



Improving interactions
through looking at
what works

A great opportunity to
look at the way you
support others

Suitable for
interactions in
Disability and
Education Services
Children's Services
Aged Care

Video based
interventions are
recommended by
National Institute of
Health and Clinical
Excellence, UK

20, 21, 22 & 23 APRIL, 2026

**5:30 – 9 PM AEST (MELBOURNE, SYDNEY)
7:30 – 11 NEW ZEALAND
8:30 – 12 AM (UNITED KINGDOM)**

VIDEO INTERACTION GUIDANCE

**4 x ½ day Introductory Training Course
online**

Video Interaction Guidance (VIG) is an intervention that aims to improve communication, attunement and empathy within relationships. It is most typically used for interactions between children and adults, either parents or professionals, although it can also be used within pairs (or even groups) of adults. VIG accredited guides engage parents, professionals and children who wish to enter a process of change. In essence, the guide is there to support the clients to resolve their current difficulties through increasing their sensitivity and attunement in interactions within the relationship. Its aim is to give individuals a chance to reflect on their interactions, drawing attention to elements that are successful and supporting clients to make changes where desired through skilful guidance.

Find out more about VIG www.videointeractionguidance.net

Contact us at
office.viga@gmail.com



Days 1 & 2 will provide an introduction by showing what VIG is, and how and why it works by exploring underlying psychological theories of VIG including intersubjectivity and looking at the current research evidence.. The skills training part of the course will focus on learning to select suitable strengths-based clips from videos of caregivers and careseekers using the 'principles of attuned interaction' which are at the core of VIG. All participants will get the chance to prepare a film (preferably your own 10 minute recording of an interaction that you bring to the course or one provided by trainers).

Days 3 & 4 will provide experiential training in conducting a 'shared review' of the selected video clips with the caregiver. Participants will be filmed reviewing the selected clips in a rehearsed session and will take part in video enhanced coaching in small groups. At the end of the day they will be prepared to review a film with the family or caregiver (if they brought their own film) or to take their first film and start VIG under the supervision of a trained VIG Supervisor.

Training Guidelines

There are different levels of VIG training. This course gives the introductory training required before you begin to practice.

In order to be an accredited Practitioner, this initial 2 day course is followed by 15 hours of supervision usually over 12 months. The timing of this can be extended depending on individual circumstances.

Facilitators



Dr Sheridan Forster is a founding member of Video Interaction Guidance Australia.

She has been using and supervising VIG for many years. Sheridan is a speech pathologist and researcher. Her PhD focused on interactions between adults with profound intellectual and multiple disabilities and disability support workers. Sheridan has used VIG with people with autism, and dementia and Down syndrome.



Dr Meredith Prain is a founding member of Video Interaction Guidance Australia and is an advanced practitioner of Video Interaction Guidance, accredited by the Association of Video Interaction Guidance UK. She has been practicing as a speech pathologist for over 25 years and has been using Video Interaction Guidance for over 10 years with adults with deafblindness, and adults with profound intellectual and multiple disabilities, together with disability support workers to improve the quality of their interactions.

Registration Fee: \$770 (incl GST) Australian Dollars

To register email office.viga@gmail.com

All course fees must be paid in full prior to course commencement. A full refund will be provided on the actual cost of the course, provided we receive notification of cancellation at least 7 days prior to the course date. A 50% refund will be provided up to 48 hours prior to the course date and cancellations received less than 48 hours before the course, are not entitled to a refund.