



Online VIPP-SD Training Course

October/November 2025

Estelle Struis, certified VIPP-SD Trainer at Lorenz Positive Parenting, is hosting an online international training course in the use of the Video-feedback Intervention to promote Positive Parenting and Sensitive Discipline (VIPP-SD). If you would like to apply for the training, please email the trainer directly at estelle@lorenzpositiveparenting.com.

VIPP-SD Basic Training

The training course will start with the 7-day online VIPP-SD Basic Training. The goal of the basic training is to introduce the participants to the elements of the VIPP-SD Method, thereby increasing their knowledge and understanding of its practical use and its effectiveness. Participants will be taught how to apply the VIPP-SD through guided practice by means of illustrations and exercises. Comprehensive feedback will follow each exercise, led by a certified VIPP-SD Trainer.

VIPP-SD Practice Training

Following the basic training, the participants will start their VIPP-SD Practice Training under supervision. They will have to identify their own VIPP-SD Practice Case with whom they will practice delivering the intervention. Before every home visit (HV) the participants will receive individual VIPP-SD Training Supervision with a certified VIPP-SD Supervisor.

VIPP-SD Assessment

The VIPP-SD Training Course will be completed with a VIPP-SD Assessment meeting, discussing the participants competencies, including a self-reflective report and video-feedback on the participant in action.

Dates

Basic Training (7 days): **1, 8, 15, 29 October and 5, 12, 19 November 2025**

Training days are from 10:00 till 15:00 (CET). There will be a 20-minute coffee/tea break in the morning and a 40-minute lunch break at approximately 12:50 – 13:30.

Please note: 1, 8, 15 October is still in UTC+2 because of daylight saving time and the other days will be in UTC+1.

Training Supervision (7 meetings): In consultation with the VIPP-SD Supervisor, **6 online supervision meetings** will be planned, between every home visit (HV), preferably between **December 2025 and June 2026**. Please note that the training supervision with the practice case should start within 6 months after the VIPP-SD Basic Course.

The assessment meeting will be planned after HV7.

Costs

The cost of the VIPP-SD Training Course is EUR 2.000,- (VAT exempt, local duties and taxes are at your own expense).

This will include:

- the VIPP-SD Manual (including shipping)
- other relevant literature and training materials
- certification and registration at VIPP-SD International
- 7 meetings in the VIPP-SD Basic Training
- 6 supervision sessions in the VIPP-SD Practice Training and
- the VIPP-SD Assessment meeting

Attendance and certification

The participants are expected to attend all sessions of the VIPP-SD Training Course. After completion of the VIPP-SD Basic Training, the VIPP-SD Practice Training and the VIPP-SD Assessment, participants shown to have proficient knowledge and understanding of the method, will be certified and ready to practice. The aim of the course is for participants to:

- Understand the theoretical basis of VIPP and its relation to attachment theory.
- Have familiarized themselves with the principles of VIPP-SD.
- Have had experience of implementing the intervention under supervision of a certified VIPP-SD Supervisor.
- Have a clear idea of how to further develop their VIPP-SD skills.

Certified VIPP-SD Interveners will be registered by VIPP-SD International.

Indication of training hours (total 114 hours)

Basic Training (48 hours):	Pre-training video's = 1 hour Read manual and literature = 12 hours Attendance 7 x 5 hours = 35 hours <i>(of which 7 x 4 hours of teaching = 28 hours)</i>
Practice Case (57 hours):	HV 1 (recording only) = 1 hour HV 2-7: 6 x 2 hours = 12 hours <i>(travel time not included)</i> Prepare home visits for intervention (scripts) = 44 hours, as follows: - HV 2 & 3: 2 x 8 hours = 16 hours - HV 4 = 10 hours - HV 5, 6 & 7: 3 x 6 hours = 18 hours
Training Supervision (6 hours):	Individual online sessions 6 x 1 hours = 6 hours
Assessment (3 hour):	Preparing for assessment = 2 hours Assessment meeting = 1 hour



Video-feedback Intervention
to promote Positive Parenting
and Sensitive Discipline



