VIG Past Present and Future: A Celebration
Saturday January 12\textsuperscript{th} 2019

Martin Carey:

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

• Trained in VIG in 2007
• Clinical Psychology led CAMHS Early intervention service in Manchester (Children & Parent Service)
• Trying to integrate delivery of VIG into early intervention services, CAMHS and the NHS more broadly in the North West
• Hosted the 6th International VIG conference October 2014
Today: Past Present and Future

• Deliver the CYP-IAPT 0-5’s training programme in Manchester
• Thinking about the past is an opportunity to reflect on change and developmental journeys we make in VIG
• Share some training and developmental themes
• Use these to reflect on what VIG is
• Celebrate the learning and development of VIG Practitioners
The First Theme: What do you see?

A developmental sequence?

1. "I hope you see what I see!"
2. "I just hope you see something (anything!)"
3. "I hope we can discuss together what we both see (co-construct)"

• Has this changed over time?
The Second Theme: Don’t get in their way

• Expounding pet theories
• Sharing insights
• Figuring out what's wrong
• Telling clients what to do...

• BUT, Your brilliance:
• stops the client doing their work,
• turns the spotlight on you
• Makes them a spectator
The Third Theme: Questions question questions!

• The default unit of interaction?
• Questions are not always collaborative
• Questions can lead
• Not all question are genuinely curious
• Questions are your turn

• And in VIG you can always just say what you think...(and invite a reception of this)
Fourth Theme: Content vs. Process

• Attachment Video Feedback Intervention (AVI) Feedback guidelines:

  • highlight to the parent their capacity to correctly interpret the child’s needs
  • show how the child’s positive behaviour in the film is linked to the parent's own behaviour
  • explain the impact of a positive parent behaviour on the child’s development
The Method of Levels

• A therapy with very broad application
• trans-diagnostic approach that has found the ingredients in any therapeutic conversation that make it effective, regardless of the ‘brand’ of the therapy
• a way of talking to people
• a way of helping people listen to themselves?
“In MOL the Practitioner is a spectator, the client the one in the lead. The MOL practitioner acts as a guide who knows where the fish are likely to be but has no fishing pole. The guide asks, “is that one?” and the client, the explorer in the lead, looks more closely and says “No, but there’s something interesting”. Then with the guide asking helpful but not too suggestive questions, the explorer reels in whatever is on the line for a closer look, letting the guide know what is going on, but not, thank you requiring any help with the actual landing of the fish”

William T Powers in the forward to Timothy Carey “Hold That Thought” 2008
Where are the fish?

- In the feelings (the VIG method brings powerful feelings to life very quickly and efficiently)
- In the pauses and Dysfluencies (VIG creates cognitive dissonance)
- In the meta: thoughts about thoughts (e.g.: “what's it like to hear yourself say that...?”)
- in the process, live in the here and now (e.g.: “what happened just now...?”)
Remembering those Fish...

• SDS Item 5: Achieve equitable turns
• SDS Item 7: Achieve an effective Pace
• SDS Item 8: Name and manage emotions
• SDS Item 12: Naming and receiving the process
• SDS Item 13: Widening the context
Directing Attention towards useful places...

• With the film: towards moments that lie outside of awareness but carry profound implications for preferred futures
• Starting with what we both see (concrete) and moving towards what this might mean (abstract): Zooming in and out
• Towards NEW ideas / thoughts
Receiving with words...but what words?

<table>
<thead>
<tr>
<th>Reception example</th>
<th>Type</th>
<th>Focus</th>
</tr>
</thead>
<tbody>
<tr>
<td>“That’s good...”</td>
<td>Positively evaluating</td>
<td>Judgement</td>
</tr>
<tr>
<td>“Yes, I agree...”</td>
<td>Expressing agreement</td>
<td>Practitioner</td>
</tr>
<tr>
<td>“You're noticing...”</td>
<td>Neutral</td>
<td>Client</td>
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And so to the Future...

• Strengthen the evidence base
• A British Randomised Controlled Trial?
• Compare VIG Vs VIPP etc
Get some pixie dust today