

Once In A Lifetime Videos

Video Interaction Guidance in the Perinatal Period
Monika Celebi

Who am I?

Manager of Refuge for women and children escaping from Domestic Violence
1980-1984

Movement Therapist since 1982- specializing in work in psychiatric institutions

Psychotherapist since 1985 ; UKCP Registered Psychoanalytic Section 1989

Lecturer of movement therapy at University of Hertfordshire 1989-1998

Yoga and meditation teacher since 1998 (Iyengar)

British Wheel of Yoga, pregnancy module 2000

Antenatal educator NCT trained since 2003

Parent – Infant psychotherapist OXPIP since 2004 - 2014

Baby massage teacher since 2005

Video Interaction Guider since 2010, trainer since 2011, advanced supervisor
2012, National Supervisor 2017, on Board of AVIGuk

Mother of 2 children, aged 24 and 26

Outline

1. What is Video Interaction Guidance? (VIG)
2. How can VIG support parents
3. Innovative projects:
 - Starting in pregnancy
 - VIG 1:1
 - Peer supporters
 - Baby Watching groups for parents and babies
4. Supervised contact an opportunity to help

Principles of Attunement and Interaction



These have been based on the ethological studies of animals and humans in their natural habitat, when they feel at ease.

Basic Principles for Developing Attunement and Guidance



Being attentive

Basic Principles for Developing Attunement and Guidance



Encouraging initiatives

Basic Principles for Developing Attunement and Guidance



Receiving initiatives

VIG is Recommended as an Evidence-Based Intervention in:

NICE GUIDELINES

Social and Emotional Wellbeing 0-5 October 2012

Autism : The management and support of children and young people on the autism spectrum, August 2013

NEW: November 2015

Children's attachment: attachment in children and young people who are adopted from care, in care or at high risk of going into care. Video feedback most effective and cost-effective intervention

PUBLIC HEALTH ENGLAND

Rapid Review of Healthy Child Program (2015)

Step One: Engagement in Change

Image of pregnant mother and maternal grandmother with guider

Starting from what the parent wants the guider has an initial conversation, which is underpinned by the values of **trust, hope, respect, compassion, cooperation and appreciation**. **The aim is** to encourage parents to think about how they can make the changes they want.

Step Two: Taking the Video



The VIG Guider takes 5 - 10 minutes of better than usual interaction. S/he is part of the process and can prompt or encourage. The filming often takes place in the home but can be in any suitable location.

Step Three: The Shared Review

Images of VIG peer supporter and young mother looking at still of mother and 5 day old baby on laptop

Participants are supported by a VIG guider to view and discuss short edited clips of their personal interaction at better than usual moments.

Guider shows clips of attuned responses to baby's initiatives

Image of young mother responding to 5 day old baby reaching out for her.

This young mother fell pregnant by rape age 17, she hid the pregnancy for 6 months, had wanted to give her baby up for adoption, but changed her mind one week before the birth. She was supported by a VIG peer supporter from Parents1st

Getting It Right

Demonstration of video
interaction guidance
Film of VIG peer supporter
and mother looking at herself
and her baby on screen,
helping her to notice how
finely attuned she is at that
moment, and think of what
this feels like for baby and
why that is important

The Social Engagement System

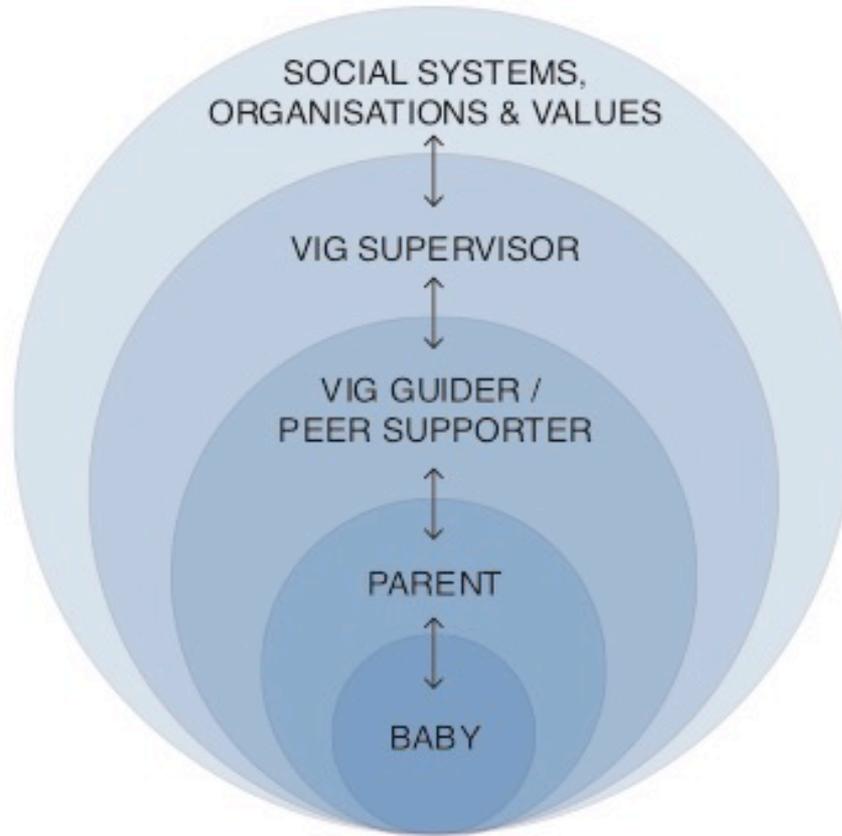
The parent is a mirror for the baby (and vice versa). S/he receives, responds and contains baby's feeling states.

