What is Video Interaction Guidance?

Video Interaction Guidance™ is an intervention through which a practitioner uses video clips of authentic situations to enhance communication within relationships. It works by engaging clients actively in a process of change towards realizing their own hopes for a better future in their relationships with others who are important to them.

http://www.videointeractionguidance.net

VALUES

Respect  Compassion
Trust    Co-operation
Hope     Appreciation

Connections
Empathy

BELIEFS

• Everybody is doing the best they can at the time
• All people, even in adverse situations, have the capacity to change
• People have an innate desire to connect with others
• People must be actively involved in their own change process
• Affirmation and appreciation of strengths is the key to supporting change
• Recognition and empathetic regard for what people are managing builds trust
## Principles of attuned interactions and guidance

<table>
<thead>
<tr>
<th>Being attentive</th>
<th>Encouraging initiatives</th>
<th>Receiving initiatives</th>
<th>Developing attuned interactions</th>
<th>Guiding</th>
<th>Deepening discussion</th>
</tr>
</thead>
<tbody>
<tr>
<td>· Looking interested with friendly posture</td>
<td>· Waiting</td>
<td>· Showing you have heard, noticed the other’s initiative</td>
<td>· Receiving and then responding</td>
<td>· Scaffolding</td>
<td>· Supporting goal-setting</td>
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<tr>
<td>· Giving time and <strong>space</strong> for other</td>
<td>· Listening actively</td>
<td>· Receiving with body language</td>
<td>· Checking the other is understanding you</td>
<td>· Saying ‘no’ in the ‘yes’ cycle (attuned limit setting)</td>
<td>· Sharing viewpoints</td>
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<td>· Turning towards</td>
<td>· Showing emotional warmth through intonation</td>
<td>· Being friendly and/or playful as appropriate</td>
<td>· Waiting attentively for your turn.</td>
<td>· Extending, building on the other’s response</td>
<td>· Collaborative discussion and problem-solving</td>
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<tr>
<td>· Wondering about what they are doing, thinking or feeling</td>
<td>· Using friendly and/or playful intonation as appropriate</td>
<td>· Returning eye-contact, smiling, nodding in response</td>
<td>· Having fun</td>
<td>· Judging the amount of support required and adjusting</td>
<td>· Naming difference of opinion</td>
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<tr>
<td>· Enjoying watching the other</td>
<td>· Naming what the child is doing, might be thinking or feeling</td>
<td>· Receiving what the other is saying or doing with words</td>
<td>· Giving a second (and further) turn on same topic</td>
<td>· Giving information when needed</td>
<td>· Investigating the intentions behind words</td>
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<td>· Naming what you are doing, thinking or feeling</td>
<td>· Repeating/using the other’s words or phrases</td>
<td>· Giving and taking short turns</td>
<td>· Providing help when needed</td>
<td>· Naming contradictions/conflicts (real or potential)</td>
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<td>· Looking for initiatives</td>
<td></td>
<td>· Contributing to interaction / activity equally</td>
<td>· Offering choices that the other can understand</td>
<td>· Reaching new shared understandings</td>
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<td>· Co-operating - helping each other</td>
<td>· Making suggestions that the other can follow</td>
<td>· Managing conflict (back to being attentive and receiving initiatives with the aim of restoring attuned interactions)</td>
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</tbody>
</table>
DOES PARENT RECEIVE CHILD’S INITIATIVE?

**ATTUNED CYCLE**
- Parent receives child’s initiative
- Child receives parent’s turn

**DISCORDANT CYCLE**
- Parent misses child’s initiative
- Child misses parent’s turn

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The core principle for attuned interaction

1. **Child’s Initiative**
   - Eg child points at ball and basis back at parent

2. **Parent’s Reception**
   - Returns look to child, smiles, and then looks towards ball saying ‘ball’

3. **Parent’s Response**
   - Saying ‘yes, you can see the ball up high, I think you want it’ in an approving tone, looking from ball to child

4. **Child’s Reception**
   - Vigorous nod and return look from ball to parent

5. **Child’s Response (second turn)**
   - Pulls parent towards ball and points again looking back at parent

6. **Parent’s Reception**
   - Parent gets ball down for child and gives it, saying ‘There you are! With happy look and tone’

Interaction can continue

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Building blocks for parent as care-giver

**DEEPENING DISCUSSION**
- Is helped to manage difficult situations or learn new things

**GUIDING**
- Enjoys being helped and learning from their parents

**ATTUNED INTERACTION**
- Enjoy interacting with their parent

**RECEIVING INITIATIVES**
- Experiencing being received, parent commenting on what they are doing and their wishes

**ENCOURAGING INITIATIVES**
- Knows their parents are interested in what they are doing and their wishes

**BEING ATTENTIVE**
- Feels love, recognized and important

Possible impact of each block for child as care-seeker

1. **MEDIATED LEARNING**
   - Developing the attuned relationship

2. **INTERSUBJECTIVITY**
   - The core of attuned interactions

1. **TOWARDS INTERSUBJECTIVITY**
   - Pre-requisite for building attuned interactions