

# Facilitating relationships through play: The use of Video Enhanced Reflective Practice in a neurorehabilitation setting

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## What is Video Enhanced Reflective Practice (VERP)?

VERP has been described as:

*'a method to support individuals or groups to develop their interaction skills in their work, through guided reflection on their chosen video clips of day-to-day practice. This is a strengths-based approach where participants are helped to identify and build on their present skills and to set themselves their next goal or challenge'* (Landor, 2015, p. 60).

## Values and Beliefs

- Strengths based.
- People in challenging situations want to change.
- The power for change resides within the individual or situation itself.
- Reflective process.
- Goal-oriented.

## Theoretical Background

- The theoretical underpinnings of VERP come from the work of Professor Colwyn Trevarthen at Edinburgh University. Trevarthen (1979) studied successful interactions between infants and their primary care givers. He observed 'intersubjectivity' (shared understanding) between primary care givers and their babies, where the primary care giver's responsiveness supported the child to interact and communicate.
- In the Netherlands, Harry Biemans applied Trevarthen's theory using video clips and created video interaction guidance (VIG). He described the shared understanding between a primary care giver and infant as 'attuned interaction'.
- VERP is an approach based on VIG values and beliefs.

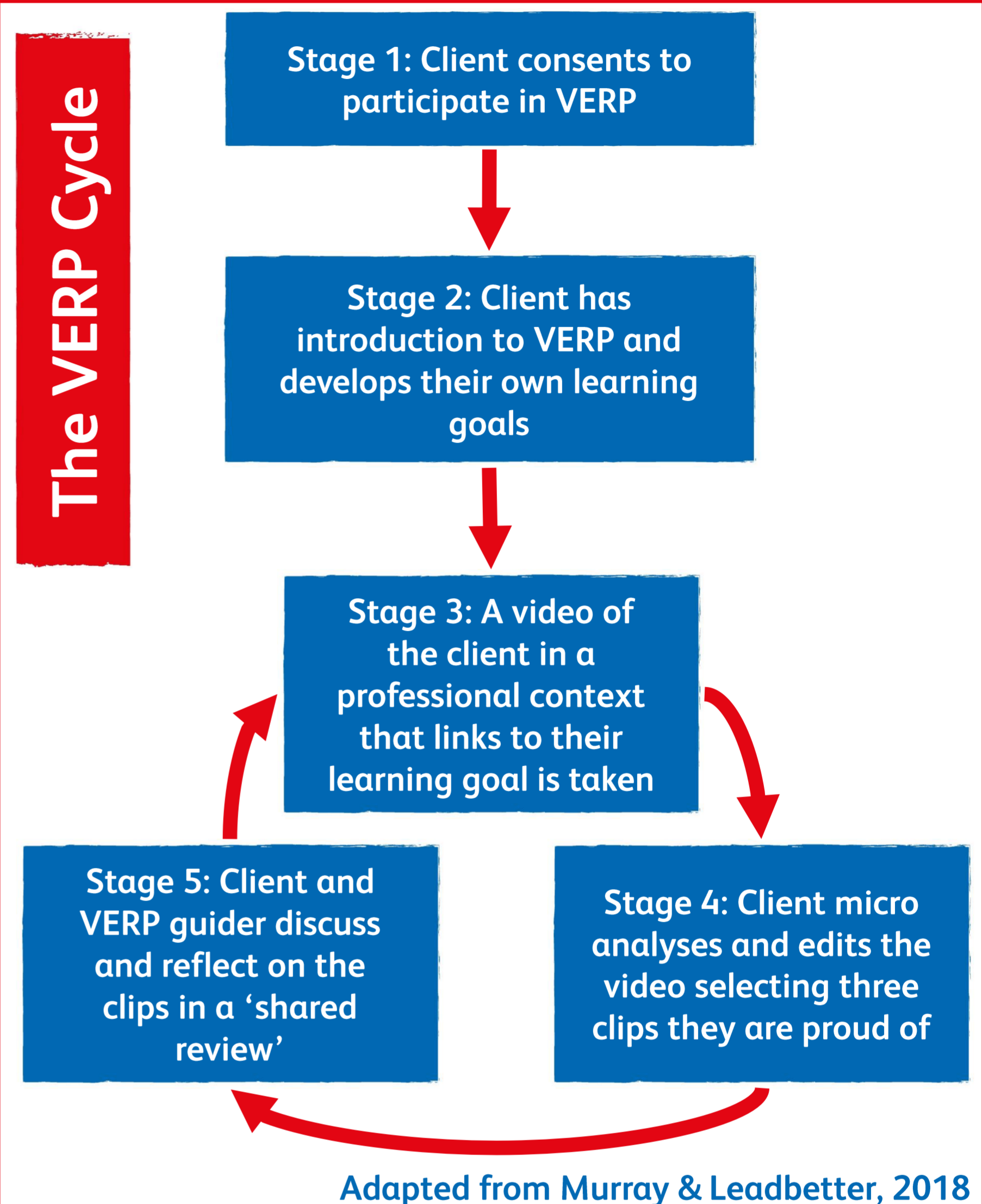
