

## CONTINUING EDUCATION CREDITS (CEUs)

CEUs will be available for RNs, LPNs, CNAs, nursing home administrators and social service employees.

## CREDIT DESIGNATION STATEMENT

The American Academy of Family Physicians is accredited by the ACCME to provide continuing medical education for physicians. CME credit for this event has been approved by the AAFP. This education activity is designated for a maximum of 6.5 Prescribed CME credits. Physicians should only claim credit commensurate with the extent of their participation in the activity. Prescribe credit is equivalent to Category I credit for purposed of the American Medical Association Physician Recognition Award.



## WORKSHOP AGENDA

8:30 - 9:00	Registration
9:00 - 10:30	<ul style="list-style-type: none"><li>• Role Play: The four stages in the Resolution vs. Vegetation stage of life</li><li>• Characteristics of Phase I Malorientation</li><li>• Film/Video: <i>Age-Specific Behavior Principles of Validation</i></li><li>• Exercise: Validation Techniques</li><li>• Film/Video: <i>Looking for Yesterday</i></li></ul>
10:30 - 10:45	Break
10:45 - 12:30	<ul style="list-style-type: none"><li>• Characteristics of Phase 2 Time Confusion</li><li>• Why you don't lie: Validation principle</li></ul>
12:30 - 1:30	Lunch provided
1:30 - 3:30	<ul style="list-style-type: none"><li>• Film/Video: <i>Communicating with Alzheimer-Type Populations</i></li><li>• Verbal Validation Techniques: Role Play</li><li>• "Preferred Sense" and "Polarity"</li><li>• Erikson's life stage theory</li></ul>
3:30 - 3:45	Break
3:45 - 4:30	<ul style="list-style-type: none"><li>• Non-Verbal Validation Techniques for Phase 2 Time Confusion, Phase 3 Repetitive Motion, and Phase 4 Vegetation</li><li>• Touch</li></ul>
4:30 - 5:00	Evaluation

# VALIDATION: THE FEIL METHOD

## BREAKING THROUGH THE BARRIER OF DEMENTIA

**A ONE-DAY WORKSHOP FOR  
CAREGIVERS AND FAMILIES OF  
PERSONS WITH DEMENTIA**

**LED BY INTERNATIONALLY  
ACCLAIMED SPEAKER**

# NAOMI FEIL



9:00 AM - 5:00 PM

# MAY 12, 2010

CATHERINE KASPER LIFE CENTER  
PRESENTED IN CANA HALL AT THE PHJC MINISTRY CENTER

P.O. BOX 1; 9601 UNION ROAD  
DONALDSON, IN 46513

## ABOUT THE PRESENTER

Naomi Feil, M.S., A.C.S.W. is the developer of Validation. After graduation with a Master's Degree in social work from Columbia University, she began working with the elderly. Between 1963 and 1980, Naomi developed Validation as a response to her dissatisfaction with traditional methods of working with severely disoriented old-old people. Today there are training centers for Validation in Austria, Belgium, France, Germany, Japan, Switzerland, Sweden and the United States.



## WHAT IS VALIDATION?

Validation is a tested model of practice for both professionals and personal caregivers who work with confused older adults. The Validation worker tunes into the person's inner world by helping him or her restore the past by reliving good times and resolving past conflicts. Validation helps disoriented people reduce stress, enhance dignity and increase happiness.

## ATTENDING THIS WORKSHOP WILL PREPARE YOU TO:

- Be a truly empathetic listener for the elderly and anyone in your life
- Be non-judgmental in order to build a trusting relationship with the disoriented elderly, bringing them peace, connectedness, and an improved quality of life
- Identify the four phases of disorientation and the basic human needs experienced by the elderly
- Use the Validation techniques at a basic level and as created for each phase of disorientation
- Support others in their learning and use of Validation

## PURPOSE:

This workshop is designed to teach health and human service workers, families and volunteers how to communicate with the disoriented "old-old" population.

## OBJECTIVES:

1. List the physical, social, spiritual and psychological characteristics that lead to change in very old age
2. Experience an awareness of yourself and others
3. Differentiate the phases of disorientation in older people
4. Identify specific Validation techniques
5. Formulate ways of preventing burnout and ways of reaching a wise old age.

## WHO IS THIS WORKSHOP FOR?

This workshop is intended for physicians, physician assistants, nurse practitioners, nurses, nursing assistants, social workers, activity professionals, therapists, clergy and family members who want to learn how to communicate with disorient "old-old" people (of more than 80 years) using proven methods.

## VALIDATION WORKSHOP REGISTRATION

**FEE: \$60.00 PER PERSON BY APRIL 2, 2010**

Name \_\_\_\_\_

Profession \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

*Please make checks payable to  
Catherine Kasper Life Center.*

### Send check and form to:

Validation Training IN  
c/o Margaret Bonen  
Catherine Kasper Life Center  
P.O. Box 1  
Donaldson, Indiana 46513



For more information, please contact  
Margaret Bonen at (574) 936-9936 or email  
mbonen@poorhandmaids.org.

**Visit us on the web!**  
**[www.cklc.poorhandmaids.org](http://www.cklc.poorhandmaids.org)**

*Lunch and snacks are provided in the workshop fee. Limited on-site  
lodging is available at an additional charge.*

*Please note Continuing Education Credits (CEUs)  
are available for this workshop.*