

Intensive Interaction

What's happening in our services?

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What is I I ?

- An approach that was developed by Clinical Psychologists & teachers supporting children with a wide range of emotional & behavioural difficulties over 20 years ago!
- The initial aim was to spend time with the children- playing & giving over the control of the interactions to the children as rigid behavioural programmes weren't working.

Harperbury Hospital School, Hertfordshire.
Ephraim Ph.D, Hewett Ph.D, Nind Ph.D

What happened next.....

- Staff scrapped all rigid programmes for 2 weeks
- They started to build rapport & trust with the children
- Children started to make progress in social, communication & cognitive Skills

What happened next.....

- Staff started to do some research to justify this 'new approach'
- They developed some theories
- Published their work
- Encouraged others to try II

Information & references available on II table.

So who is II for?

- **People who are pre-verbal or prelingual**
(that is without speech)
- **People who seem difficult to reach**
(seeming to prefer being away from human contact, isolated)
- **People with severe & complex LD**
- **People with autism spectrum disorders**
(particularly with developmental delay)
- **People of all ages**
- **Person - centred**

The aims of II

- To enjoy the wonder, joy and fulfilment of communication & relationships
- Trust and rapport take time to build
- As supporters we need to 'earn it' not 'expect it'!
- Often the individuals we support come into contact with many different people every week, often presenting them with demands, tasks & activities
- How would you feel it were you?
- Put yourself in their shoes for a minute.....

To Teach the Fundamentals of Communication

- Use & understanding of eye contact
- Use of facial expressions
- Turn taking in exchanges of behaviour
- Learning to enjoy giving attention to another person
- Learning about personal space
- Use & understanding of gestures & body language
- Learning to concentrate & attend
- Use & understanding of physical contact

Skills most of us learn when we are babies

Lots of the people we support may not have learnt these fundamental skills.

To open up a variety of other experiences

- Often we may need to teach people how to make choices
- We need to offer them the opportunity to try new experiences & activities
- It doesn't have to require a lot of resources
- **It does mean we have to be motivated & creative**
- **It does mean that we want to show people that they are good to spend time with**

To work towards increasing well-being & happiness

- What is happiness & how can we increase it?
- Can we measure the happiness of the people we support?
- Why Happiness, Satisfaction & Well-Being of the people we support should be top of our to-do lists.
- How we should be working towards developing interactions & activities that are meaningful & engaging to the individual
- As well as developing communication & independent living skills
- = INCREASING QUALITY OF LIFE.

How do we do II?

- Make yourself available
- Use no dominance or control
- Have no fixed agenda
- Make yourself interesting
- Allow the person to dictate the pace to encourage turn taking
- Mirror the person's behaviours / sounds
- Respect when the person does not want to interact

Some people may already be interacting this way, others may find this to be a new approach or not feel comfortable using II.

Focus is on the person's developmental age.

II in our services

- 2006- 8 Coordinators trained to deliver II training for Brighton & Hove- Cath Irvine (SALT).
- Currently 2 Coordinators delivering training- Ant Miles & Diane Skudder
- We deliver 1 day II introduction courses
- Whole staff teams & individuals from in-house and external services
- parents & carers always welcome.
- 325 people trained since 2006- we need more!

What's included in our II course?

- Historical perspective
- Theoretical background
- How to do it & record it
- The sustainable approach
- Team working & support networks
- Moving on when it's begun to work

Generalising to other settings, developing communication, independent skills

What's our teaching style?

- It's fun!!
- We encourage group participation & discussion (it's an interactive course after all!)
- We show lots of video clips of II observations & sessions- including B&H DVD.
- We would like to see more parents & carers coming on our courses
- We appreciate your feedback

Brighton & Hove II Support Group

- We are a collection of clinicians, II practitioners & people who share an interest in II.
- We meet every two months to review training & II in practice
- We link into the II Regional Network & II Institute
- We would like your feedback on how II is going in your services.....

Sharing good practice

- **II Support Group have made an II DVD**
- A selection of clips of 'real service users & staff!' -
consent & confidentiality were of course addressed
- **Baseline observations**- how the person often spends their time without interactions from others. Behaviours-possible communication, could we mirror?
- **Intensive Interaction sessions** – Planned, initiated by individual? Environment. DVD = examples of II in practice – ongoing..
- DVD - Used as a teaching tool in our II training courses- feedback has been excellent to date.

Where do we go from here?

- Continue to offer good quality training & support
- Reliant upon demand & feedback from you- how's it going, what do our service users need, what support do you need etc?
- Increase awareness of II in Brighton.
- Attract funding & support to develop II

Further Information

- **Workforce Development Team, Kings House, 290000**
- **II Coordinators:**
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- **Intensive Interaction Institute**
www.intensiveinteraction.co.uk

Brighton & Hove

Intensive Interaction Practice

- DVD footage = Examples of good practice. Always good to share & recognise.
- Thank you for listening & watching.
- Feel free to ask for further information or browse the II table at the conference today.