

## Who are VIG guiders?

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

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

Your film will be treated as confidential and will not be shared with anyone outside of the VIG supervisory process without your consent.

## What do people say about VIG?

"The film helped me to see we were attuned"

"I didn't realise that I did so much"

"It helped build up my confidence in myself"

"So much of communication is non-verbal you pick this up on screen"

"It was hard at first seeing myself on screen, but it really helped"

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

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

VIG can also be used to support interactions between professionals, or between professionals and young people.

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# Video Interaction Guidance (VIG)

## Information Leaflet

Adapted from a West Berkshire Educational Psychology Service leaflet

## 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, carers and teaching staff.**

## How will it help me?

- It will highlight the strengths that you already have; you may not even be aware of them.
- It will help you to build on these strengths.
- When you see yourself communicating well 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.



## How does it work?

The VIG guider will meet with you. They will explain the VIG process and help you set your own goals.

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

The VIG guider will take the video away and watch it. They will pick out a small number of clips showing positive interaction between you and your child.

The VIG guider returns at a time agreed with you to share and talk about the clips.

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

## How long will it take?

The VIG guider 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 guider 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 guider will keep a secure copy of the video clips while they are working with you. The film is deleted once the guider has completed the work.