

Video Interactive Guidance

Perinatal Mental Health Team
Coventry & Warwickshire Partnership Trust

NHS

Coventry and Warwickshire Partnership NHS Trust

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What is VIG

Client Centered Therapeutic intervention

STRENGTHS based: Highlighting and building on positive moments in parent-child interaction

VIG has a strong evidence base and is recommended by NICE guidelines

Recommended intervention in the First 1001 Days All Parliamentary Party Group report: Building Great Britons, February 2015

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5 x Qualified Practitioners

3 x Trainees

Trained and supervised by AVIGuk

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How does it work

[What is Video Interaction Guidance? \(VIG\) - Bing video](https://tinyurl.com/wcbfvmr5)
<https://tinyurl.com/wcbfvmr5>

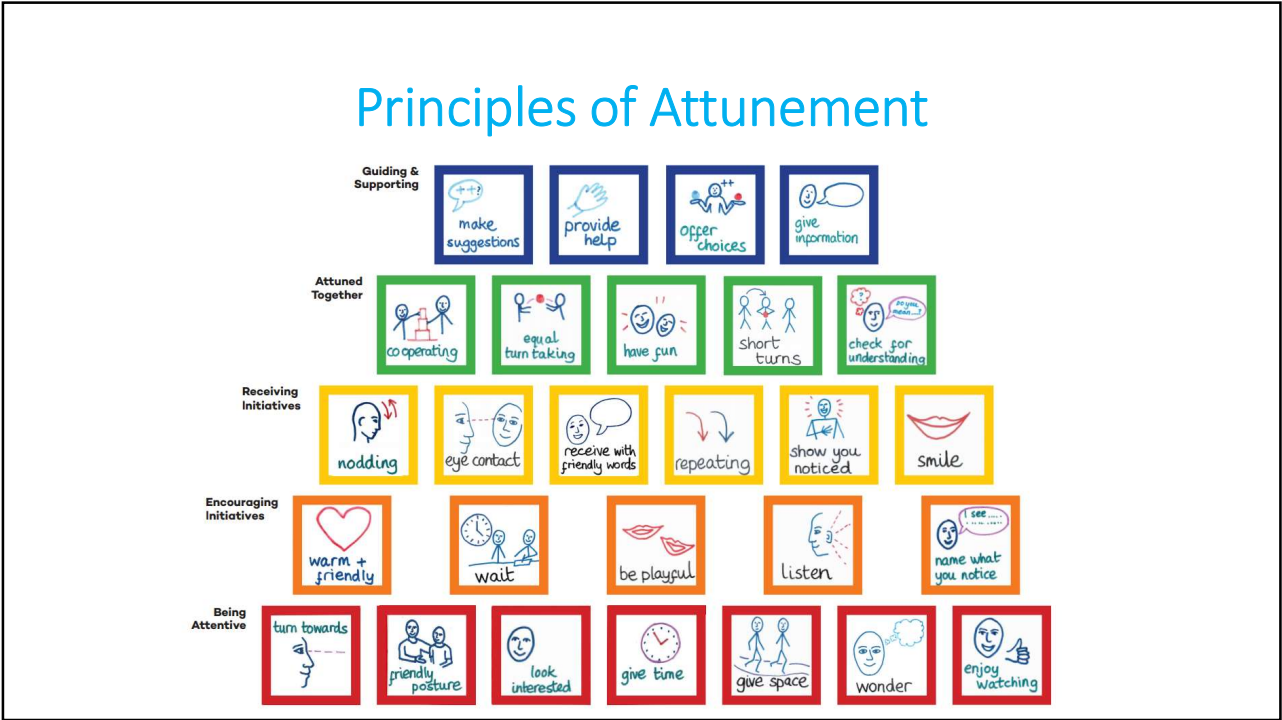
1. VIG starts by setting some goals = HELPING QUESTIONS.
2. The practitioner will then arrange to meet with you and your baby to make a short video (>10mins).
3. The Shared Review (<1 hour) Joint discovery of what it was that the parent was doing that lead to the successful interaction by **FOCUSing on activating Mum**

What is it that you
are doing that is
making a difference?

