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Validation: The Feil Method E-NEWS

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Step 1: Center

Step 2: Observe

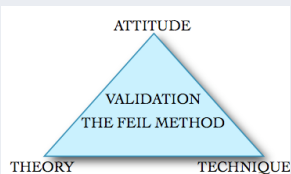
Step 3: Appropriate distance

Step 3: Calibrate

Step 4: Empathize

Step 5: explore with verbal & non verbal language

Step 6: End on a positive note



November marked the first Pacific coast inaugural classes in Validation: the Feil Method

"Nature helps these very old people find their inner wisdom. When their eyes fail and the outside world blurs, very old people look inside."

~Naomi Feil

November marked the start of the Ridgeline Management sponsored inaugural classes in Validation: the Feil Method. Hosted by Mercy Retirement and Care Center in Oakland California, and The Vistas Assisted Living & Memory Care Community in Redding California. Both inaugural classes proved to be inspiring and promising in the potential to exponentially increase the number of elders we serve.

Validation: the Feil method is based on the work of Naomi Feil. The instructor, Vicki de Klerk-Rubin, who is the manager of the European Validation Training Institute, a Registered Nurse, an author, and a certified Validation master, started students on the path of new thinking, new ways of learning, and new methods of helping disoriented old people. www.vfvalidation.org and www.validation-eva.com.

Participants will attend four more blocks every two months from now until July 2009. Additionally, everyone is required to practice the method each week and record their efforts and experiences. The students will graduate as Certified Feil-Method Validation workers in July 2009, when they will be honored to join the international community of validation workers in using this method to serve disoriented elders

Comments shared about the classes included apprehension about the intensity of the work they are doing, and more importantly, excitement about the impact they can make in the lives of elders. It will be a challenging learning process, yet thrilling to apply newly formed skills almost immediately.

We cannot "cure" disorientation; but students learned they can provide an outlet for disoriented old people to express themselves through the end of their lives; bringing them peace.

Oakland Inaugural class



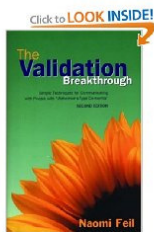
Redding Inaugural class



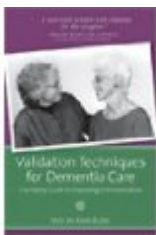
Recommended Books to enlighten your journey!

(available at www.amazon.com or www.vvalidation.org)

The Validation Breakthrough, by Naomi Feil second edition, published by Health Professions press



Validation Techniques for Dementia care – the family guide to improving Communication by Vicki de Klerk-Rubin, published by Health Professions Press



Staying in touch

By Jean Garboden

This is the first issue of our weekly e-news letter regarding our journey towards becoming Validation workers.

Since Vicki de Klerk is teaching us to be communicators with our elders, I thought it would be good to offer several ways for us to communicate with each other. This weekly newsletter is a way to provide reminders, and to share any stories we may hear from you.

We also have the blog, where you may be interactive in your communication. To access the blog, view comments, and post your own comments, go to <https://feilmethod.wordpress.com>. If you have any questions about how to blog, you may contact Amira Fahoum at amira@ridgeline.com, or call her at the Ridgeline office at 541-686-1119.

Another direct-way to stay in touch is by email, and all of the students have one another's email addresses.

Because we want to appeal to your preferred sense, we may also communicate by snail mail, u-tube, or whatever other creative process any of the validation students may consider!



And sharing the story of our journey with others



There are many people curious to learn how the two inaugural Pacific coast classes are doing – and interested in hearing about future validation worker classes and Feil workshops in California, Oregon, Washington, Alaska, Hawaii, and beyond. You may forward this email to those in your organizations who may now be learning about this innovative validation method.

Colleagues in the industry are interested to hear about your personal learning experiences too, as the process unfolds. We will be sharing your insights as you learn with a broad audience.

If you have a story, a tip, or an insight to share, please send it to Jean Garboden at Jgarboden@ridgeline.com