

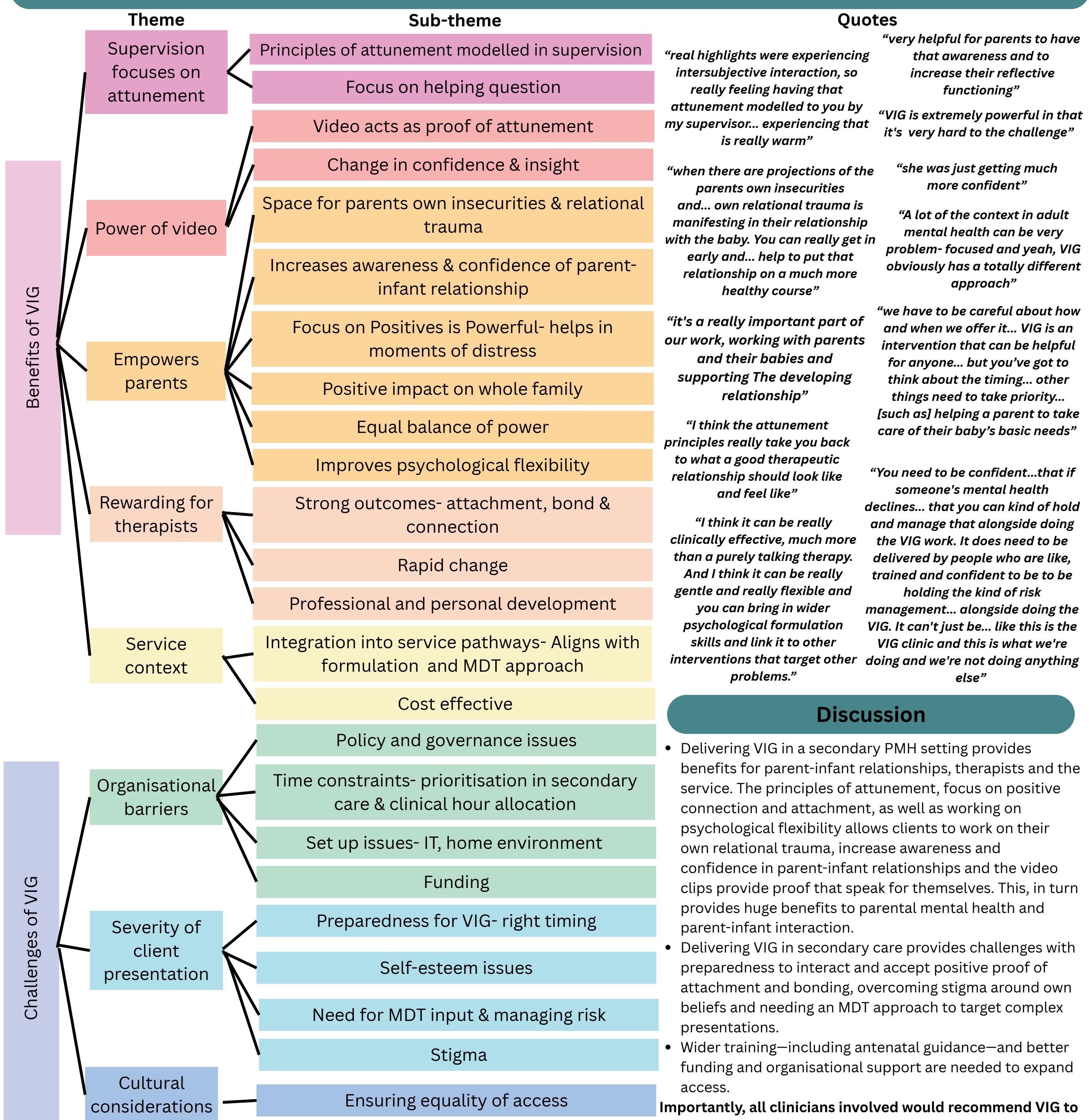
Introduction

- Perinatal mental health (PMH) services support parents and infants during a critical time. Video Interaction Guidance (VIG) is an evidence-based approach that strengthens parent-infant relationships through positive communication.
- While most research focuses on outcomes for families, less is known about staff experiences. This service evaluation explores Clinical Psychologists' views on using VIG in Cardiff and Vale UHB, including its benefits, challenges, role in PMH services, and future potential. The preliminary findings are presented.

Methods

- Semi-structured interviews.
- 8 participants: 7 Clinical Psychologist and 1 Trainee Clinical Psychologist. Average experience in PMH: 5.2 years, average experience delivering VIG: 2.7 years. All delivered VIG in Cardiff and Vale UHB.
- Interview questions peer reviewed and based on existing research (e.g., Woolfman, 2003).
- Analysed using thematic analysis (Braun & Clarke, 2006).

Results



Discussion

- Delivering VIG in a secondary PMH setting provides benefits for parent-infant relationships, therapists and the service. The principles of attunement, focus on positive connection and attachment, as well as working on psychological flexibility allows clients to work on their own relational trauma, increase awareness and confidence in parent-infant relationships and the video clips provide proof that speak for themselves. This, in turn provides huge benefits to parental mental health and parent-infant interaction.
- Delivering VIG in secondary care provides challenges with preparedness to interact and accept positive proof of attachment and bonding, overcoming stigma around own beliefs and needing an MDT approach to target complex presentations.
- Wider training—including antenatal guidance—and better funding and organisational support are needed to expand access.

Importantly, all clinicians involved would recommend VIG to colleagues

References

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