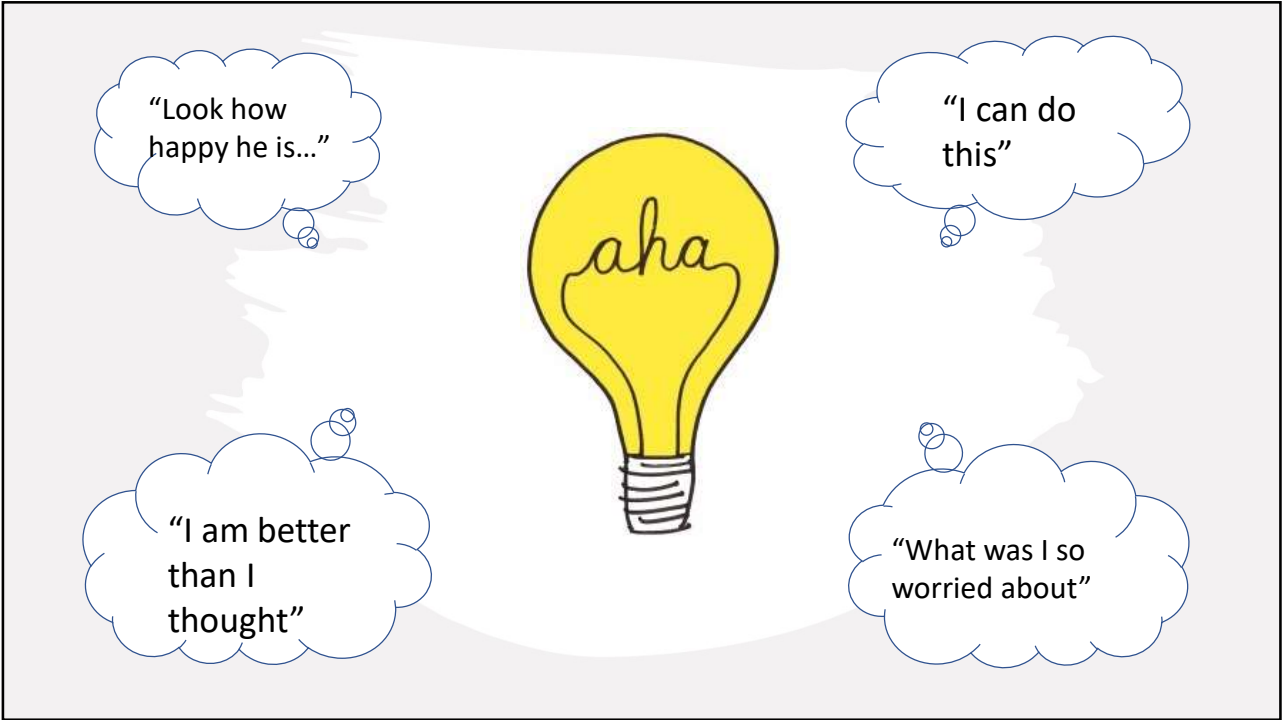


What do you
see?

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SUPPORTING CHANGE

Much
more.....than
'best
Moments'

What did Mum learn

And how can these be replicated –
including in other activities and
environments

Videos are sent to Mums to form
part of their coping strategies and
Staying Well planning



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Perinatal VIG

'Parents and infants both thrive when they are able
to enjoy getting to know each other, to read each
other's signals, and to develop together'

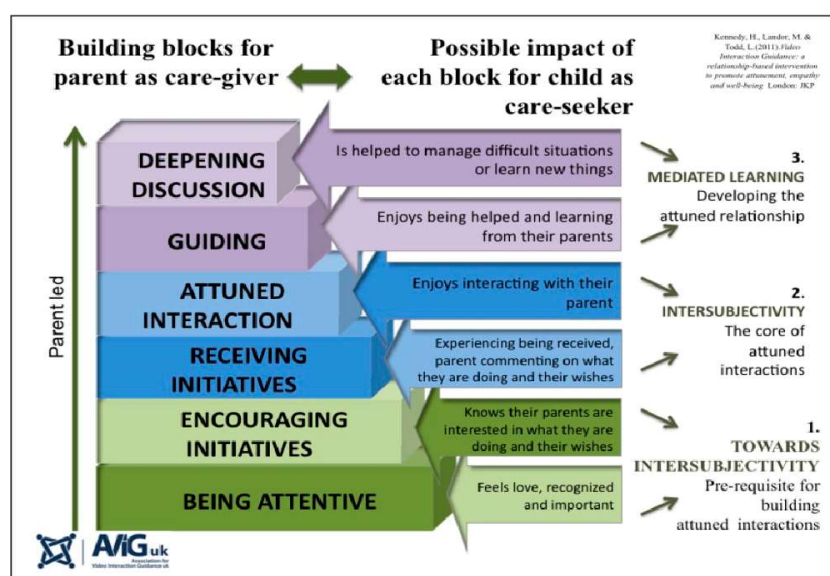
Hillary Kennedy

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Perinatal VIG

- Secondary Mental Health Service
- Conception > 1 year Postnatal
- Time of Vulnerability for Parent and Baby
- Crucial FIRST 1001 days
- Managing ill mental health and this being a contributing factor to the complications with relationship with baby and self esteem in parenting role
- Attunement principles are the 'building blocks' of the emerging relationship between the parent and the baby,
- VIG promoting parental sensitivity, which has been shown to be an important mediator between parental mental illness and adverse outcomes for the child (Stein et al,2014 Kennedy et al, 2017)

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PMHT examples

- Mum who had IVF, suffered from PND and postnatal anxiety struggled with her own confidence once she had baby

HQ: What am I doing to enjoy my baby?

- Mum who struggled with the gender of her baby, due to previous trauma. She felt unable to spend time with her baby

HQ: What am I doing to connect with my baby?

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Examples of Helping Questions

- What am I already doing well to understand babies queues and enjoy him and what's the impact on baby.
- What am I doing well to develop the bond between me and my baby.
- What am I doing when baby and I are engaging in play together and what is the impact of this on our relationship
- What am I already doing when I am happy with my parenting and what's the impact on baby in terms of how she feels and behaves
- What am I doing well to understand babies queues and what impact does this have on the developing bond between me and my baby.

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References:

- Kennedy H, Ball K, Barlow J. How does video interaction guidance contribute to infant and parental mental health and well-being? Clinical Child Psychology and Psychiatry 2017;22(3):500-517
- Stein A, Pearson RM, Goodman SH et al. Perinatal Mental Health 3: Effects of perinatal mental disorders on the fetus and child. The Lancet 2014; 384:1800-1819.
- Ref: Kennedy H, Landon M & Todd L (Eds.). (2011). Video Interaction Guidance: A relationshipbased intervention to promote attunement, empathy and wellbeing. London: Jessica Kingsley Publishers

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