

# Video Interaction Guidance (VIG)

## What is VIG?

VIG uses video in an empowering way to reflect on positive interactions in relationships, helping to promote and build upon them to improve communication. The VIG process will help you to see your strengths and discover new skills, not only boosting your self-esteem and confidence, but also increasing your ability to reflect and to learn new ways of interacting.

While work is ongoing, a copy of the film is kept on a secure computer for analysis, and at the end of the work the client is given a DVD/memory stick of their positive video clips. The copy stored on the computer is erased.

## Who is it for?

- VIG can be very beneficial for any parent or carer looking to improve their relationship attunement and communication.
- VIG can also be used to help teachers, managers and supervisors working in teams.

## What are the aims of VIG?

VIG aims to:

- Give individuals the opportunity to reflect on their positive interactions, and make changes where desired.
- Increase attunement, empathy and emotional wellbeing in interactions and/or relationships.

## What is involved?

Before VIG sessions begin, the practitioner will firstly help you to think about your aims, goals and hopes from our sessions.

A short video (about 15 minutes) is then taken of a positive interaction between you and the child/colleague. This can be in a place of your choosing that makes you feel most comfortable. The video will then be micro-analysed by the practitioner and 3-4 clips are chosen showing the outstanding moments. You will then participate in a shared review with the practitioner (lasting about 45 minutes) to look at these clips and discuss what you see. This process is then repeated for another cycle. One whole VIG cycle consists of one filming session and one shared review session.

For more information about VIG please visit:

<https://www.videointeractionguidance.net/>

If you have any queries about VIG or your sessions with Psychology Associates, please get in touch with us:

**Telephone:** 0300 303 5233

**Website:** [www.psychologyassociates.org.uk](http://www.psychologyassociates.org.uk)

**Email:** [enquiry@psychologyassociates.org.uk](mailto:enquiry@psychologyassociates.org.uk)