Video Interaction Guidance:
Healing relationships and enhancing pride

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www.videointeractionguidance.net

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What is Video Interaction Guidance(VIG)?

VIG is a strengths-based, effective, brief intervention for parents of children across all ages

The VIG practitioner uses video clips to highlight and build on attuned moments in parent-infant interaction

VIG aims to promote enhanced sensitivity, and capacity to mentalize, in both client and practitioner

VIG by Naomi with Grandma and 11 year old grandchild

who was living on the street before she was reunified with the grandma

Pattern of behavior: very strict and not receiving the child initiatives
Situation / problem: Grandma was complaining grandchild was not listening to her and following what she was instructing her not to do;
for example, not coming back home late, not going to play far from home.
Goal: I want to be close with my grandchild and her to listen to me
Helping question: what am I doing for my grandchild to be close to me and listen?

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Developing VIG: A team effort

Pioneers: Colwyn Trevarthen (1970s), Harrie Biemens (1980s)
Hilary Kennedy, Raymond Simpson, Claske Houwing, Katerina Silhanova (1990s)

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Professor Colwyn Trevarthen
University of Edinburgh
1980s videos of parents and babies inspired
Harrie Biemans to create the VIG attuned principles
“space in mind” and “receiving the child’s initiative”

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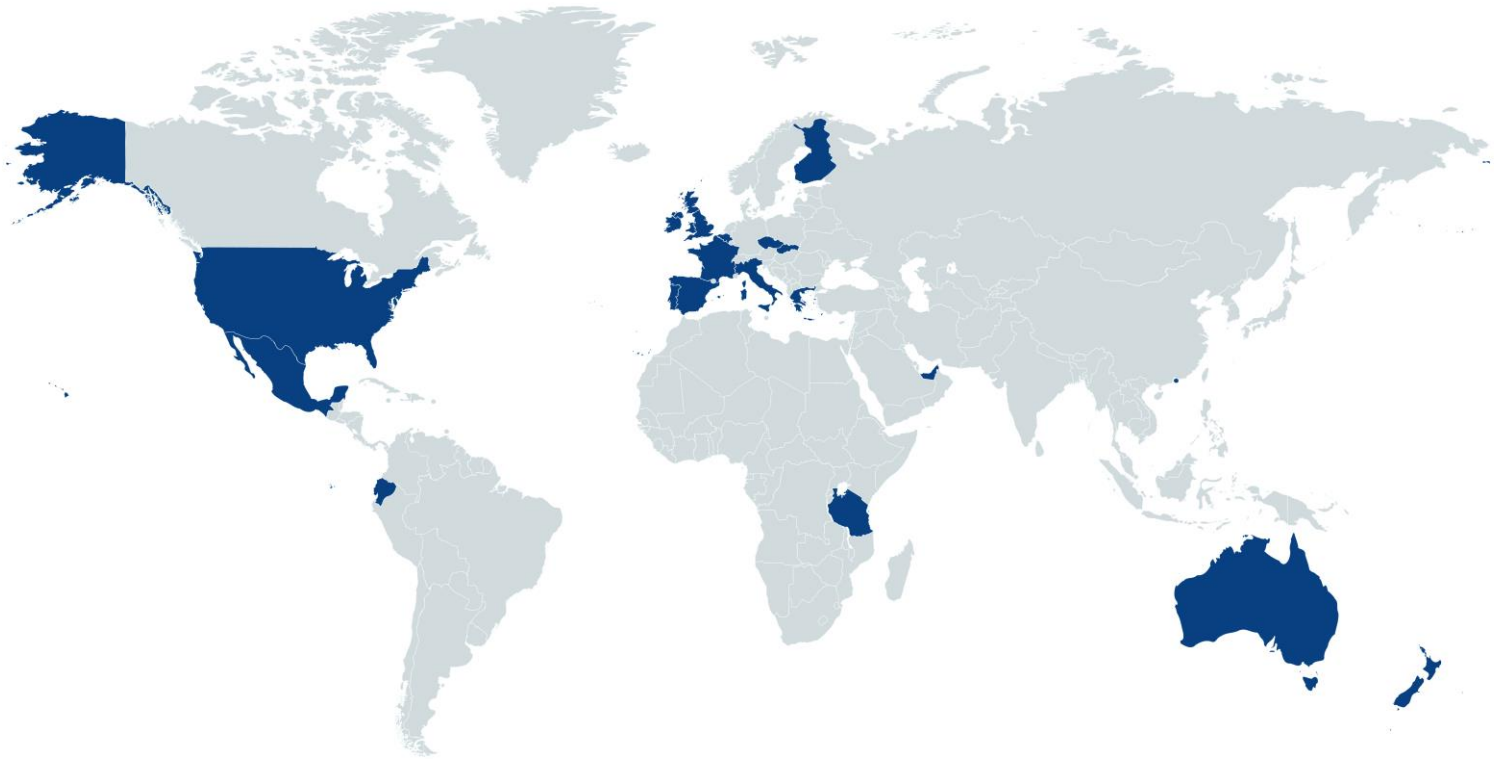
From the Netherlands to UK to Mexico and Ecuador to Tanzania



