Meeting our ideas and values in each other

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Stories and Lives

Introductions

In pairs. Find someone you do not know. One person thinks of something they have enjoyed recently in video interaction guidance or in their meeting of another person. It can be anything from little to big - from a fleeting conversation to something more.

Tell the person you are talking to about this.

The other person listens, asks a few questions to hear more about it, then responds by saying what it is about what they have heard that has struck a chord, has meant something to them.

Then change places and have turns at the other’s role.

Join another pair

Introduce to the other pair the person you have been talking to. Say their name and either something about what they enjoyed or what resonated for you.
Thinking about what you have heard so far...

Dr. Felicity de Zulueta

What VIG tells us about the human mind and why attunement is so important in healing the effects of adverse childhood events such as depression, trauma and even psychosis.

David Gavine
Back to the Future

Martin Carey

VIG, a journey towards sustainable implementation in the NHS via CYP-IAPT

What struck a chord with you? What questions came into your mind? What ideas came to you?
Share these with each other in your 4
Make sure everyone has more or less equal turns