

Video Interaction Guidance



What happens?

VIG is a therapeutic intervention that aims to

- strengthen the bond between parents/carers and their children
- develop attunement and sensitivity
- help the parent to hold a space in their mind for their child and understand what it feels like to be in their child's shoes
- help the parent to become more reflective

The VIG practitioner takes short videos of the parent/carer together with their child doing an activity they both enjoy. The VIG practitioner looks carefully at the video and selects 3 short clips (between a few seconds and 1 minute) when the interaction is going really well to take back to the parent/carer at a later date (shared review). In the shared review the VIG practitioner will aim to develop an attuned, therapeutic relationship with the parent/carer and support the parent/carer to develop some new thinking about their relationship with their child and what they may do differently. By skilful use of the video clips we support the parent/carer to 'see' this for themselves rather than telling them.

The number of cycles (1 video and 1 shared review is 1 cycle) completed with each family varies between 3 and 7, depending on the situation. The video session takes between 20 and 45 minutes and the shared review is usually 1 hour. The sessions usually take place in the family's home, unless the family would prefer to use a different location or there are staff safety concerns in relation to lone working.

VIG always starts with setting some goals that the family want to work towards, with an emphasis on the behaviour of the adults and the possible changes they might make. It is helpful if the referrer has discussed this with the family before the referral is made.

VIG will only work with families where they feel they have had a positive choice about engaging in the intervention and are willing to think about making changes. It is important that it is made clear to the family that it is their choice before making a referral to the VIG service.

If you would like a family to have the opportunity to talk to another parent/carer who has experienced VIG before deciding whether they want to choose this intervention then please contact one of the team to arrange this.

Contact us

Email: vigservice@cornwall.gov.uk

Call: 01209 614128

