

Video Interaction Guidance (VIG)

Information for patients of the Perinatal Mental Health Service



Please read this information sheet and if you have any queries, please talk to the practitioner who will be more than happy to answer any questions you may have.

What is Video Interaction Guidance (VIG)?

Video Interaction Guidance is a method which aims to improve communication and the relationship between you and your baby / child. The aim is to increase awareness of your own skills in effective communication by watching clips of moments that are working well and reflecting on what you see.

You will be recorded as you interact with your child. You will then watch the recording with the VIG Practitioner and discuss the interactions that you have had.

Your VIG Practitioner may be a trainee but they will be supported by a VIG supervisor.

How might it help?

The aim of video interaction guidance is to empower you to change how you interact with your child by exploring perceptions, building on your strengths and challenging assumptions. Relationships, interactions and behaviour can improve as you change your communication style.

What does it involve?

You will work with a VIG Practitioner during this therapy. Together you will view and discuss short, edited clips of your personal interaction with your child. By doing this you should become much more aware of your own skills in effective communication through viewing yourself and reflecting on what you see.

The practitioner will edit the video so you will only see the clips which are relevant to your therapy. All unused material will be deleted unless requested by you or anyone else who appeared in the video.

Anyone who is in the video recordings has a right to review the recordings of themselves. If a family member wishes to see a recording at which they were not present, everyone who was in the recording and the practitioner would have to give consent first.

Giving my consent

You will be asked to sign a consent form before filming begins. Your VIG Practitioner will discuss the consent form with you before you sign it. If you have any questions about any aspect of this therapy, please ask your VIG Practitioner.

The quality of care being offered will in no way be affected by your refusal to have your meeting(s) video recorded.

If you do consent to your meeting being recorded, you can ask to stop the recording at any time during the session. Anyone involved with the recording can withdraw their consent for recording at anytime during the session.

What will happen to the video?

Your video is a tool to help with your therapy- it will not be kept as part of your permanent medical record.

Your VIG Practitioner will guarantee that the recording will be kept safe at all times.

No copies of the recording will be made without your written consent.

If you do not wish to have a copy of the video recording, the VIG Practitioner must delete the recording and sign the disclaimer form.

Video recordings must be deleted within 2 months of the end of your involvement with Video Interaction Guidance, or sooner if you ask.

Who will be able to see my recording?

The only people who will be allowed to view your recording are:

- Your VIG Practitioner(s) as part of your care
- The supervisor of your VIG Practitioner to ensure quality of care
- NHS Lothian professionals who are involved in the care of you or your child (only if relevant to their care of you or your child)
- Anyone who appeared in the recording.

If your recording is going to be shared with anyone, your VIG Practitioner will explain who they are sharing it with and why.

If your therapy is being provided by a VIG Practitioner Trainee, they will discuss your sessions with their supervisor in order to ensure that you are getting the right care.

Using your video recording for other purposes

Your VIG Practitioner may ask you if your video recording can be used in staff training and development or for use in a presentation. It is absolutely OK to say no.

If you agree for your recording to be used, your VIG Practitioner will tell you where and when your recording will be used and will ask for you to sign a form to give your permission for the recording to be used. You will also agree a date with your VIG Practitioner when your recording will be deleted.

At the end of the VIG work all video recordings that have been retained by the Practitioner for accreditation or presentation purposes, must be deleted at the agreed date on the consent form.

Interpretation and translation

If you have any interpreting requirements, we will arrange interpreting support for you in advance of your appointment.

