

## ***Video Enhanced Reflective Practice (VERP) as a vehicle to promote the Emotion Coaching Model of Engagement***

*Dr Denise McCartan  
Horizons Specialist Academy Trust*

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## **Key take aways for our team from EC training**

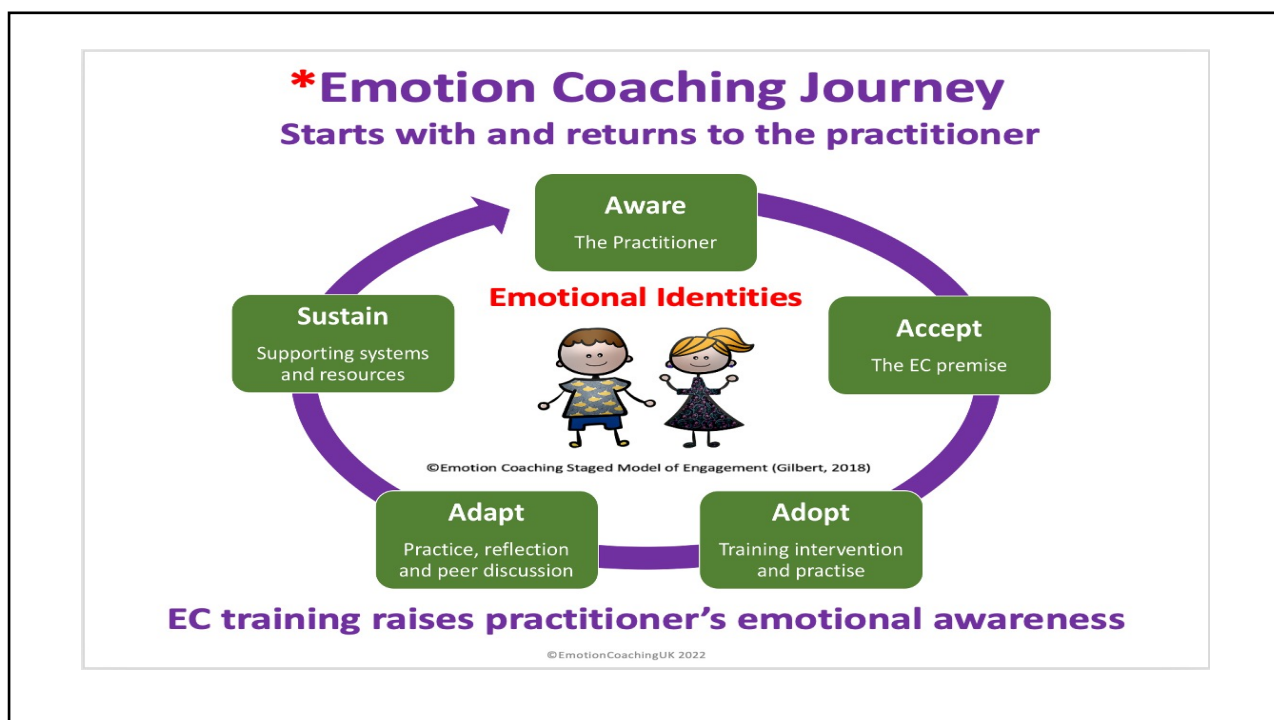
- EC happens within the context of an attuned relationship
- Best learning is within the context of everyday interactions and at points where dysregulation might be likely/emerging
- How/when to intervene – reciprocal interaction, need awareness of own emotional arousal and student level of arousal
- Practice 4 steps of Emotion Coaching so becomes part of your interaction style – conversational and authentic rather than ‘scripted’

