

Video Interactive Guidance TM (VIG) **Guide for Professionals**

What is VIG?

VIG is a strengths-based, brief intervention that promotes attunement, sensitivity, and mentalization in relationships. The principles and practice can be used to work within any relationship. VIG is effective with parents and carers of children across all ages (including babies and unborn babies) and is used in a variety of contexts, including health, schools, and family help.

The VIG Approach

The VIG practitioner engages the parent/caregiver actively in a process of change, supporting the parent/caregiver to realise their own hopes for a better future in their relationships. VIG is person-centred: moving at a comfortable pace which is led by parents, with their goals in mind.

VIG practitioners are guided by values and beliefs around equity, respect and empowerment, including:

- A belief that people in troubled situations do want to change.
- A belief that affirmation and appreciation of strengths is the key to supporting change.
- A belief that in every conversation there are two equally important people.
- A belief that trust is built through recognition and empathetic regard for what people are managing.
- A conviction that people must be actively involved in their own change process.

The VIG Process

Below is a step-by-step guide outlining the VIG Process in practice:

Step 1: The VIG practitioner begins by helping the family to negotiate a 'helping question' linked to their goal; for example: What am I doing to build a closer relationship with my baby?'

Step 2: The VIG practitioner will takes a video of a few minutes of interaction.

Step 3: The VIG practitioner will then microanalyse the video: editing it to create 'clips' of attuned moments.

Step 4: The VIG practitioner and the parent will view, and explore, the clips together in the 'shared review'. Together the parent/caregiver and the VIG Practitioner notice and build on the parent's/caregiver's strengths and co-create new ideas to strengthen future interactions and the relationship.

Who is it suitable for VIG?

The Growing Well Together Team (Navigo Parent-Infant Relationship Service) are offering VIG to parent(s)/primary caregiver(s) of infants up to 2 years old where there is an identified need in the parent-infant relationship and the parent(s)/caregiver(s) would like to strengthen their relationship with their baby. We work with primary caregivers, including parents, foster carers, grandparents, or others who may be in this role. As a service we committed to supporting dads, LGBTQ+ parents/caregivers,

and families that might find traditional services more difficult to access. We can offer additional sessions prior starting VIG to parents/caregivers who may need extra support or encouragement to start their VIG journey in an environment they are comfortable in.

For further information about VIG, including video introductions, please visit [What is VIG? | AVIGuk \(videointeractionguidance.net\)](https://www.aviguk.net/)

How is VIG delivered?

VIG is delivered on a one-to-one basis with families. Sessions will last 1-1.5 hours long and will take place in a setting chosen by the family, such as at their home, at a family hub, or in our clinic base. The number of VIG sessions will vary family to family.

How to refer:

If you think you have a family that may benefit from VIG or any other parent-infant relationship assessment and support, please refer to us using our referral form and/or contact us to discuss making a referral; via email: navigo.growingwelltogether@nhs.net or telephone: 01472 252570. We look forward to hearing from you.