

Video Enhanced Reflective Practice (VERP) - Video Interaction Guidance (VIG) for professional development



What are VIG and VERP?

Video Interaction Guidance (VIG) uses video to help people understand and improve their communication with others. It is mainly used to help clients bring about positive change in their important relationships. Video Enhanced Reflective Practice (VERP) uses the VIG approach specifically to increase effectiveness in inter-professional or professional – client communication. It is an effective way of applying VIG to various training and professional development projects, leading to sustainable growth in communication skills in an organisation. Evidence to date shows that a cycle of three VERP sessions brings about sustainable change and grows confidence.

Training and accreditation

Video Interaction Guidance (VIGuk™) is a relationship targeted intervention whose methods, quality and standards are specified by the Association for Video Interaction Guidance UK. VERP is an application of VIG for professional development.

How will VERP help?

VERP is a strengths-based approach, where video of normal daily professional activity is micro-analysed

into clips demonstrating the principles of attuned interaction. The focus is on what the professional is doing well, even if this is momentary or an exception to their usual pattern. This helps them to recognise their emergent strengths and build on them, and to understand the impact on the other person when they are communicating effectively. This ‘reflect, do and review’ cycle is deepened by skilled coaching and the power of the visual evidence.

How does VERP work?

- An initial training session (2 hours) is delivered by an accredited VIG guider, where participants are introduced to the basic principles of VIG and VERP and given hands-on practice.
- 3 workshop sessions follow, to review and reflect on short video clips of practice (approx. 6 hours in total)
- A final accreditation session gives participants the opportunity to share their professional progress and to reflect on what they have learnt from the course.

Values

With roots in intersubjectivity, social constructivism and pedagogy theories, VERP works in a respectful and collaborative way with clients. It empowers through using edited video clips of “better than usual” communication between people as the basis of a reflective dialogue about how to improve the interaction. It is a relationship-based intervention which helps professionals become more sensitive

and attuned to their interaction partner’s emotional needs, which in turn helps them to meet their goals.

What is the impact of VIG and VERP?

There is a growing body of evidence for the effectiveness of VIG and VERP, in families, schools, social work, care settings, health, research and business. For example, a VERP project for staff in a Dundee residential care setting won the Care Accolade for the Best Innovative Training Programme 2009 (see www.youtube.com/watch?v=6XNxYLthKB4). See also Video Enhanced Reflective Practice (Kennedy, Landor and Todd (eds) (2015) J.Kingsley Publiser

VERP projects

Recent VERP projects include VERP to support literacy teaching in the early years: to support teacher ‘mind-mindedness’ within a nurture group setting; to support and enhance the role of teaching assistants.

If interested in VERP approach to staff development please contact:

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www.videointeractionguidance.net

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