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2019 VIG training day for Family workers from Kivuko, Cheka Sana and Amani projects led by Zubeida Das Gupta and Alex Greene

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VIG Values

Respect
Trust
Hope

Compassion
Co-operation
Appreciation

Connections
Empathy

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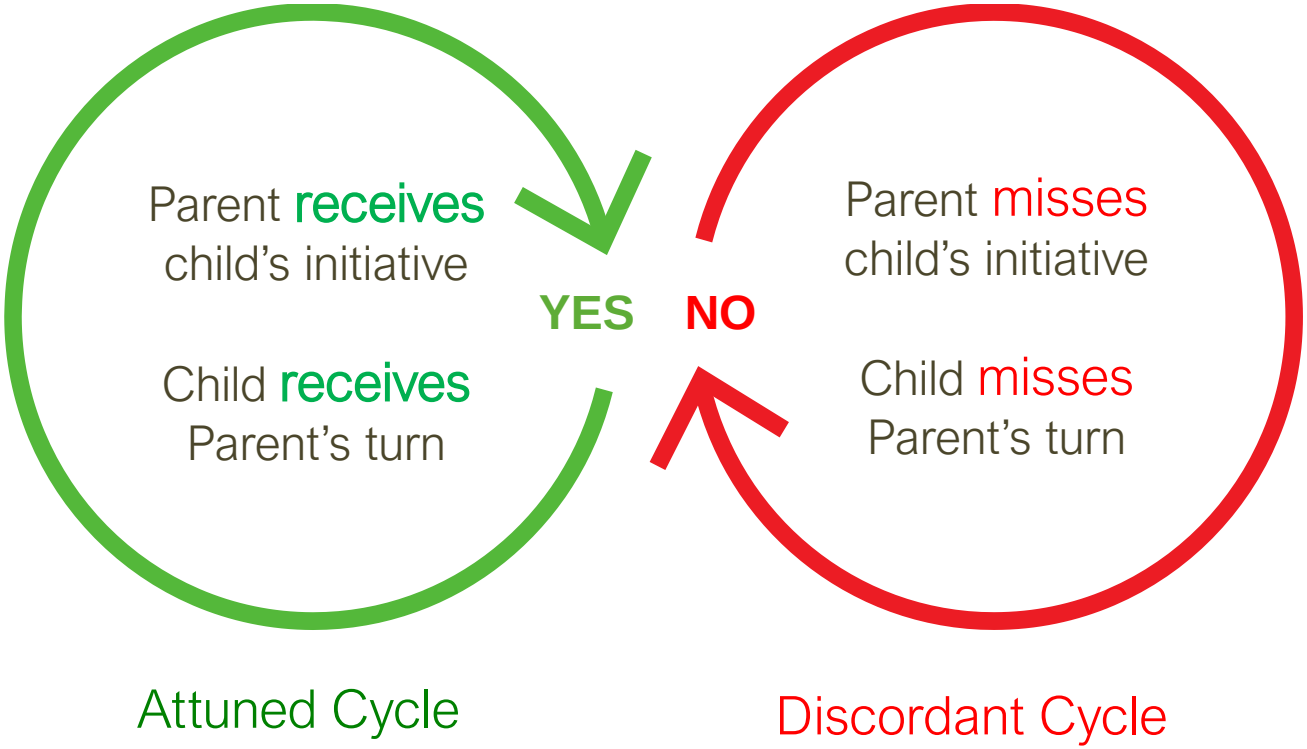
Yes & No cycles of interaction



VIG intervention with Young Mother and Toddler

Pattern of the behavior: in the "no cycle"

Mother: Mother gets annoyed and aggressive when then child start an initiative

Situation/problem:
The child cries a lot, get angry and use abusive language (insulting)

Goal:
To stop the child from using abusive language and to understand each other
Helping question:
What am I doing to communicate to my child so we can understand to each other?