Image of mother and baby

Visual images of better than usual moments have a powerful impact. They help develop and strengthen a benign sense of self- "I can understand my baby and I can be a good parent" - the VIG guider supports the parent.

The same process is repeated in supervision. The guider builds her/ his confidence: "I can understand my client and I can be a good guider."

Attuned Relationships Permeate the VIG Process



Innovative Practice

Starting in pregnancy

VIG 1:1, or flexible to involve other members of the family

Peer supporters

Baby Watching Groups –selective universalism

Supervised contact an opportunity to help

Training Peer Supporters to Deliver ViG

Parents1st trained 6 peer supporters

Who saw 45 families over 1.5 years, funded by a grant received from the Trusthouse Foundation

All the families showed positive outcomes and felt they had strengthened their bond with their baby

He Will Be Well Loved

Image of maternal grandmother touching mothers pregnant belly

Does He Need A Daddy?

Mother holding her baby and
looking at him

Grandma Holding Baby

FP Baby Watching Group

Film of a group in a Children Centre made up of parents with postnatal depression, social isolation and prior removals watching their babies, giving space and responding to their own and each other's babies' initiatives.

This center is now closed

Aims of Baby Watching Groups 01

Support and increase contingent sensitive parental responsiveness /
Reduce parental harshness

Contain anxieties and scaffold primitive emotions

Increase parental empathy towards their babies and encourage mind-mindedness



Aims of Baby Watching Groups 02



Nurture parental self confidence

Support and empower parents and babies

Strengthen resilience in vulnerable families

Encourage access to services

Components of Baby Watching Groups

Experiencing a Calm and Connect system in an attuned working group

Watch Wait Wonder - noticing a baby's attempt to communicate, seek comfort or explore, and noticing the parents internal responses

Video Interaction Guidance – using the power of benign visual images and better than usual moments to create change and encourage the internalisation of a benign self

A Moment of Relaxed Intimacy



Repairing Function of Baby Watching Groups



Baby Watching Group



Most parents are fascinated to see themselves with their baby at a good moment



Why does VIG work?

Image of mother and guider

Sharing moments of **attunement** while experiencing attuned dialogue encourages sensitivity to the baby/child/ to the parent.

By starting with moments of strength VIG puts the other at ease, who is then more open to start thinking about themselves, their child, their relationship and the possibilities for change.

This process enhances mentalization, reflective function, mind-mindedness, crucial to building resilience.

Video Interaction Guidance Before and After Birth

Image of father touching highly pregnant mother's belly.

Case study of supporting parents to think about their hopes for their baby, what type of person their baby will become and how their lives will change.

Establishing relationships before the birth of baby helps the VIG guider to support the family immediately after the birth, as trust has been built already.

Supervised Contact An Opportunity To Help

Image of both parents delighting in their baby.

Case study of mother with diagnosis of schizophrenia and father with learning difficulties.

Parenting assessment was started AFTER the birth of the baby, who was removed immediately at birth without any preparation for the parents.

In spite of all this adversity the parents were helped to bond with their baby in supervised contact using VIG with a peer supporter.

Best Practice

For young children where development may be compromised by an impoverished, disorganized, or abusive environment interventions that are tailored to specific needs have been shown to be more effective in producing desired child and family outcomes than services that provide generic advice and support.

(Shonkoff & Phillips, 2000:360)



I am grateful to the parents who gave their consent to share their stories

