

Levels of Validation

Validation can be performed at several different levels. They can be assessed using the following questions (Kocabas & Üstündağ-Budak, 2017; Linehan, 1997).

Consider your ability to validate and what level you are typically validating at:

Ask yourself:

Level One – Am I mindfully listening? YES / NO (tick the box as appropriate)

Do I listen with empathy? Do I stop what I am doing and pay full attention?

Notes:

Level Two – Am I accurately reflecting and acknowledging what is being said? YES / NO

Am I able to playback the essence of what has been said, showing an accurate understanding?

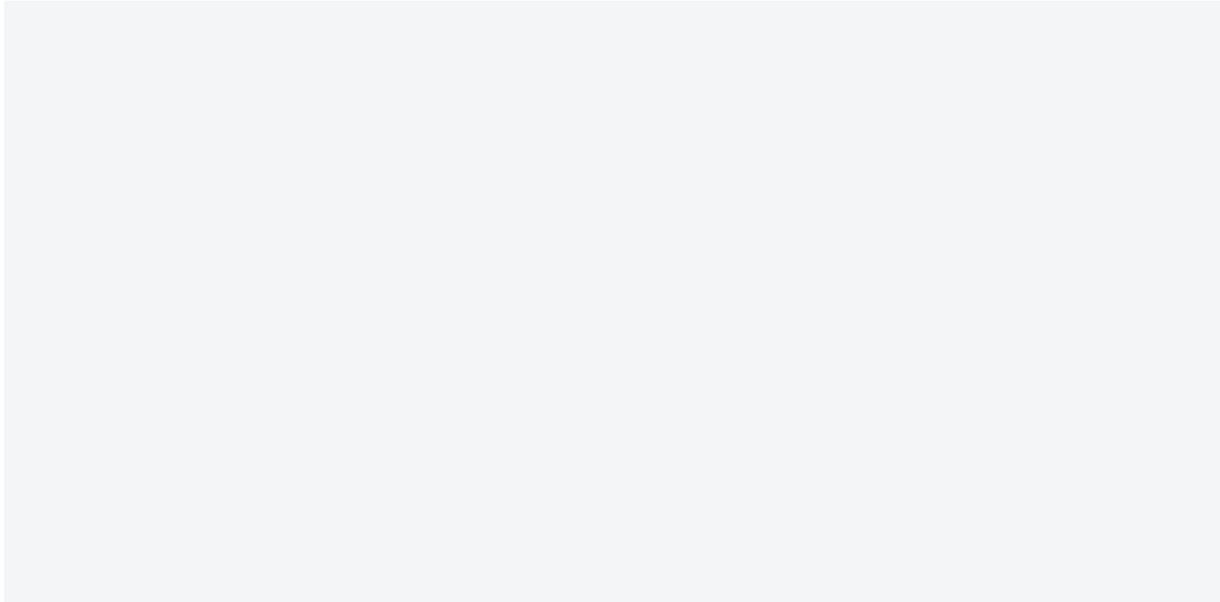
Notes:

Level Three – Can I articulate the non-verbalized emotions, thoughts, and behavior?

YES / NO

Can I ask follow-up questions that confirm what the person is feeling or thinking?

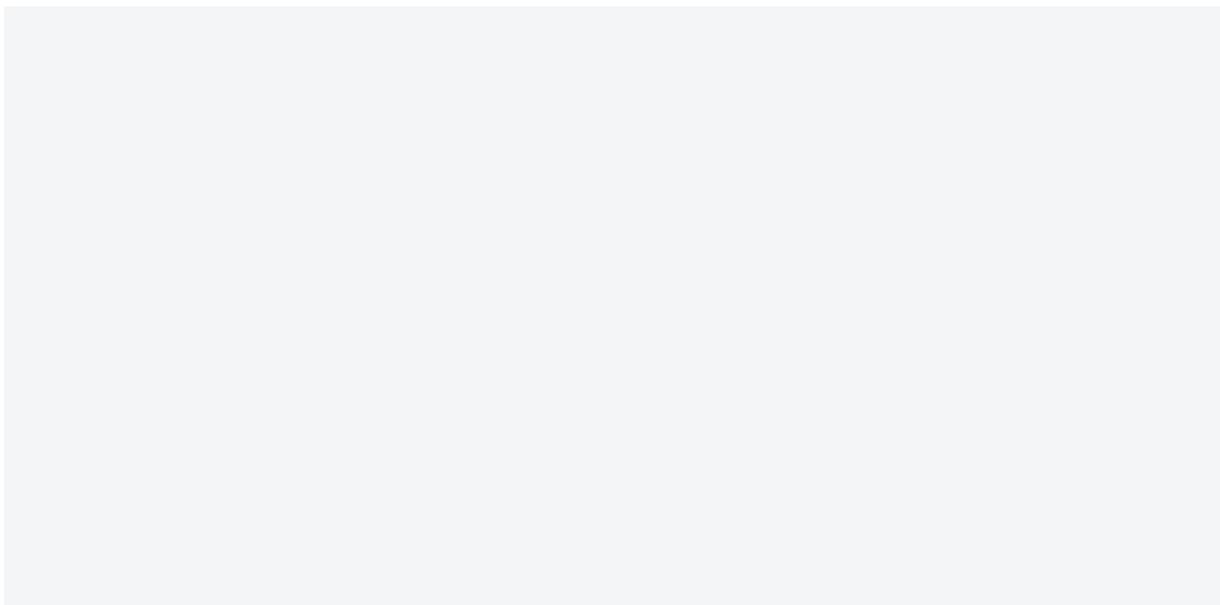
Notes:



Level Four – Can I place the problem behavior in the broader context? YES / NO

Do I consider the impact of how the person's past has shaped and developed their existing problem behavior?