## Evaluation Questionnaire

- All VERP practitioners reported an improvement in relation to their initial goal. On average, they rated themselves as a 6/10 at the beginning of the process and as a 9/10 at the end of the process.
- When asked how they would rate VERP as a tool for reflective practice, all practitioners rated it as 'excellent' (10/10).
- When asked how useful VERP was for supporting individual reflection on practice, all practitioners rated it 'very useful' (10/10).
- When asked how likely they would be to recommend VERP to a colleague, all practitioners rated it 'very likely' (10/10).

## Evaluative Quotes from VERP Practitioners

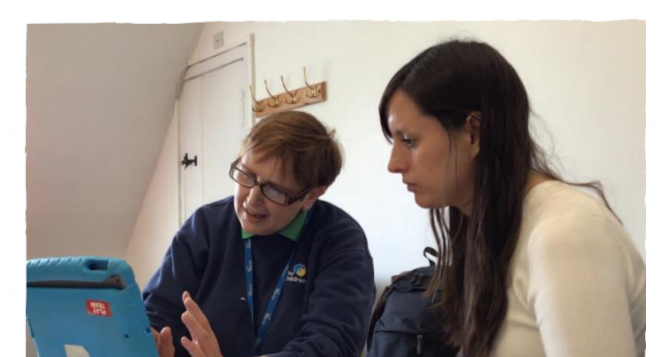
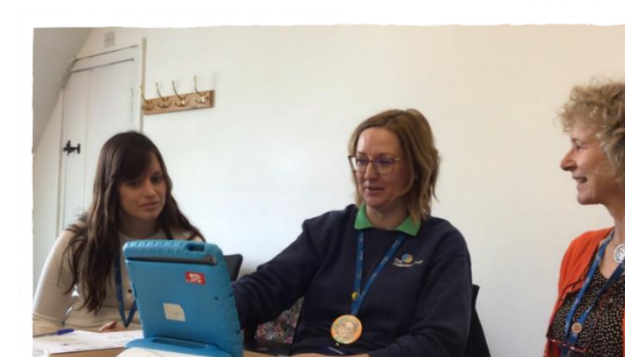
- "VERP has been a very powerful experience, which has really supported me in my practice in a positive way."*
- "VERP gives people an opportunity to look at the detail of what they do and pinpoint specific interaction skills. This knowledge can be transferred to other aspects of work."*
- "Good for team bonding."*

## The VERP Cycle



## VERP at TCT

- The Children's Trust (TCT) offers both residential and community based rehabilitation services for children and young people with a brain injury.
- We are using VERP at TCT to support the play team in their family play work.
- The play team engaged in two introductory sessions focussing on the theoretical and practical aspects of VERP (Stage 2). They then engaged in three cycles of filming a video and then reflecting on it within a shared review (Stage 3 to Stage 5).



## References

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