

Validation: The Feil Method E-NEWS

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Basic Beliefs of Validation (from V/F Validation p. 13 by Naomi Feil)

To validate is to acknowledge the feelings of a person. To validate someone is to say that his or her feelings are true. Validation uses empathy to tune into the inner reality of the disoriented old-old.

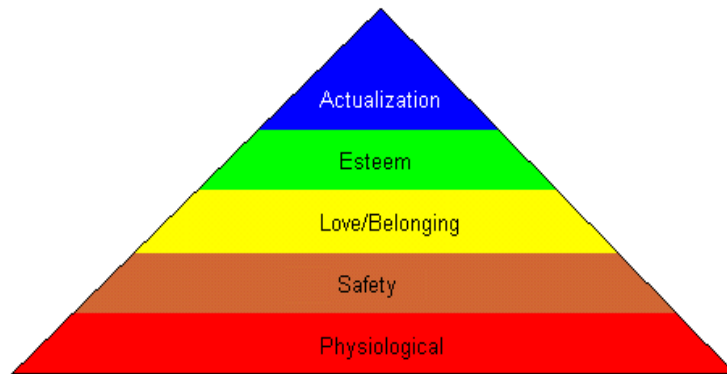
Long Term Validation goals:

- *Maintain older people in their homes.*
- *Restore self worth*
- *Reduce stress*
- *Justify living*
- *Work towards resolving unfinished conflicts from the past.*
- *increase verbal and non-verbal communication*
- *Prevent withdrawal inward to vegetation.*

The Feil method and Maslow's Hierarchy of needs.

"Most of our actions are motivated by a need of some sort, as are the actions of maloriented and disoriented people. There is a reason for their behaviour...If you can understand the need behind the behaviour; you can have more empathy with the person you are validating. If you put that need into words, the person will feel understood and accepted."

~Naomi Feil



Maslow's hierarchy of needs is a theory in psychology, proposed by Abraham Maslow in his 1943 paper *A Theory of Human Motivation*, which he subsequently extended to include his observations of humans' innate curiosity.

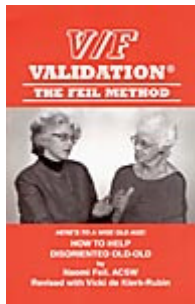
Maslow's Pyramid	As applied to disoriented elderly – Naomi Feil
Self Actualization: To realize one's full potential	Resolution of unfinished issues, in order to die in peace
Aesthetic needs: symmetry, order, and beauty	Need to restore a sense of equilibrium when eyesight, hearing, mobility and memory fail.
Cognitive needs: to understand and explore	Need to make sense out of an unbearable reality; to find a place that feels comfortable and where relationships are familiar.
Esteem needs: to achieve, gain approval and recognition	Need for recognition, status, identity and self-worth. Need to be listened to and respected.
Love: Need to belong and be loved; to feel affiliated with others.	Need to be loved and to belong. Need for human contact.
Safety needs: feel secure and safe.	Need to be nurtured, feel safe and to secure rather than immobilized and restrained.
Physiological needs: hunger, thirst, etc.	Need for sensory stimulation; tactile, visual, auditory, olfactory, gustatory, as well as sexual expression.

Vicki deKlerk-Rubin is teaching us to explore & identify the basic human need that is not met, so that we may understand the need behind the behavior.

Recommended to enlighten your journey!

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

V/F Validation the Feil Method. This book tells how to help disoriented old-old people. It teaches those who care for and about disoriented old-old how to: recognize the signs of disorientation, the physical, emotional and social factors leading to confusion, and how to help confused old-old in each stage. By Naomi Feil and Vicki de Klerk-Rubin.



The Four Phases of Resolution: This film, produced by Edward Feil productions, documents a final life struggle called resolution, which involves very old people diagnosed Alzheimer's-type dementia. To order <http://www.edwardfeilproductions.com/catalogue.html#films>



First experiences from the Pacific Coast Validation worker students

A new way of thinking

I think the hardest part of validation is unlearning other techniques that I've practiced for years.

Today, I went to do my homework, meeting with a male resident in our memory care neighborhood. In times past when I addressed this particular resident I would quickly bring up a familiar topic so that I could redirect him from the door, and get about my day. This time, before I entered our Memory Care Neighborhood I did the exercise where I fill myself with a color, to center.



I know he'll be waiting at the door in memory care so I prepare myself to calibrate quickly. I make eye contact with him, doing my best to match his body language, and begin validation. First introducing myself and then asking open ended questions, rephrasing, and imagining the extremes. Seems so simple right? Well, not for me. Redirecting has been the technique I've used for years. Several times during our meeting I found myself redirecting the conversation. I defaulted to this method whenever I couldn't think of what to say. Recognizing this, I did my best to stop and listen, allowing silence when necessary. We spoke for 7 or 8 minutes before I ended with "It was nice talking with you Mr. X, I look forward to talking again." What I learned from the experience is that it really was ok just to listen.

Although I have no idea if he went right back to the door to leave after I was gone, when our conversation ended he seemed calmer than when we began.

Karilee

To read more about the personal experiences of the Pacific Coast Feil Method Students go to the Feil Method blog at <https://feilmethod.wordpress.com> and click on the title [First Experience](#).

VALIDATION STUDENTS: PLEASE NOTE DATES FOR BLOCK TWO:

OAKLAND: JANUARY 17 & 18, 2009 (Saturday & Sunday)

REDDING: JANUARY 20 & 21, 2009 (Tuesday & Wednesday)

It's a challenge to let go of 'fixing' her, and instead to let her lead me down the path."

A Challenge awaits

I visited the elder I am working with for this first section of our Validation training. I'm finding out a little at a time about her. We don't have much of a history, and I will contact her family soon to find out more. However, I've noticed already some "textbook" characteristics of a maloriented woman: she puts valuables in her garbage can and then claims someone has taken them. When I used my rephrasing, to understand how she felt about someone taking her things, she surprised me by saying: "I don't worry; I take things as they come my way."

What's interesting about her is I know she has so many more layers than she lets on. What scares me, but is exciting all at the same time, is that she's not really exhibited maloriented behaviors, just hints that they are there and can come out at any time.

It was with this realization that I knew she will be a challenge; a challenge to see if she'll come out of her shell. It's a challenge to let go of "fixing" her, and instead to let her lead me down her path.

It's the "fixing" that is so innate, so engrained that, for me, will be the biggest challenge. Has anyone else experienced that? I feel like if I don't help, then what good am I doing? My husband would appreciate me learning one thing, I'm sure: sometimes listening is enough.

Cheers, Amira