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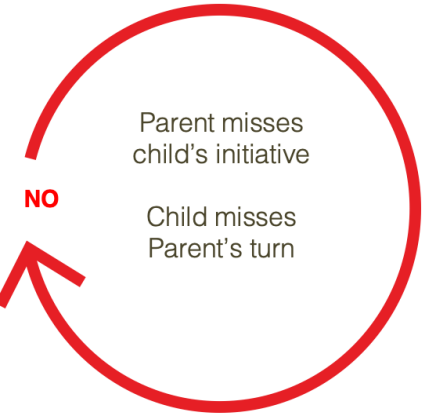
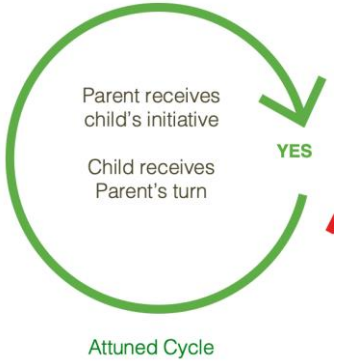


Discordant Cycle

At the start:
Missing child's initiatives
Negative feelings towards child



"Yes-cycle" achieved
Mother follows the child's lead

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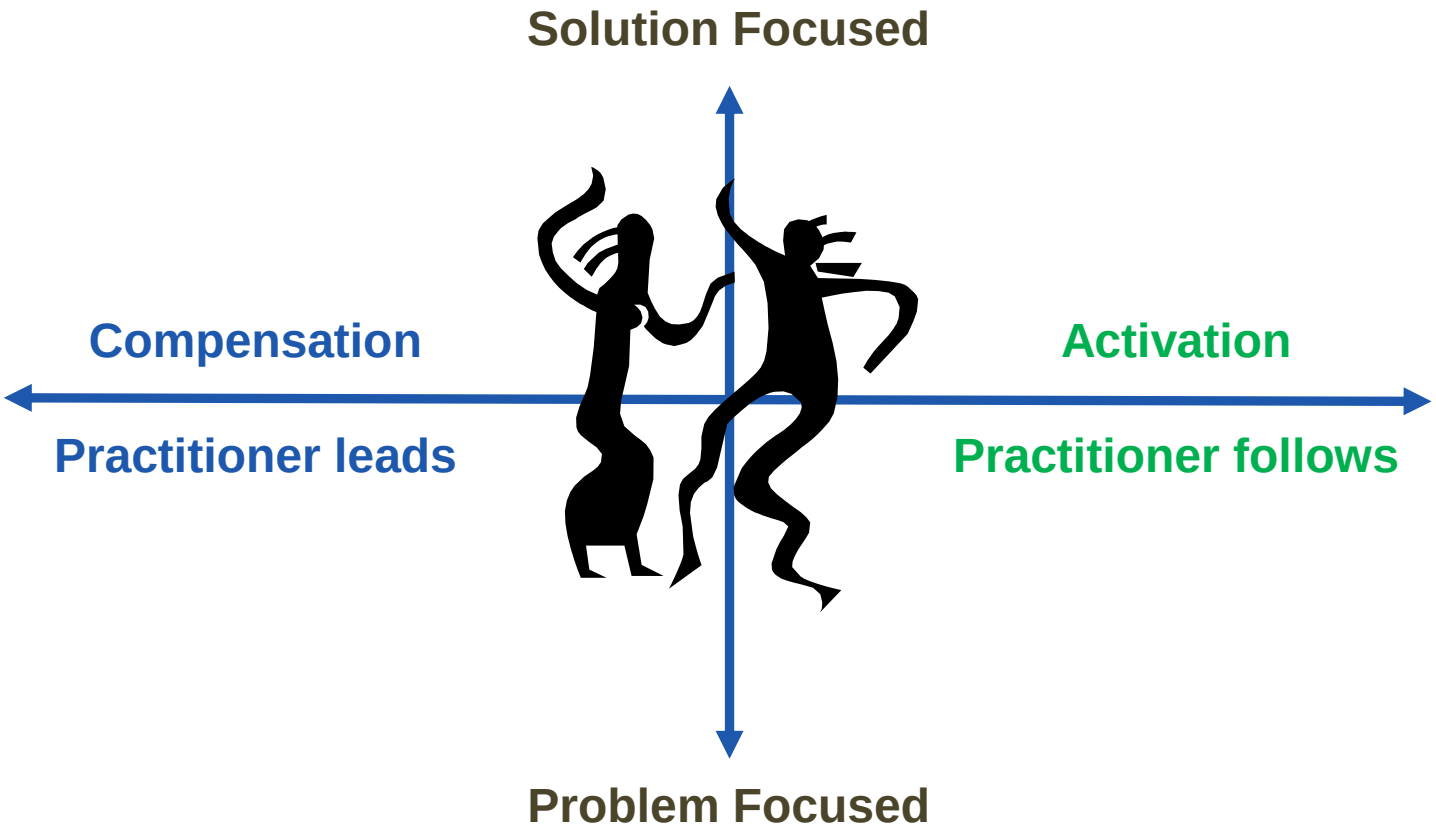
Magic Dance



