

Educational Psychology Overview Guide

Intensive Interaction

Intensive Interaction was originally developed by Melanie Nind along with Dave Hewett. It helps children and adults who are at the early stages of communication of developing social and communication skills. Intensive interaction is a form of communication normally between 2 people. It includes observing and copying a persons sounds, facial expressions and body language like we would do with babies.

Intensive Interaction can be useful for people who:

- Have learning difficulties
- Have social communication differences including Autism Spectrum Disorder
- People who need specific support with a social communication skill

Intensive Interaction is about building relationships and supporting communication skills. The adult is interacting with the individual's communication needs or style, this could include reducing speech, changing and adapting our behaviour.

How do I use Intensive Interaction?

- The first step is to be at eye level with the child or get close enough to the child that they can see you. You may want to introduce yourself to the child or use a cue.
- Wait and see what the child does. Start by mirroring any gestures, facial expressions or vocalisation. Continue this for the next few minutes, see if you can notice any changes or differences.
- Let the child lead. If the child wants to stop or walk away that is okay.
- You can introduce other objects in Intensive Interaction; such as mirrors or visually engaging toys. It is a good idea to keep track of progress such as how they engage with you or objects.
- Intensive Interaction should ideally be done daily to ensure individuals are getting moments of interaction daily. These can be planned and spontaneous moments.

More information about Intensive Interaction can be found here:
<https://www.intensiveinteraction.org/>