



## February 2025 Newsletter

As we step into February, we're gearing up for some of the biggest events and opportunities of the year—from the 2025 Validation World Congress to exciting new training programs and a major presentation at the Alzheimer's Association International Conference. Whether you're a professional, a caregiver, or simply passionate about Validation, there's something for everyone this month.

Let's dive in!



### **Creative Arts for a Purposeful Life with Cognitive Change**

Tuesday, February 25, 2025 from 12 PM - 4 PM ET / 9 AM - 1 PM PT



## 2025 Validation World Congress – February 25th

One of our biggest events of the year is here! Join us on February 25th for the 2025 Validation World Congress: "Creative Arts for a Purposeful Life with Cognitive Change."

This year's event features three dynamic panels exploring the power of visual, literary, and performing arts in dementia care. Hear from inspiring speakers living with cognitive change alongside top experts in the field. From painting to storytelling, you'll discover how creative expression fosters connection and enhances lives.

End the day with our networking happy hour, where you can connect with professionals, caregivers, and advocates dedicated to improving dementia care.

📅 Register now: <https://hubs.ly/Q035Qn0K0>



## AVO Spotlight: Validation in Israel

How does a dedicated community of Validation professionals transform dementia care in Israel? Under the leadership of Noga Avni, Occupational Therapist, Msc., and AVO Manager, our Authorized Validation Organization (AVO) in Israel has been championing the Validation method since 2013, with a mission to improve the lives of older adults with cognitive decline.

From establishing a Validation Teachers' Forum for ongoing training support, to hosting webinars, workshops, and specialized courses for geriatric institutions, the AVO has empowered hundreds of professionals with the tools to connect, communicate, and care more effectively for individuals living with dementia.

In December 2024, the AVO launched a comprehensive training program for day centers, equipping managers and staff with practical Validation skills. This year, a new Level 1 Worker Certification Course will add 17 more Validation-trained professionals dedicated to improving dementia care across Israel.

Curious about the ongoing impact of the Validation method in Israel and how these efforts are reshaping dementia care?

Read the full article here:

<https://vfvalidation.org/blog/wevalidate/2025/02/14/validation-in-israel/>



FAQ:

# How do I become a Validation Teacher?



## New! FAQ Column with Vicki de Klerk-Rubin

If you have a question about Validation method or training – send it to us [.jana@vfvalidation.org](mailto:.jana@vfvalidation.org), and we'll answer it in our next column!

### *How do I become a Validation Teacher?*

To become a certified Validation Teacher, you need to gain 4 levels of certification: Level 1: Worker, Level 2: Group Leader, Level 3: Presenter, Level 4: Teacher.

Why so much training? The Validation method is not easy to internalize, sort of like meditation. It sounds easy but it takes practice. The first step is to be able to validate individuals who are in all the various phases of withdrawal. Knowing how to automatically respond to someone expressing anger or other strong emotions; to be able to automatically move in to create a trusting relationship with someone who doesn't express themselves verbally – that takes coaching over time. Skills can't be learned in just a couple of days. That's just a fact of teaching well.

Andragogy (the methods and principles used in adult education) is an important topic for VTI. We check every curriculum with an expert in adult education to make sure we follow the highest standards of quality in education. We're focused on bringing people the gold-standard of training; that pays off in the long run.

After learning how to validate one person, the next step is to learn the special techniques developed for leading Validation groups. This integrates the techniques and basic attitude even further and gives the Group Leader skills needed for working with groups of people. Sitting back and allowing the adults in the group to express themselves often takes practice. When I first started learning Validation, Naomi gave me this criticism, "get out of the center of the group!" I had to learn to trust the group members, to stop being the leader and shut up. I had to learn this lesson again later on when I started teaching.

The next step is becoming comfortable with the special qualities of Validation teaching – being able to role play realistic situations, leading exercises and knowing what topics require practice and what topics can be learned cognitively. Level 3 – Presenters can give presentations, workshops and teach everything except the Worker and Group Leader courses. I look back at myself as a teacher in the beginning (1990s). I needed to learn that I was there for the participants; this was not my time to shine or show off. What's the phrase? "A guide on the side, not a sage on the stage."

After co-teaching with an experienced Teacher and learning how to guide participants through a Level 1: Worker course, a person is ready to do it on their own. Not perfectly. But good enough to give participants the attention they need to develop the skills and knowledge to validate individuals competently.

And that's how you become a Validation teacher.

Send me your questions and I'll be happy to answer them in my next column.

*With gratitude,*

*Vicki*



## Join Our Free Monthly Talk & Techniques Forum

Did you know that VTI offers free monthly meetings for anyone interested in the Validation Method?

Talk & Techniques is a live, interactive forum where professionals, family caregivers, and anyone working with older adults can learn new techniques, share challenges, and connect with a supportive community. Led by experienced Validation Teachers, these sessions offer practical guidance and help promote dignity and well-being for people living with dementia.

Participation is free. Join us and be part of the conversation!

Learn more and sign up here: <https://vvalidation.org/education/vti-support-groups/>





## Medical Professionals - The Key to Better Patient Care Starts Here

Better communication leads to better patient outcomes. If you work with older adults with cognitive decline, mastering the Validation Method can help you reduce frustration, build trust, and improve care.

The Validation for Medical Professionals course is a five-week online program that equips you with:

- ▣ Techniques to respond to challenging behaviors with empathy
- ▣ Verbal & non-verbal skills to improve communication
- ▣ Strategies for managing anger, withdrawal, and resistance
- ▣ Greater confidence in working with patients with dementia

Fully online, flexible, and approved for 7.5 AAFP CME credits.

Next session starts April 2025

Limited spots available

Register today: <https://vfvalidation.org/product/validation-for-medical-professionals/>



## VTI to Present at the Alzheimer's Association International Conference!

We're thrilled to announce that VTI has been selected to present a half-day workshop at the prestigious Alzheimer's Association International Conference (AAIC) this July in Toronto!

AAIC brings together leading researchers, clinicians, and care professionals dedicated to advancing dementia care. Our workshop will showcase the Validation Method's impact on fostering meaningful communication and dignity for individuals living with cognitive decline.

Stay tuned for more details on this exciting opportunity to share Validation on the world stage!



## Family Caregiver Course – Supporting Those Who Care for Loved Ones

Caring for a loved one with dementia can feel overwhelming—but you're not alone.

The Family Caregiver Course is an 18-week online program designed to help you build practical skills, navigate challenges with confidence, and create more meaningful moments with your loved one.

Through on-demand lessons, live webinars, and interactive skill-building sessions, you'll learn:

- How to handle challenging behaviors with ease
- Why empathy—not just understanding—makes a difference
- Techniques that strengthen connection and reduce frustration
- Alternative strategies to lying or diversion in communication

Led by Certified Validation Teacher Heather Easterling, this course also includes access to a supportive online community and a free copy of "Validation Techniques for Dementia Care."

Next session starts March 2025

Limited to 25 participants

Register now: <https://vfvalidation.org/product/family-caregiver-course-2/>

## Upcoming Meetings

February 2025:

- French Teachers:
  - February 25, 7:00 PM CET / 8:00 PM Israel.
- AVO Meetings:
  - Monday: February 26, 9:00 AM Pacific / 12:00 PM Eastern.

March 2025:

- Teacher Meetings:
  - Tuesday: March 11, 10:00 AM Pacific / 1:00 PM Eastern (US time).

[For more information or to register for the meetings- click here](#)

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