



Naomi Feil

Validation Workshop
Power Point Slides in
English



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Validation Workshop



Validation Principles

- Feelings, when validated, lose their strength
When ignored, feelings gain strength
- Early, well established emotional memories stay



Validation uses Empathy

What is NOT Empathy

- Sympathy
- Confrontation
- Diversion/Distraction/Redirection
- Insight-oriented therapy
- Reassurance
- Therapeutic lie
- Patronizing



Verbal Validation Techniques

- Centering
- Rephrasing
- Ask: Who? What? Where? When? How?
- Polarity
- Preferred sense
- Reminiscing



Validation Principle

- Humans have many levels of awareness or consciousness



Non- Verbal Validation Techniques

- Centering
- Close & genuine eye contact
- Taking emotional temperature
- Saying their emotion with same emotion
- Ambiguity
- Touch
- Relating movement to need
- Music
- Mirroring



Validation Research ⁽¹⁾

- Research on Validation has found positive results for caregivers and older adults with some forms of dementia :
 - increased communication
 - increased positive affect
 - reduced aggressive behavior
 - caregivers feel more capable of handling difficult situations and have more pleasure in their work
 - less need to use psychotropic medications



Validation Research (2)

- Randomized experimental and quasi-experimental studies include
 - Tondi and colleagues (2007) – summarized in next slides
 - Toseland and colleagues (1997) – summarized in next slides
 - Peoples (1982) – summarized in next slides
 - Brack (1996)
 - Babins and colleagues (1985)
 - Canon (1996).
- While many of these studies have limitations (e.g. low sample size), this research illustrates the empirical evidence supporting the effectiveness of the Validation therapy.
- More information and articles:
<https://vfvalidation.org/research-on-validation>



Tondi et al. (2007)

- 50 patients with severe AD (Mini-Mental State Examination, MMSE < 13) in Italy
- Two groups: (a) individual and group Validation or (b) control.
- Measures: Neuropsychiatric Inventory (NPI) & Bedford Alzheimer nursing severity scale (BANSS) administered at pre and post.
- Results showed a marked decrease of the average NPI symptom score in Validation group (from 22.0 to 9.5) vs. a rise in the control group (from 21.7 to 24.1).
- NPI Agitation, apathy, irritability and nighttime behaviors improved with Validation
- Significant improvements (i.e. large effect size) on BANSS with Validation while control participants increased or maintained their severity ratings.

Tondi, L., Ribani, L., Bottazzi, M., Viscomi, G., & Vulcano, V. (2007). [Validation therapy \(VT\) in nursing home: a case-control study. Archives of Gerontology and Geriatrics, 44, 407-411.](#)



Toseland et al. (1997)

- Randomized control trial in four skilled-care nursing homes
- 88 in-patient elderly with Alzheimer's randomly assigned to one of 3 groups: (a) Validation (b) attention control condition & (c) usual-care.
- Nursing staff blind to condition rated participating patients' behavior at baseline, 3 months and 1 year.
- Residents in the Validation group were reported to have fewer incidents of physical and verbal aggressive behavior on the Cohen-Mansfield Agitation Inventory (Cohen-Mansfield, 1986), a 30-item with good interrater reliability (Cohen-Mansfield, et al., 1989).

Toseland, Diehl, Freeman, Naleppa & McCallion (1997) [The Impact of Validation Group Therapy on Nursing Home Residents With Dementia](#)



Peoples (1982)

- 30 elderly patients with dementia
- Randomized to one of three groups: (a) Validation, (b) Reality Orientation or (c) usual care.
- Patients randomized to the 2 intervention conditions (Validation and Reality Orientation) participated in daily group meetings for 30 minutes per day for 6 weeks.
- Results showed that patients in the Validation condition significantly increased communication, decreased aggressive behavior, and were more responsive to staff than patients in other conditions.

Peoples, Marlene (1982) [Validation Therapy Versus Reality Orientation as Treatment for the Institutionalized Disoriented Elderly](#)



More information:

- Validation Training Institute

<https://vfvalidation.org>

- <https://vfvalidation.org/products/>