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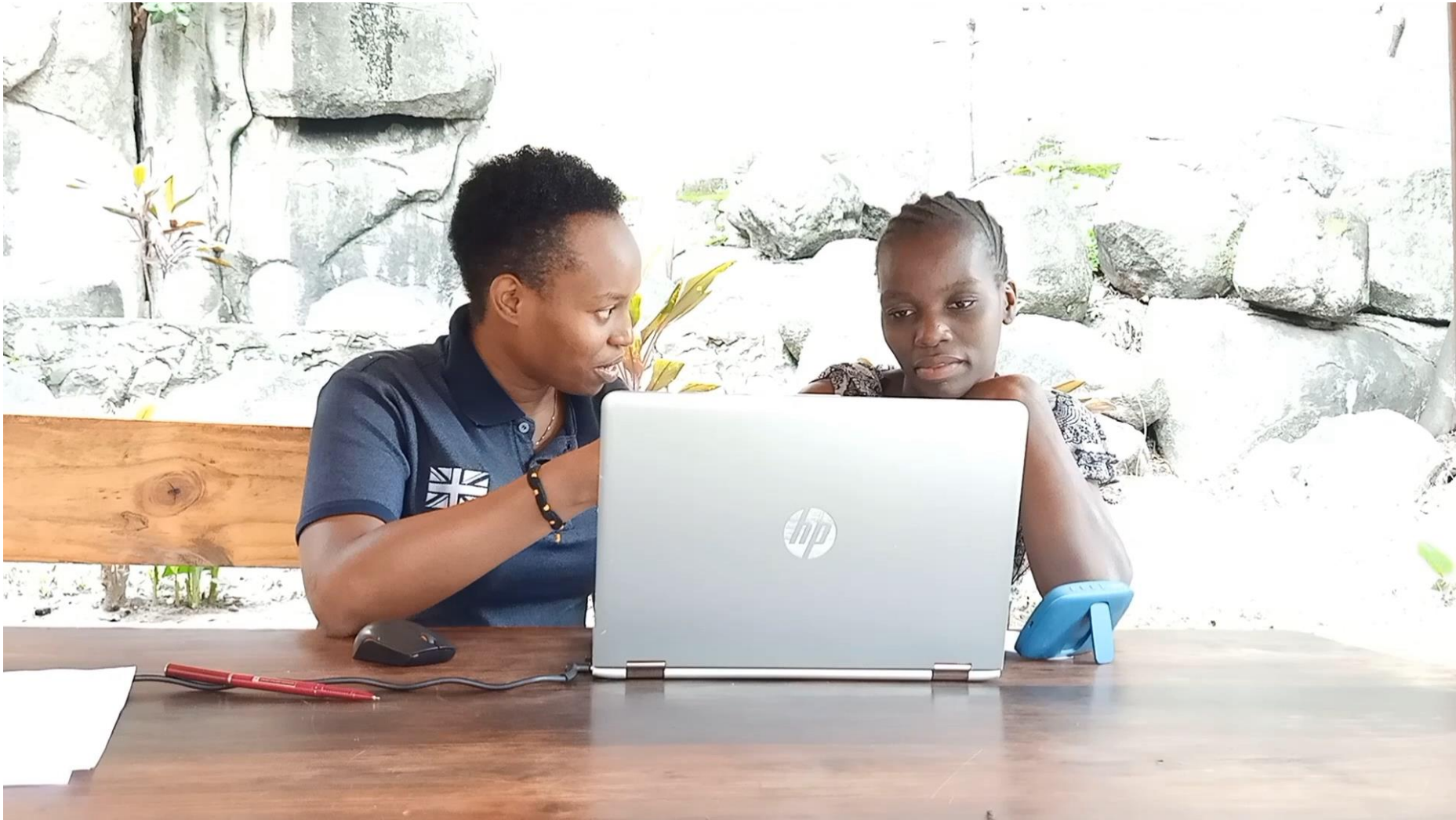
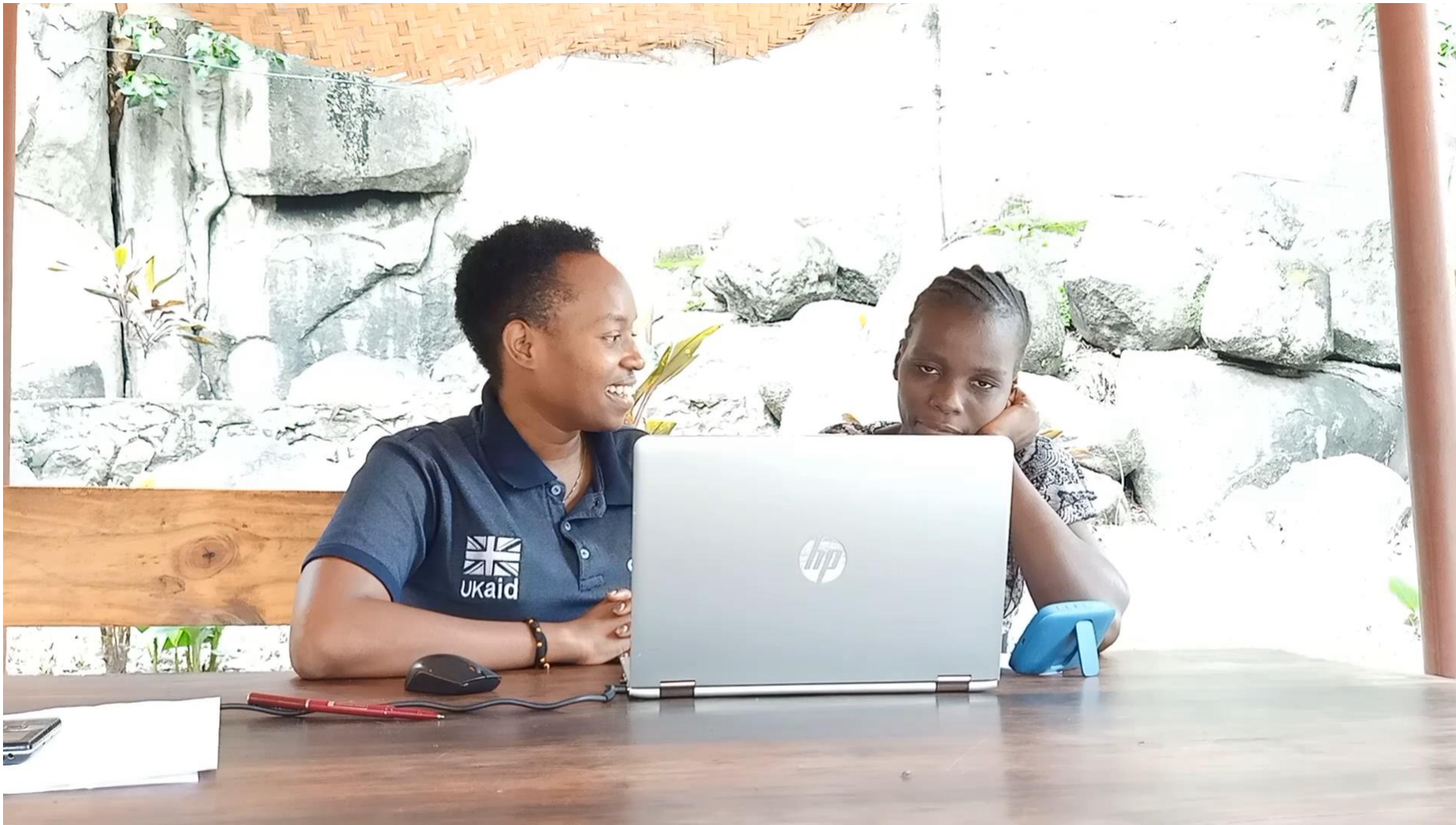
Note how well Irene receives the mother's ideas and how active the mother is in thinking about the impact of her change on her child's feelings



