



Video Interaction Guidance: A Relationship-Based Intervention to Promote Attunement, Empathy and Wellbeing

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Video Interaction Guidance (VIG) is an effective intervention which builds positive relationships through filming and feedback sessions. By micro-analysing actions and communications in this way, clients are supported to resolve their current difficulties and increase their sensitivity and attunement within the relationship.

Bringing together contributions from researchers and practitioners across a range of professions, this book provides a definitive introduction to VIG. The book explains the theory behind the approach, reviews research evidence, and offers case studies that document how VIG has been successfully applied to family relationships, schools and higher education, individuals with communication and developmental disorders, and as a reflective professional development tool. The approach is then discussed from a range of theoretical perspectives and within the contexts of narrative therapy, infant and attachment interventions, positive psychology and mindfulness.

This authoritative and comprehensive guide to VIG will be an important text for psychologists, psychiatrists, counsellors, social workers, therapists, and mental health and education professionals, as well as students and academics in these fields.

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