

MISSOURI INSTITUTE OF MENTAL HEALTH

4633 World Parkway Circle | 314-516.8419(phone)  
St. Louis, MO 63134 | 314-516-8428 (fax)

[WWW.MIMHTRAINING.COM](http://WWW.MIMHTRAINING.COM)

**UMSL** | **MIMH**  
Missouri Institute of Mental Health



# THE CHALLENGE OF VALIDATION

WITH RONDA OSWALT REITZ, PhD

CENTER FOR PREVENTION, OUTREACH, AND PROFESSIONAL EDUCATION

---

## Guide Usage

This Guide is considered a master document.

If you have more than one person wanting to register for CE credit upon completing this program, you will need to make copies of the registration form, post-test and evaluation.

Here is how you receive credit for this training.

- Watch the DVD enclosed
- Complete the enclosed post-test and evaluation
- Complete the enclosed CEU form
- Return your CEU form, post-test, evaluation and \$10 to:

Missouri Institute of Mental Health  
POPE Center  
4633 World Parkway Circle  
St. Louis, MO 63134  
314.516.8419

We will then send you your CEU certificate.

---

## Contact Hour

The University of Missouri, Missouri Institute of Mental Health will be responsible for this program and will maintain a record of your continuing education credits earned. MIMH will award 1 clock hour or 1.2 contact hours (.1 CEU) for this program.

MIMH credit will fulfill Clinical Social Work, Counselor and Psychologist licensure requirements in the State of Missouri. Attendees with licensure from other states are responsible for seeking appropriate continuing education credit, from their respective boards for completing this program.

## Post Test (circle your answer)

**1. All levels of validation work best when:**

- The clinician maintains a discreet professional distance from the client.
- The clinician is careful not to validate antisocial behaviors.
- The clinician not only accepts the client who and where they are, but is comfortable being open with her or his own feelings.
- The clinician is clear with the client that there are some items that must not be discussed within the context of these sessions.

**2. True or False: A clinician should not attempt to try any of the levels of validation until he or she is confident in his or her own ability to use them correctly and without looking or feeling awkward.**

**3. If the clinician is aware that the client is lying, a good strategy would be:**

- The clinician integrates the acceptance of the client exactly as they are with the requirement that the client make a behavioral change.
- The clinician is successful only when all six levels of validation are used.
- The clinician uses validation to raise awareness in the client of the need to change his or her behavior, but does not require that change takes place.
- The clinician uses validation up until the client acknowledges a need to change, and then begins a new treatment approach.

**4. Which of the following is true?:**

- When a client mentions or displays a behavior the clinician finds personally reprehensible, the clinician must make that clear to the client.
- The clinician needs to be aware of behaviors that he or she cannot relate to or maybe uncomfortable with, as he or she may need to do the opposite of what comes naturally.
- Validations and reflections are essentially the same things.
- The clinician must clearly indicate what is right and what is wrong with the client's behavior as soon as Level Three is reached.

**5. When using Dialectical Behavior Therapy,**

- The clinician integrates the acceptance of the client exactly as they are with the requirement that the client make a behavioral change.
- The clinician is successful only when all six levels of validation are used.
- The clinician uses validation to raise awareness in the client of the need to change his or her behavior, but does not require that change takes place.
- The clinician uses validation up until the client acknowledges a need to change, and then begins a new treatment approach.

# Evaluation

## Profession \_\_\_\_\_

<b>Program Process (Please circle one)</b>			
The program objectives were met:			
Strongly Agree	Agree	Disagree	Strongly Disagree
The registration/purchasing process was smooth:			
Strongly Agree	Agree	Disagree	Strongly Disagree
The program content was well organized:			
Strongly Agree	Agree	Disagree	Strongly Disagree
Please explain why you disagreed with any of the above:			
The best thing about this training was:			
How could this training be improved?			

<b>Name</b>		
<b>Address</b>		
<b>City</b>	<b>State</b>	<b>Zip</b>
<b>Employer</b>		
<b>Address</b>		
<b>City</b>	<b>State</b>	<b>Zip</b>
<b>Phone</b>	<b>Email</b>	
<input type="checkbox"/> <b>Check Enclosed</b>	<input type="checkbox"/> <b>Visa</b>	<input type="checkbox"/> <b>Master Card</b>
<b>Credit Card #</b>	<b>Expires</b>	
<b>Name on Card</b>	<b>Signature</b>	
<b>Mail to: MIMH (DVD)</b> <b>4633 World Parkway Circle</b> <b>St. Louis, MO 63134</b>		

---

# Notes

---

# Notes

## MISSOURI INSTITUTE OF MENTAL HEALTH

4633 World Parkway Circle | 314-516.8419(phone)  
St. Louis, MO 63134 | 314-516-8428 (fax)

[WWW.MIMHTRAINING.COM](http://WWW.MIMHTRAINING.COM)