

## **VIG Introductory Training Course**

**A 2 day training course to provide an introduction to Video Interaction Guidance (VIG) and its theoretical origins. Video Interaction Guidance (VIG) is a relatively new intervention approach in the UK. It uses edited video clips of 'better than usual' communication as the basis of reflective dialogue about how to develop the relationship further. It helps parents become more sensitive and attuned to their child's emotional needs, regardless of the age of the child.**

**A 2 DAY TRAINING LED BY  
Monika Celebi  
Rebecca Carr-Hopkins**

**Friday 21st and Saturday 22nd June 2019**

**Ireland**

**The Bessborough Centre, Blackrock, Cork City, Ireland**

**£450+VAT (£400+VAT if booked before January 31)**

The 2 day training course will provide an introduction to Video Interaction Guidance (VIG) and its theoretical origins.

It will also offer illustrations of clips used by guiders with clients and an introduction to the framework for micro-analysis of attuned and non-attuned interaction, based on the work of developmental psychologist Colwyn Trevarthen. The ratio of trainers to participants will be roughly 1:5, to allow close support to the small group skills based practice sessions that participants will engage in on both days.

Training days will run from 9.30am to 4.30 pm.

# Overview

## Course Outline

Video Interaction Guidance (VIG) is a relatively new intervention approach in the UK whose methods, quality and standards are specified by the Association for Video Interaction Guidance UK. VIG works in a respectful and collaborative way with clients using edited video clips of “better than usual” communication between people as the basis of reflective dialogue about how to develop the relationship further. It is a relationship-based intervention which helps parents become more sensitive and attuned to their child’s emotional needs, regardless of the age of the child. There is a growing evidence base for the effectiveness of relatively short sensitivity-focused interventions with parents using video feedback in an attuned way.

## Who is this course for?

This two day course provides introductory training in the approach of VIG is for professionals who work with parents and carers who are experiencing difficulties in communication with their children and wish to develop better relationships with them. VIG is also relevant to staff who work with children and young people in care settings, special education, for staff in higher education support, or staff working in specialist projects such as FDAC.

VIG has been used by a wide range of staff including educational and clinical psychologists, social workers, CAMHS workers, health visitors, residential care staff, speech and language therapists, children’s centre workers and peripatetic teachers in early years and special education settings. It has often been used in situations where communication and relationships between adults and children or young people have almost completely broken down as well as in situations in which good communication has been slow to develop. There is a developing evidence base for the effectiveness of VIG in promoting change in families where a history of professional input has failed to lead to change.

## Aims and learning outcomes

The course offers illustrations of clips used by guiders with clients and an introduction to the framework for micro-analysis of attuned and non-attuned interaction, based on the work of developmental psychologist Colwyn Trevarthen.

After this two day course participants will understand how and why VIG works and will be able to describe the principles of attuned communication.

The ratio of trainers to participants will be roughly 1:5, to allow close support to the small group skills based practice sessions that participants will engage in on both days.

Participants will be able to take their new awareness of initiatives and reception and other principles of attuned interactions into their professional observations of parent-child or teacher- student communication.

Having seen themselves on video and experienced supportive feedback about their communication style from peers, participants will also be able to describe their own strengths in communication with clients and identify for themselves a working point or goal for change in communication. Participants will also have practice in using a video camera and downloading video on to a laptop.

## **Mandatory Course Requirements**

It is essential that trainees attend both days of the course.

All equipment can be provided on the course. However to continue with VIG you will need to have equipment to take video and edit it. If you have a camera and playback equipment it is recommended you bring these to day 2 of the course.

['Video Interaction Guidance. A Relationship-Based Intervention to Promote Attunement, Empathy and Wellbeing'](#), edited by Hilary Kennedy, Miriam Landor and Liz Todd and published by Jessica Kingsley is recommended as pre-reading and is a core text for the whole VIG training.

## **Facilitator**

[Monika Celebi](#) is a parent infant psychotherapist & movement therapist and national trainer and supervisor for the Association for Video Interaction Guidance (AVIGuk). She will be joined by Rebecca Carr-Hopkins (AVIGuk accredited supervisor) and other colleagues.

## **Course timings**

The training day will run from 9.30am-4.30pm on both days.

