

## Video Interaction Guidance Training

I am a Clinical Psychologist working in a child and adolescent mental health service in North Wales and I have recently completed a two-day initial training course in Video Interaction Guidance. My attendance at this training course was very kindly funded by the Foundation for Professionals in Services for Adolescents.

Video Interaction Guidance is an intervention that can be used with parents and carers who are experiencing difficulties in communicating with their children and wish to develop better relationships with them. Parent-child interactions are filmed, edited and reviewed. During the 'shared review' the client is guided to reflect on video clips of their own successful interactions and supported to become more sensitive to their child's communicative attempts and develop a greater awareness of how they can respond in an attuned way. Professionals can also use Video Interaction Guidance to reflect on their own communication with clients.

On the first day of the training we were introduced to what Video Interaction Guidance is and how and why it works, with reference to the underlying psychological theory of intersubjectivity and current research evidence. We learnt how to select suitable strength-based clips from videos of parents and children using the 'principles of attuned interactions' and had the opportunity to prepare a video for shared review. On the second day of training we were filmed conducting a shared review of the video in role-plays and received video enhanced coaching.

By the end of the training I had a clear understanding of how to prepare and review video clips of parent-child interactions using the principles of attuned interactions. I immediately felt very enthusiastic about using the approach, particularly given that it is a short-term intervention and the focus is on collaborative and strength-based working. I could see how it would be useful for families who are 'stuck' and how using video clips could be very powerful in changing beliefs that families have about themselves.

To offer Video Interaction Guidance you need to go through a process of supervision and accreditation to become an 'accredited guider'. I am currently looking at how this can be funded and hope to start using the approach with families very soon. I would like to say a big thank you to the Foundation for Professionals in Services for Adolescents for starting me on this process.

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