



Validation

**Naomi Feil**

Validation Concurrent Session  
Power Point Slide

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Validation

**Validation Principles**

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

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### Phases of Resolution

- Malorientation
- Time Confusion
- Repetitive Motion
- Vegetation

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### Validation uses Empathy What is NOT Empathy

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

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### Verbal Validation Techniques

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

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### 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

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### More information:

- Validation Training Institute  
<https://vfvalidation.org>
- <https://vfvalidation.org/products/>



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