

**HISTORY OF LIFE, WRITING AND VALIDATION OF WORK AND LIFE  
EXPERIENCE ACQUIRED.**

An introspective feed back of the constitution of two VAE (Validation of Acquired Experience) procedures.

**Re-cognition course**

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**Anny PIAU under the direction of Gaston PINEAU**

In order to face up the societies upheavals induced by the mondialisation, the European council calls for life training and for employment. The validation of acquired experience, was first created in France. This new way of access to certification leads to some transformations, in the professional field as well as for some people who attend it.

The author is after going through an upheaval experience via the VAE, which led her to the inmost depths of herself. While in full existential swing, she committed herself to writing this dissertation, "she has to reconstruct herself". Between time and against time, self-hetero and co-training, she multiplies alternations, the writings and crosses movements. Centration, decentration and abstraction, between readings and writings, she will take the necessary distance to use her experience as the target of her research.

The comparative analysis of two singular courses, combining history of life and VAE, highlights the meeting between two temporalities of the sujet. This new dialogical space brings an effect of power. The tangle of the interactions between training experience and the training with its history of life, as well can, in recursivity, increase a formative system with oneself, that to cause an existential chaos.

The writing can free and disrupt as much as it can construct and give form.

This dissertation poses the limits of the VAE while visualizing a course towards re-cognition. The research action training led during this experience shows a pragmatic of the existential self-training.

**Key words : History of life – Writings – Validation of experience acquired – Alternation – Self Training – Processus – Self Generation – Transformation – Emancipation.**