



### Internet-Supported Validation Training

Time to change the way you interact, communicate, and maintain a loving relationship with a person living with Alzheimer's disease and related dementias?

This unique online course provides family caregivers with new ideas, practical skills, and techniques. Register today and receive a copy of the 132-page book, "Validation Techniques for Dementia Care," written especially for family caregivers.

"I believe if someone has limited time and the temperament to only learn one approach to being a better caregiver, THIS would be it."

- 2019 Family Caregiver Course Participant

### Course Benefits

In post-course surveys, participants had significant changes in:

- Knowing what to do when faced with challenging behaviors
- Having moments of joy with their relative
- Knowing NOT to lie or use diversion with your relative, having alternative strategies
- Understanding the different forms of dementia
- Knowing the importance of empathy and how it's different from understanding

### Course Leader

Vicki de Klerk-Rubin is a certified Validation Master teacher, the daughter of Naomi Feil who created the Validation method, and a former family caregiver. Vicki is a Dutch-trained nurse and author of the book, Validation Techniques for Dementia Care: a Family Guide.



## Course Details

The Family Caregiver Course includes **1 hour of work per week for 18 weeks plus 4 skill-building classes**. 25 people can enroll to ensure quality and personal attention.

- 1 5 on-demand videos**  
Conclude with exercises that reinforce ideas or skills
- 3 2 skill-building sessions**  
In-person from 10am until 5pm at Bikur Cholim

- 2 10 interactive webinars**  
One-hour each, led by a certified Validation Teacher
- 4 Secure online discussion board**  
For participants to share emotions, events and network with classmates to combat feelings of isolation and build confidence

**Cost: \$200.00**

### Schedule

Times:  
• 1-2 GMT for homework and preparation at Bikur Cholim.  
• 2-3 GMT for interactive webinars

### Webinar Dates:

- May 20, 27
- June 10, 17
- In-person training June 25/26 from 10 – 5 GMT
- July 1, 8, 15, 29
- September 2, 9

For more information, visit [vfvalidation.org](http://vfvalidation.org)