VIPP-SD Basic Training

Mandatory homework: pre-training video's (1h.), literature (3h.)			
Day 1 (4h.)	<i>Preparatory homework: Read Manual through HV3 (3h.)</i>		Exercise
10:00	75 min session	Introduction	Ainsworth (poll)
11:15	20 min break		
11:35	75 min session	HV 1,2,3: Profile	1 & 2 (subgroups)
12:50	40 min lunch break		
13:30	75 min session	Discussion	1 & 2
14:45-15:00	Wrap up		
Day 2 (4h.)			Exercise
10:00	75 min session	HV 1,2,3: Sensitivity	Speaking for the child
11:15	20 min break		
11:35	75 min session	Speaking for the child	3 & 4 (subgroups)
12:50	40 min lunch break		
13:30	75 min session	Discussion	3 & 4
14:45-15:00	Wrap up		
Day 3 (4h.)			Exercise
10:00	75 min session	HV 1,2,3: Sensitive Discipline	SD Strategy's
11:15	20 min break		
11:35	75 min session	Speaking for the child	5 & 6 (couples)
12:50	40 min lunch break		
13:30	75 min session	Discussion	5 & 6
14:45-15:00	Wrap up		
Day 4 (4h.)	<i>Preparatory homework: Read Manual through HV5 (3h.)</i>		Exercise
10:00	75 min session	HV 4,5: Sensitivity Chains	Sensitivity Chains
11:15	20 min break		
11:35	75 min session	Sensitivity Chains	7 (subgroups)
12:50	40 min lunch break		
13:30	75 min session	Discussion	7
14:45-15:00	Wrap up		
Day 5 (4h.)			Exercise
10:00	75 min session	HV 4,5: Corrective Messages	Corrective Messages
11:15	20 min break		
11:35	75 min session	Corrective Messages	8 & 9 (couples)
12:50	40 min lunch break		
13:30	75 min session	Discussion	8 & 9
14:45-15:00	Wrap up		
Day 6 (4h.)	<i>Preparatory homework: Read Manual through the end (3h.)</i>		Exercise
10:00	75 min session	HV 6,7: Booster sessions	
11:15	20 min break		
11:35	75 min session	Complete script	10 (subgroups)
12:50	40 min lunch break		
13:30	75 min session	Continue	10
14:45-15:00	Wrap up		
Day 7 (4h.)			Exercise
10:00	75 min session	Discussion	10
11:15	20 min break		
11:35	75 min session	Implementation	
12:50	40 min lunch break		
13:30	75 min session	Q&A and evaluation	
14:45-15:00	Wrap up		



Online Training

This course will be delivered remotely using Zoom. This is very easy and safe to use regardless of your level of IT skill. You will need a desktop PC or laptop with a microphone and camera together with a suitably fast, preferably wired, internet connection. Mobile devices and tablets cannot be used, because they disable certain features used in training. Because of security reasons, you will have to use a Zoom account. Access to the online meetings is restricted to logged-in users only. Also, you will not be able to join from your browser, but only from the Zoom Desktop Client.

Please note: Some devices provided by employers may have restrictions in place. Please use this test link (<https://zoom.us/test>) to check your set up. After clicking on 'Join', you will either get a pop-up message asking you to 'open the Zoom app' from your computer (if you already have the Desktop Client), OR you will be able to click on 'Download now', underneath the 'Launch meeting' button. For more information about using Zoom, please visit the Zoom website:

<https://support.zoom.us/hc/en-us/articles/360034967471-Getting-started-guide-for-new-users>

Practice Case

Following the VIPPSD Basic Training, the participants will start their VIPPSD Practice Training with a VIPPSD Practice Case under supervision. Individual online VIPPSD Training Supervision will be provided via Zoom with a certified VIPPSD Supervisor. For the practice case, the participants will need to identify a suitable family as soon as possible before or during the basic training. This could be an acquaintance, a friend (of a friend) for example, with a child between the ages of 1 and 4 years. You will work with one parent/caregiver and one child. Preferably, the family should not be a service user, because you are still learning, and you need to be able to make mistakes. Occasionally, a service user could be allowed as a practice case, please ask for approval first. You will visit the family during 7 home visits. During HV1 you will get acquainted with the parent/caregiver and child and make recordings; this should take no more than 1 hour. The following home visits (HV 2-7) will be intervention sessions in which you will make new recordings and provide feedback on previous videos. Therefore, HV 2-7 will take approximately 1,5 -2 hours each. The home visits may be scheduled about 2-3 weeks apart. The completion of the practice case under training supervision thus takes approximately 3 to 4 months.

