

# What is Video Interaction Guidance (V.I.G.)?

V.I.G. is an intervention that aims to:

- improve relationships between a parent/carer or professional (known as the client) and a child, by viewing short video recordings of positive interaction moments alongside a trained VIG practitioner
- strengthen the bond between adult and child by developing attunement
- help the adult hold a space in their mind for the child and understand what it feels like to be in their shoes
- help to bring about changes in behaviour and learning through a better understanding of successful interactions
- embed learning from other interventions such as parenting courses, PACE, attachment training and ELSA



Requests for VIG intervention can be made via Schools/Education, Social Care and Health.

For further information or to make a request for involvement please contact:

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Educational Psychology Service

# V.I.G.

## Video Interaction Guidance



**Building on strengths  
to enhance communication in  
relationships**



## How does V.I.G. work?

- The VIG practitioner meets with the client (parent/carer or professional such as a teacher or mentor) before starting the intervention to discuss what they would like help with.
- The VIG practitioner takes a short video of the client together with their child doing an activity they enjoy.
- The VIG practitioner looks carefully at the video and selects 3 short clips when the interaction is going really well.
- The VIG practitioner takes the clips to show the client within a week or 2 and this cycle is repeated between 3 and 4 times.
- In the process of standing back and looking at themselves on screen, the client can explore what they were doing when things were going 'better than usual' and build on their strengths to enhance their relationships.

## How will V.I.G. help?

- It will highlight the strengths you already have and build on these.
- It enables you to see yourself communicating effectively in videos which is a very empowering and motivating process.
- It provides an understanding of communicate that can be taken and applied in any interaction.

## V.I.G. is a recommended evidence-based intervention in:



## The V.I.G. Practitioner...

- is a psychologist trained through AVIGuk in the use of video and attuned interaction.

## V.I.G. can help with...



## Who do the video belong to?

- The videos belong to the people being filmed.
- Videos will be stored securely and deleted at the end of the intervention.

## How can I find out more?

- You can watch an animated video on VIG at: [https://www.youtube.com/watch?v=YR\\_VaL\\_ZlxHs](https://www.youtube.com/watch?v=YR_VaL_ZlxHs)
- Or read more about VIG at: <http://videointeractionguidance.net/aboutvig>