

## HOW WILL VERP HELP?

With roots in intersubjectivity, social constructivism and pedagogy theories, **VERP** works in a respectful and collaborative way. By using edited video clips of 'better than usual' communication between people as the basis of a reflective dialogue, practitioners springboard into deeper thinking about their practice. It is a relationship-based intervention which helps professionals become more sensitive and attuned to another's emotional needs, which in turn is transformative and helps them to meet their professional learning goals.



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[Video Enhanced Reflective Practice](#)

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[Video Enhanced Reflective Practice \(VERP\)](#)

**Video Enhanced Reflective Practice** is a strengths based approach which promotes reflection in adult learning and develops key communications skills. VERP can be used to enhance relationships, communication and interaction skills in many different settings.



## HOW WILL VERP HELP?

### **See.. Think.. Wonder..**

VERP can be used to enhance relationships, communication and interaction skills in many different settings.

VERP creates opportunities for change through building on strengths (doing more of what works and doing less of what doesn't work)

VERP encourages a See Think and Wonder approach which is supported by skilful coaching and the power of the visual evidence.

## WHAT HAPPENS FIRST?

An Introduction to VERP is delivered in a 2 hour training session, followed by a series of practice based reflective workshops. Each workshop lasts one hour and there are four in total. Before the workshop, each participant thinks about a focus for the film - a 'focus for change' and takes a short video (5 minutes) of themselves in their work context. By referring to the **Attunement Principles** and considering the **focus for change** the participant identifies moments in the video that support a new narrative.

### **Attunement Principles**

- **Being attentive**
- **Encouraging initiatives**
- **Receiving initiatives**
- **Developing attuned interactions**
- **Attuned guiding**
- **Deepening the discussion**

## WHAT HAPPENS NEXT?

In the workshops the participants share their videos with each other while being skilfully coached by the VIG practitioner.

The VIG practitioner supports the participants to build on the strengths identified in the video. In this way the participant begins to **plan** what they will **do** next time in order to see even more strengths in their practice.

In the last workshop the participants **review** what they have learned by doing VERP and celebrate their strengths.