VIG is transformative for clients and for practitioners.

**Image of sky reflected in puddle**
Looking intently one way, we can discover something else all together

Achieving change **moment by moment**.

With benign visual images we can open a window to another world, a potential more hopeful future.

**Baby and mother interactions are** the basic building blocks for the development of relationships; they create the blue prints and expectations for the quality of our relationships later in life.

**With VIG we encourages the growth of empathy**
We embrace vitality and joy.

**IMAGE of nested relationships**
We start with dyadic relationships and continue through groups and organizations to ultimately create social and cultural change.

**IMAGE couch and blackboard**
VIG sits between Psychotherapy and psycho-education

Depending on how we translate psyche this translates to:

Healing of the soul/mind and educating of the soul/mind.

**Healing components, which make VIG transformative**

1. Creating a calm and connect system of relationships
2. Benign mirroring
3. Collaboration in creating new stories,

1. A calm and connect system generates epistemic trust
80% of communication is non-verbal, we use breath and body awareness, sound and touch, mindful of each moment, aware of self and others.

We generate a joint field of experience, when good visual moments activate us and our clients and create a shared good feeling.

2. **Benign mirroring** – cultivating a friendly lens even under adverse circumstances, looking for and finding strengths, can come as a surprise, especially to those of us who expect to be criticized and treated harshly.

VIG can directly help to strengthen empathic relationships by providing a friendly mirror. It is not mechanical, or harsh, but based on reception of what is seen and what is felt.

3. **Collaboration in creating new stories**

Reception is at the heart of the VIG method.

Receiving the client’s words and the feelings underlying them, This is healing, especially if it has been missing in the client’s primary relationships.

At the same time the guider is holding up a hopeful friendly mirror, which contradicts the dominant narrative, the fixed/rigid script of the internal working model, creating a dissonance.

When the Client feels felt, experiences you experiencing them, they will be helped to notice the contradiction and change their narrative.

**The future**

These following areas can benefit from VIG

1. Universal services of VIG to support attuned parent child interactions
2. Specialist services
3. Peer supporters
4. All newly qualified teachers
5. All supervised contact situations
6. Prisons
7. Police
8. Courts
9. Hospitals
10. Teams of professionals
11. Politicians and industry
12. Carers who look after the elderly
13. Abroad in developing countries working with street children
14. Domestic Violence