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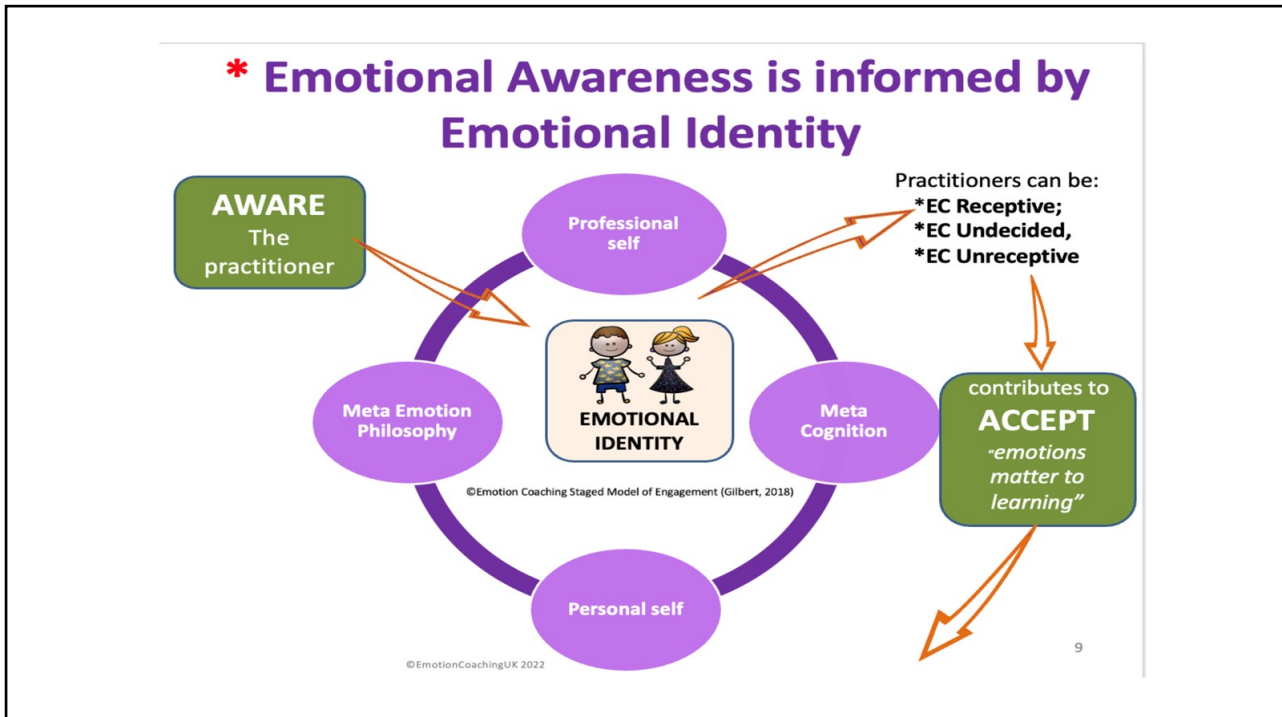
## Emotion Coaching in practice: 4 step approach to behaviour in the moment

- Step 1 STAR - Recognising the young person's feelings and empathising with them
- Step 2 Validating the young person's feelings and labelling them
- Step 3 Setting limits on the young person's behaviour (if needed)
- Step 4 Problem-solve with the young person

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## What is Video Interaction Guidance (VIG)

### Video Interaction Guidance™ (VIG)

- VIG is used in the UK and internationally in a variety of contexts, including in health, schools and social care and is used with both clients and professionals
- It is a brief, strengths-based approach that uses short clips of successful moments of interaction to promote attunement, sensitivity, and mentalization in relationships. The principles and practice can be used to work within any relationship
- The *theory of intersubjectivity*, and *Principles of Attuned Interaction and Guidance (PAIG)* provide a framework for naming, exploring and explaining what is seen in the video.

### Video Enhanced Reflective Practice (VERP)

- VERP shares the same underpinning theory and principles
- The video provides a means for professionals to reflect on *the effect of their actions/communications* in their own working context.

Shared review with peers facilitates *analysis of successful interaction*, and provides a context for a *mediated learning* experience, that helps develop a better understanding of communication and interaction.

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## How Does VIG/VERP Work?

- Uses short clips of video to highlight and build on attuned moments in interaction
- People are supported by a VIG practitioner to view and reflect together on strengths-based micro-moments of their own communication and interaction
- People are asked: 'What is it that you are doing that is making a difference?' Through this process of active engagement and reflection, people become aware of, and build on, their skills in attunement.
- VIG is powerful and emotionally moving: people often voice their surprise and pleasure in what they see.