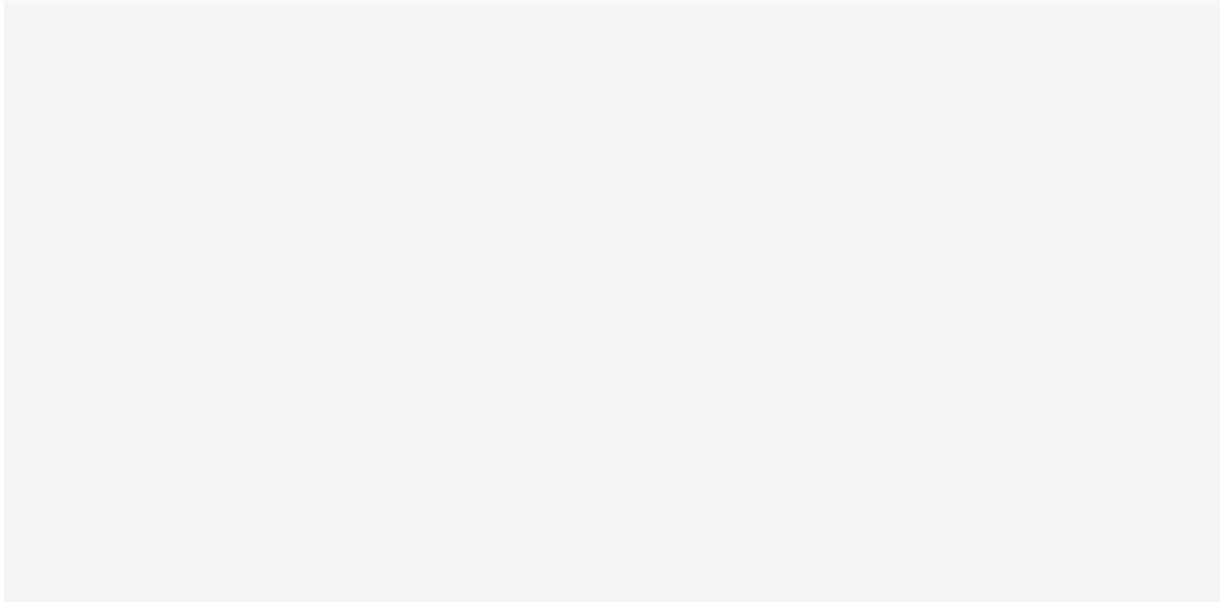
Notes:



Level Five – Can I normalize and attend to the present context? YES / NO

Do I use phrases such as *This makes sense to me considering...*

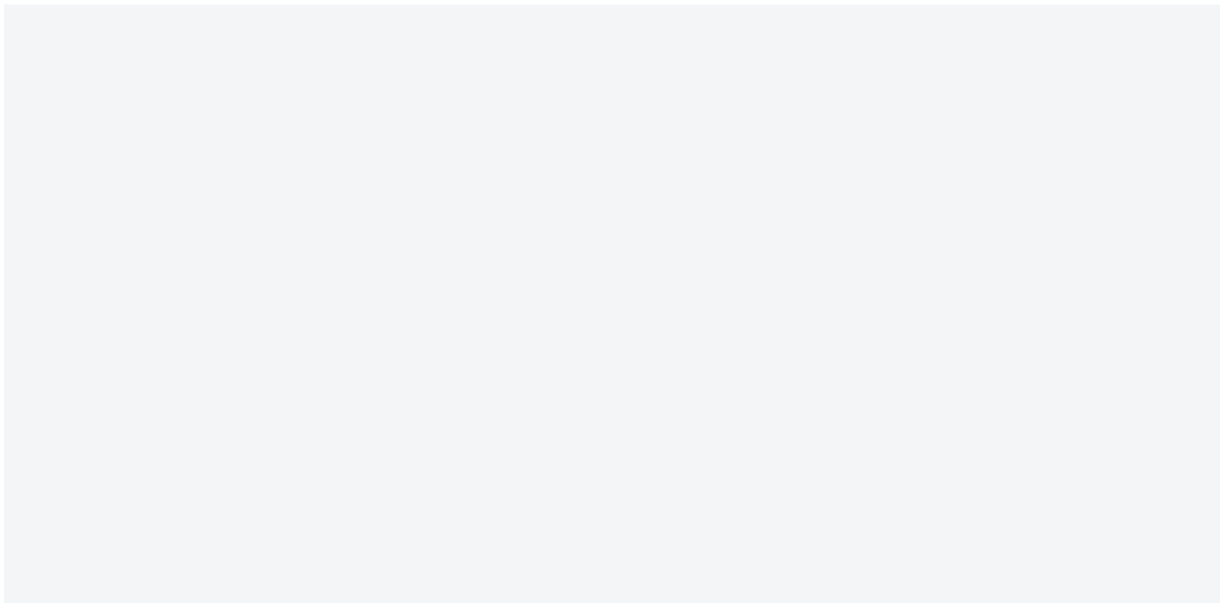
Notes:



Level Six – Do I use *radical genuineness*? YES / NO

Do I see the other person as fragile and unable to change, or do I treat them with equality and respect?

Notes:



Consider what level some, most, or all your validation is at.

References

- Kocabas E., & Üstündağ-Budak, M. (2017). Validation Skills in Counselling and Psychotherapy. *International Journal of Scientific Study*. 5(8):319-322.
- Linehan, M. M. (1997). Validation and psychotherapy. In A. C. Bohart & L. S. Greenberg (Eds.), *Empathy reconsidered: New directions in psychotherapy* (pp. 353–392). American Psychological Association.

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