Validation Center Director [German Red Cross] from Mannheim, Germany, Carsten Niebergall, Validation Center Director from Berlingen, Switzerland (who will focus his presentation on developing a professional strategy to market Validation) and Vicki De Klerk Rubin, BFA, MBA, R.N., V.T., Validation Training Institute European Director.

Vicki designs courses and tests and works to ensure the quality and professionalism of Validation worldwide. Fran Bulloff, VTI board member, will present organizational strategies: How to establish an Authorized Validation Organization.

Scott Averill, Validation Teacher who led the planning for the first symposium in 1998, says, "At the first International Symposium, we had professionals from Australia, Europe and all throughout the U.S. It was phenomenal and energizing for many of us who have felt outside mainstream care to see a group of people so committed to a paradigm-shifting possibility. This conference gathered energy for the curriculum we now have in place and served as the impetus for the international standardization certification of workers." Lita Kohn, VTI board president, will present the newly established Weil Memorial award to an individual who achieved distinction in Validation.

We are at a monumental point in world history. By 2010, one billion old people will inhabit the earth. What a fantastic opportunity for a powerful, creative response using humane and effective Validation techniques! We can help ask and answer the big questions: Are we now providing the best care for our elders? What are we doing for those in the direct line of care? This symposium will launch a transformational paradigm shift: to quote one of our planners, "If not now, when? If not us, who?"



## Clinical Column: “Oversimplifying Validation” by Naomi Feil

Quoted in a Texas newspaper is a 55-year-old daughter: “Validation basically means you honor, acknowledge, and validate what the patient is seeing, saying and feeling.” For example, continues the article, if the mother saw someone standing in the shadows when no one was there, the daughter would suggest they look together and find out what the person wanted.

The daughter interviewed did not understand two basic Validation principles: **First, we have many levels of awareness.** On a deep level of knowing, elders know the truth. The elder woman, seeing with her mind’s eye, restores someone from the past to wrap up her unfinished relationship. At this moment, the elder may see a sister who has died.

The elder needs to talk to her sister, perhaps to vent a strong emotion that has lain dormant for 80 years. **Deep down, on another level of awareness, the elder knows that her sister is dead.** She buried her. Now, she restores her sister to finally express love, or jealousy or hate. **When the emotion has been expressed, and someone listens with empathy, it is relieved.**

The care giver who understands this Validation principle will never suggest looking for a person from the past. This will embarrass the elder who knows, deep down, that her sister is dead, but who needs to talk to her. The care giver, with empathy, will help the woman express her emotions, knowing that when emotions are expressed, they are relieved. The elder preparing to die, must mend broken relationships in order to die in peace.

The care giver, using Verbal Validation techniques, asks softly, “What does the person look like? Is she angry? Sad? What do you want to tell her ...?” This helps the elder in Resolution finally release deep emotions that have been trapped inside for a



## Clinical Column: “Oversimplifying Validation” by Validation founder, Naomi Feil

(continued from page 3)

lifetime. Released, the emotions lessen, and after three or four weeks of Validation, the elder no longer sees the person from the past.

Other examples of oversimplification are: “Reality Orientation,” “Redirection” and “The Therapeutic Lie.” Using these techniques, the care giver assumes that the elder has simply forgotten that relatives have died, wants to be constantly reminded that they are dead, and the reason for restoring the person from the past is not important. Proponents of these techniques assume that the older person prefers present day activities such as bingo or musical entertainment. This care giver does not know that the elder has many levels of awareness, that the elder is not “mindless,” that the elder wants to restore the past to resolve it.

Since 1963, I have documented these levels of awareness in case recordings of nursing home residents and on movie film. Reality Orientation invites hostility and withdrawal. Frustrated, misunderstood, the elder stops speaking and withdraws inward. In spite of this reality, in a special issue, “The Brain Matters,” on November 10, 2000, USA TODAY quoted The American Academy of Neurology. These experts advised the care giver to “gently prod” (the disoriented person) by saying, “Remember? She died!”

