

## Who are VIG guiders?

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

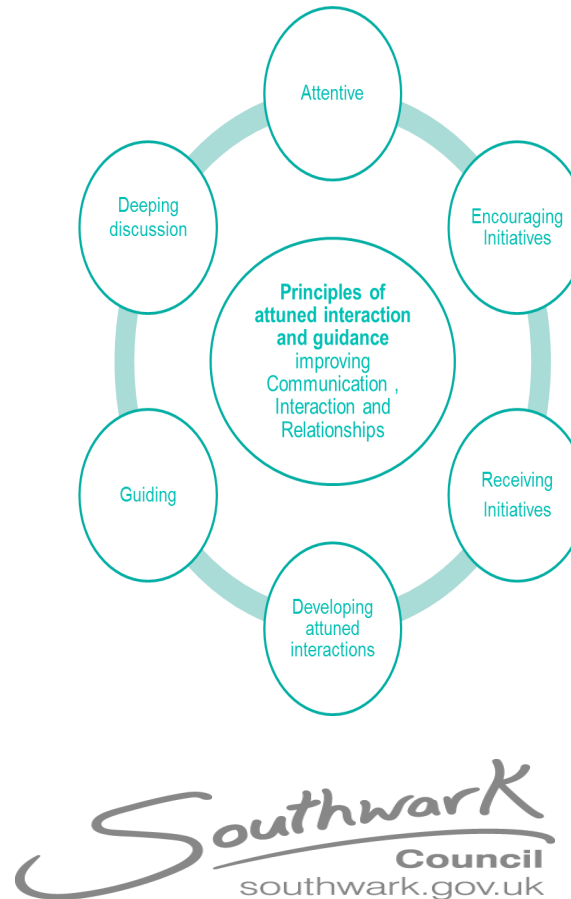
Sometimes the guiders will video themselves discussing the videos with you for their own supervision.

## What happens with the videos?

- The videos will be stored safely and confidentially whilst the guider and you are meeting. Once you and the VIG guider have stopped working together, the videos will be deleted.
- Only 'best positive clips' are kept.
- The video clips, with your agreement, can be used in meetings, to share with other family members or in training. This will only be done with your consent.
- If you would like a copy of the clips at the end of the work, you can be given a copy on request.

A video and more information about VIG can be found at:

[www.videointeractionguidance.net](http://www.videointeractionguidance.net)



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**SOUTHWARK EDUCATIONAL  
PSYCHOLOGY SERVICE**

*Dynamic Psychology– For better  
futures*

## Video Interaction Guidance (VIG) Information Leaflet



# What is VIG?

Video Interaction Guidance (VIG) is an evidenced based approach that hopes to strengthen skills in communication and interaction, leading onto improved relationships. Video clips are used to capture 'better than usual' moments which are shared with parents, carers or school staff that would like help to support a child's/ Young Person's (YP) communication and relationships.

## How will it help me?

- It is hoped that the process will highlight strengths that you already have and some which you may not even be aware of.
- Through a strengths based approach, you will be supported to use these skills to further improve communication and interaction with a child or young person.
- People have found that when they see themselves communicating and interacting well with a child, this motivates them to use their skills more. This builds their confidence when they may have been worried that things were not working.
- The VIG process will give you an opportunity to look and think about what helps communication and interactions to be more effective and positive.



## How does it work?

The VIG guider will meet with you. They will explain the VIG process and together you shall set goals that you think will help.

A short video clip is taken by the guider (about 5-10 minutes) of you and the child doing something you both enjoy.

The VIG guider will take away the video, watch it and edit it to capture the best **positive** interactions.

The VIG guider will then return at an agreed time to review and talk about the clips and they will take another recording of you and the child.

You and the VIG guider will work together to bring about change where needed.



## How long will it take?

The first session is about getting to know you and the child/ YP and setting goals. If there is time, a short video recording will be taken. This session will last for about 45 minutes to one hour.

The following sessions (usually 2-3 more) will include reviewing the video and then taking another video – these sessions last from about 30 minutes to an hour.

It is hoped that, after each video recording session, the VIG guider will see you one to two weeks later to review - each week noticing more and seeing what works.

