

VIDEO INTERACTION GUIDANCE (VIG)

Hounslow Parent Infant Relationship Service

What is VIG?

Video Interaction Guidance (VIG) involves capturing what is going well on video to help build communication and interaction and support relationships. It is a strength-based approach to working with parents.

VIG aims to promote enhanced sensitivity and moments of attuned connection between you and your baby.

How will it help me?

- It will highlight the strengths that you already have; you may not even be aware of them. VIG will help you to build on these strengths.
- When you see yourself having a connection with your baby it can be a very motivating experience.
- The VIG process will provide you with an understanding of communication that can be used in any interaction.

What is the VIG process like?

The VIG practitioner begins by helping the family or professional to negotiate a 'helping question' linked to their goal; for example: What am I doing to build a closer relationship with my child?'

The VIG practitioner takes a video of a few minutes of interaction.

The VIG practitioner microanalyses the video: editing it to create 'clips' of attuned moments.

You and the VIG practitioner view, and explore, the clips together in the 'shared review'.

The VIG practitioner receives your ideas and thoughts, concerns.

Together you notice and build on your strengths and co-create new ideas.

How long will it take?

The VIG practitioner will take a video of you and your child for around ten minutes.

They will return after one or two weeks and show you the clips from the video.

This will usually take from 30 minutes to one hour.

The VIG practitioner will usually take three films and meet with you three times.

Who do the videos belong to?

- The videos belong to the people being filmed.
- If you wish, you can be given a copy of your video clips after the work is complete.
- The VIG practitioner will keep a secure copy of the video clips while they are working with you. The film is deleted once the practitioner has completed the work.

Who are VIG practitioners?

The VIG practitioners are professionals who are specially trained in the use of video.

Sometimes practitioners will video themselves discussing the videos with you for their own supervision. Apart from this, your film will be treated as confidential and will not be shared with anyone.

A short video and more information about VIG is available here:

www.videointeractionguidance.net