Relational Clown		
Basic Theory	Relational Clown	Validation
Definition		This *method of communication* is based on building a relationship with older adults with cognitive decline. The aim is to accompany them while acknowledging ("validate") the emotions and needs being expressed, whether they still have the ability to speak or not.
Concept of humankind	Welcoming the person in their current physical and emotional state	Holistic vision of people: physical, psychological and social factors are all critical to how people age and if they become Mal or disoriented.
Goals	Verbal and non-verbal communication. Create a non-judgmental relationship Welcome the person as they are without wanting to change their attitude, allow them to freely express their emotions and needs. Simply welcoming the person as they are here and now	For the older adult: Increased verbal and non-verbal communication; Increased feelings of well-being and self-worth; Expression of emotions and being actively listened to with empathy leads to less anxiety and stress; Their process of resolving old issues is continually 'validated' Validation prevents isolation and loneliness which prevents withdrawal inward to vegetation. For the caregiver (professional or layperson): Less burnout More joy and energy Feeling more capable of handling difficult situations For family caregivers: Improve communication with relatives living with dementia; (Re)build a positive relationship; Older adults can stay in their own homes longer; Less burnout
Basic Theory	Based on empathy: Accept the person with his or her	Based on 3 Main Elements: - **The Attitude** based on empathy.

	current feelings and emotions, without judgment or advice. Simply welcome him	- Tailored communication **techniques,** - **Principles** developed by Naomi Feil in reference to human beings psychophysical and social developmental theories. She refers to humanistic authors such as E. Erikson, C. Rogers, J. Piaget, S. Freud, C.G. Jung, A. Maslow...
Targeted population	All people	Older adults with cognitive losses; those diagnosed with 'late onset Alzheimer's disease. Aspects of Validation (the validating attitude and some techniques) can be used with many different populations.
Techniques used	Centering Calibration Synchronization Verbal and non-verbal communication techniques Reflect emotion with emotion. The training includes 4 axes: 1. presence to oneself 2. presence in the other and in others 3. clown playing basics 4. Preparation of clown visits to institutions.	Individual Validation: - Prerequisites: centering, finding a trust-building physical position (eye contact and using an adult to adult voice tone. - Verbal techniques include: asking open questions and exploring the needs and emotions being expressed by the other person. - Non-verbal techniques include: anchored touch, singing songs familiar to the client, saying the emotion with emotion, mirroring the repetitive movements. Group Validation: 4-8 disoriented older adults form a weekly group that explore issues relevant to the group members using a fixed agenda, seating order and social roles.
Developers	Christian and Françoise Moffarts Camus, Belgium	Naomi Feil Method created 1960s-1970s; first published in 1982. Over the course of 50 years, 2000 Naomi Feil Workshops have been held worldwide. At an average of 200 people per workshop, that's 400,000 individuals who have experienced Validation from its founder. Validation is now further developed by 17 Masters who comprise the Education Committee of the Validation Training Institute. They also mentor over 430 Validation Teachers offering training in 12 countries with the support of 23 Authorized Validation Organizations.

		These organizations have certified over 925 group leaders and 6,500 workers.
Training	Built on the alternation model, it alternates 16 days of training in residence with 10 accompanied clown visits to member institutions: 10 residential training days - 5 clown visits to a variety of member institutions of the association - 1 visit as a clown, accompanied, in his own institution - 5 residential days of deepening - 2 clown visits, whose play is led by the learners - At least two autonomous visits to one's own institution or network of associations - 1 closing visit to the elderly - 1 closing visit to people with disabilities - 1 day of training assessment	<u>Workshops/Presentations:</u> Offer an introduction to the method and a few basic skills <u>Basic courses: (2-6 days)</u> Offer integration of basic attitude skills and a few techniques <u>Targeted courses, seminars and workshops (1-3 days)</u> Offers an introduction to the method and some basic skills based on the needs of: Family caregivers Facility managers Volunteers Fire, police and ambulance workers Home healthcare workers ... and as requested
Certification Courses	The training thus totals 173 hours of training with 15 residential days and one day of assessment and closing of 8 hours and 10 visits of 4.5 hours. certificate of basic clown training in an institution	<u>Level 1, Worker course: (certified)(10 days spread out over an average of 9 months)</u> Offers integration of basic attitude skills and all individual Validation skills <u>Level 2, Group Practitioner course: (certified)(6 days spread out over an average of 9 months)</u> Offers further integration of individual Validation skills and adds Group Validation skills <u>Level 3, Validation Presenter course: (certified)(5-6 days spread out over a minimum of 2 months)</u> Offers presentation skills and deepening of theoretical and pedagogic knowledge as applied to teaching Validation. <u>Level 4, Validation Teacher</u> Successfully co-teaching a Level 1 course with an experienced teacher leads to Teacher certification <u>Level 5, Validation Master</u> Validation Teachers with a minimum of 5 years experience of teaching all certification levels may apply for this certification. Validation Masters become members of the VTI Education Committee and are responsible for the

		integral development of the Validation method contents and teaching materials. Masters are authorized to teach Level 3 courses.