Now, the elder is tongue-tied. Emotions that need to be expressed are once again swallowed. Diverted and redirected for a few moments, the elder soon returns to unfinished business. The disoriented elder keeps struggling to release emotions and continues to see people from the past, despite constant redirection or reminders that they are dead. But, no one listens. So, the elder retreats to the past.



## UNITED STATES

European Manager and Validation course designer, Vicki de Klerk Rubin, CVT (R), has completed teaching our first Validation Training Practitioners course in the U.S. Fourteen Certified Validation Practitioners received their diplomas on April 18, 2000, at our Validation Training Center in Hershey, Pennsylvania. Vicki will be teaching the Group Practitioners' course in December and May, 2001. She will present the history of Validation in Europe at our International Symposium on March 30 and 31, 2001, at Hershey, Pennsylvania.

Rita Altman, CVP (R), and Kara Ray (R), presented Validation at the International Alzheimer's conference in July, 2000. Naomi demonstrated Validation in a CNN television program on Alzheimer's disease. Sister Annette Frey, in Pittsburgh, Pennsylvania, reports success with Validation. Sisters have become less agitated and wander less.

## EUROPE

Vicki de Klerk Rubin has revised the German edition of *The Validation Breakthrough*. Two thousand, five hundred and fifty-six copies were sold in Europe in 1999. EVA (European Validation Association) had its 8th annual conference in Apeldoorn, The Netherlands, on October 14 and 15, 2000. A handbook for Authorized Validation Organizations (AVOs) was approved to maintain quality standards and professionalism. EVA will meet in Stockholm, Sweden, in 2001, in Berlingen, Switzerland, 2002, and in Mannheim, Germany, 2003. The third annual meeting of Validation Teachers will be held on October 12 and 13 in Apeldoorn. New tests will be designed and approved. There are now 12 AVOs in 10 countries and 80 Certified Validation Teachers. Courses are being taught in Germany, Switzerland, The Netherlands, Finland, Austria, France, Sweden and Italy through 2001. The Validation Training Program will be published in German. Naomi's European tours are sold out.

## JAPAN

Tsutsi Shobo, a Japanese publishing house, is translating *The Validation Breakthrough*.

**WEBNOTES:** Articles, Naomi's 2001 schedule can be found at <http://www.vfvalidation.org>. Please contact our webmaster, Dane McGregor, with any suggestions for our website.



WINTER 2001



Validation Training Institute  
Naomi Feil/Executive Director  
21987 Byron Road  
Cleveland, Ohio 44122

Non-profit Org.  
U.S. Postage  
PAID  
Permit No. 424  
Cleveland, Ohio  
44122

Detach here and return.

### Shifting the Paradigm of Care for Our Confused Elders Registration

Name \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Country \_\_\_\_\_

Telephone \_\_\_\_\_ Telefax \_\_\_\_\_ Email \_\_\_\_\_

**Continuing Education  
Units for nursing home  
administrators are  
being requested.  
Validation Training  
Board Certificates  
awarded for completion  
of entire course.**

A block of rooms at the Hershey Lodge with special rates has been reserved.  
Call (717) 533-3311 by 2/12/01 to be guaranteed a room at the special rate.  
Tell reservations you are with the Validation Symposium.  
Please make checks payable to: *The George M. Leader Family Corporation*

Mail to: Ms. Barbara J. Frey  
c/o George M. Leader Family Corporation  
830 Cherry Drive  
Hershey, PA 17033  
(717) 533-2474  
Fax: (717) 533-6202  
Email: [jstoddard@countrymeadows.com](mailto:jstoddard@countrymeadows.com)

#### Complete Symposium

\$175 x \_\_\_\_\_ = \_\_\_\_\_  
Number of Registrants

*Includes Friday continental breakfast,  
lunch, award dinner and program; Saturday  
continental breakfast and program.*

#### Friday Only

\$125 x \_\_\_\_\_ = \_\_\_\_\_  
Number of Registrants

*Includes continental breakfast, lunch,  
award dinner and program.*

#### Saturday Only

\$100 x \_\_\_\_\_ = \_\_\_\_\_  
Number of Registrants

*Includes continental breakfast and program.*

Total Enclosed \$ \_\_\_\_\_