Equipment

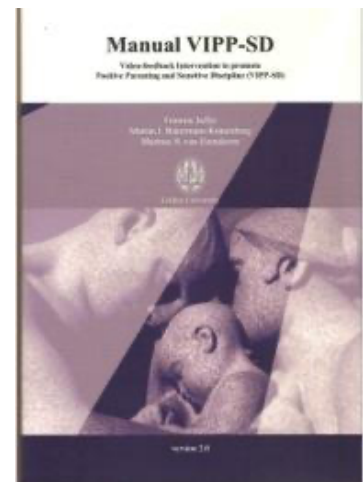
Working with VIPP-SD means working with video as a professional. For the practice family you need a digital video camera and some (basic) editing equipment (e.g., Adobe premiere pro or Pinnacle Studio). Moreover, you will need a USB, DVD player or laptop that can be connected to TV with HDMI cables / or protected external hard drive when a smart tv is available in the home of the family you're working with. And you will need different sets of toys to bring to the family during the home visits. The types of toys will be discussed during the training course.

Course material and literature

Before the start of the training, you will receive the VIPP-SD manual 3.0 in English via post, and various additional training documents via e-mail.

In preparation of the training, you are required to:

1. watch the three pre-training videos – links to these are provided in a separate document. (Please note you will be asked to fill out your name and email address before you gain access so you can be identified).
2. read the VIPP-SD Manual through HV3, and
3. read the following article:



Effective preventive interventions to support parents of young children: Illustrations from the Video-feedback Intervention to promote Positive Parenting and Sensitive Discipline (VIPP-SD) by Juffer, F., Struis, E., Werner, C., & Bakermans-Kranenburg, M.J. published in 2017 in the *Journal of Prevention and Intervention in the Community*, 45 (3), 202-214.

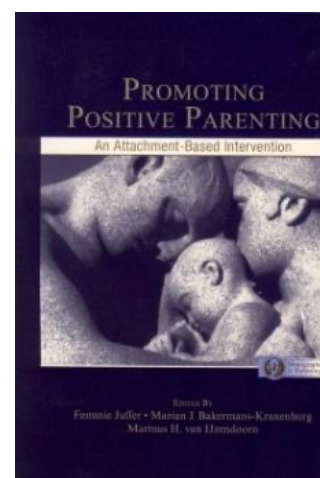
<https://doi.org/10.1080/10852352.2016.1198128>

Recommended reading

Juffer F., Bakermans-Kranenburg M.J. (2018). Working with Video-feedback Intervention to promote Positive Parenting and Sensitive Discipline (VIPPSD): A case study. *Journal of Clinical Psychology*, 74 (8), 1–12. <https://doi.org/10.1002/jclp.22645>

Juffer, F., Bakermans-Kranenburg, M.J., & Van IJzendoorn, M.H. (Eds.) (2008). *Promoting positive parenting: An attachment-based intervention*. New York: Taylor & Francis.

Juffer, F., Bakermans-Kranenburg, M.J., & Van IJzendoorn, M.H. (2014). *Attachment-based interventions: Sensitive parenting is the key to positive parent-child relationships*. In P. Holmes & S. Farnfield (Eds.), *The Routledge Handbook of Attachment: Implications and Interventions*, 83-103, London: Routledge.



Juffer, F., Bakermans-Kranenburg, M.J., & Van IJzendoorn, M.H. (2017). *Video-feedback Intervention to promote Positive Parenting and Sensitive Discipline (VIPPSD): Development and meta-analytical evidence of its effectiveness*. In H. Steele & M. Steele (Eds.), *Handbook of attachment-based interventions* (pp. 1- 26). New York: Guilford Press.

Juffer, F., Bakermans-Kranenburg, M.J., & Van IJzendoorn, M.H. (2017). Pairing attachment theory and social learning theory in video-feedback intervention to promote positive parenting. *Current Opinion in Psychology*, 15, 189-194. <https://doi.org/10.1016/j.copsyc.2017.03.012>

More information about VIPPSD

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