Mother sees that by listening to her son in a gentle way
he sees her as a “caring mother”
and he no longer insults her or anyone else



Outcome of VIG in Tanzania

- VIG has provided an opportunity for parents to gain insight on how their behavior impacts the wellbeing of their children and supported them to be more attuned to their children needs resulting improved relationship.

"I have learned as a parent I should not be angry at my child, because she is still young, instead I should understand her given her developmental stage."

- VIG has helped caregivers learn new ways of interacting and relating with their children and creating attachment which is key in child development.

"My child is now close to me; she feels free and comfortable to speak to me."

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Outcome of VIG in Tanzania

- VIG has helped caregivers generalize their learning and enhancing their communications with neighbors, schools and find support from the community.

"I speak friendly with my neighbors, and I can ask for help from them, before VIG my interaction with them was conflictual".

- VIG application has also strengthened therapeutic skills of family workers and more understanding of attachment which is central in family work approach.

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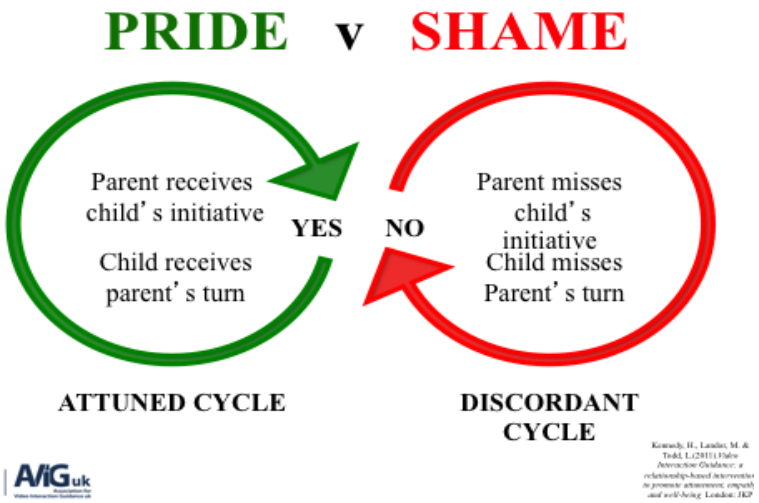
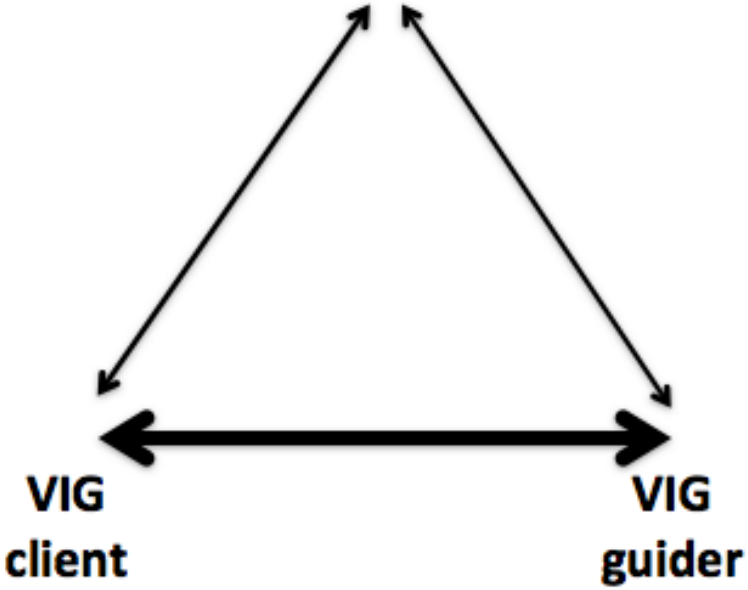
The healing triangle of attunement



VIG video



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Any Questions?

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