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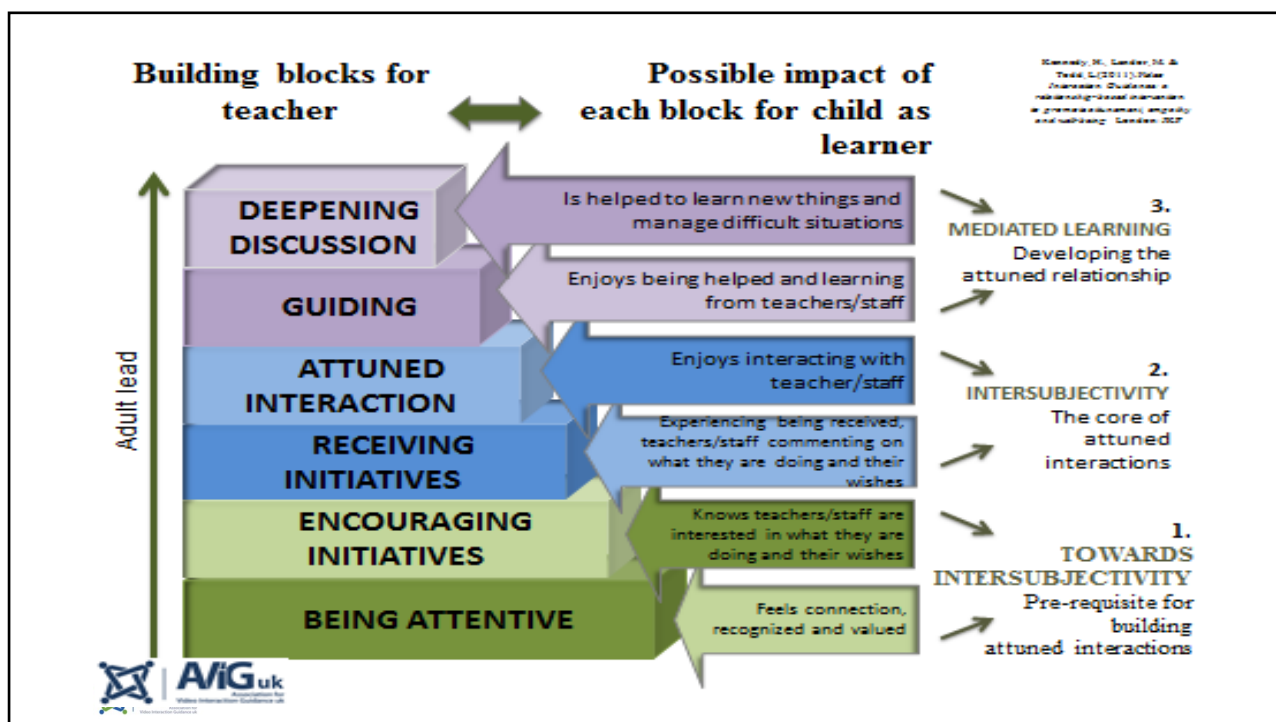
**Attunement is at the heart of  
VIG & VERP**

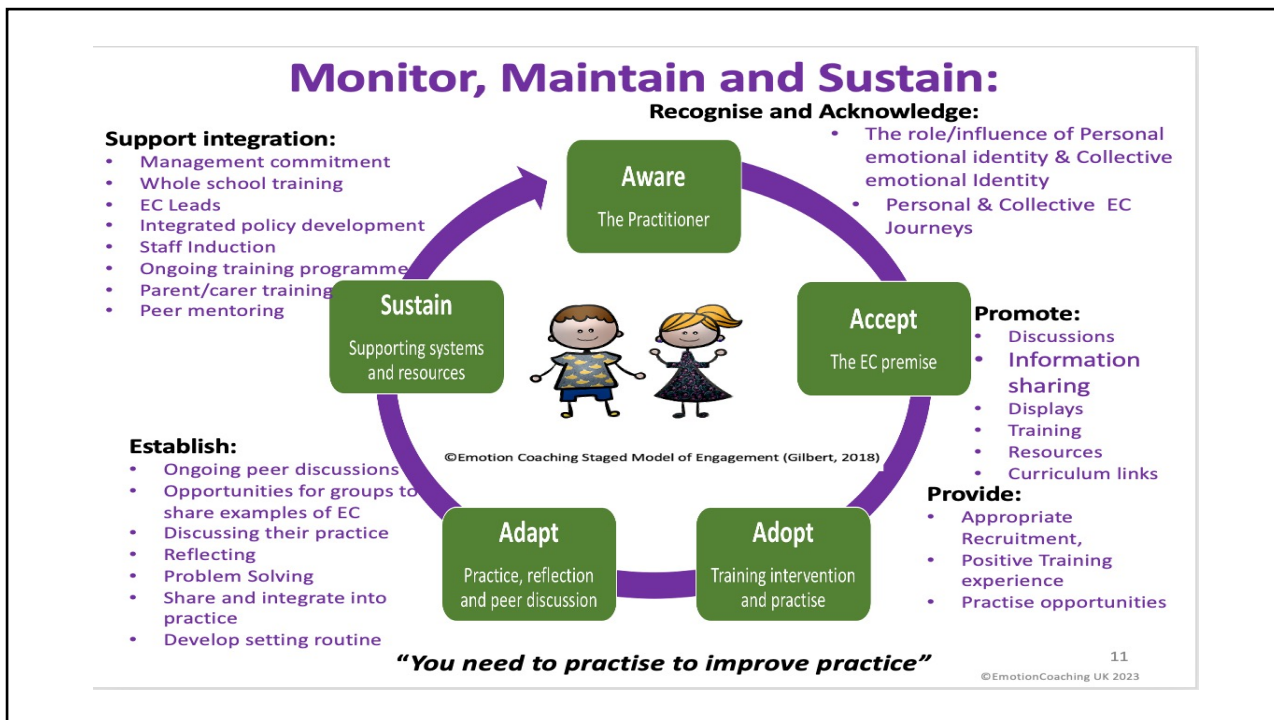
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## Principles of Attuned Interactions and Guidance

- Being attentive
- Encouraging initiatives
- Receiving initiatives
- Developing attuned interactions
- Guiding
- Deepening discussion

Attuned responses to the initiatives of others are the building blocks of an attuned interaction





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