

# 3MR Manual

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## Abstract

This document describes the basic functionality for the 3MR software.

## 1 Installation

To install the 3MR software, run the provided setup.exe on Windows XP (or better). An active internet connection may be required to download updates to the operating system.

When the installation is done, the 3MR software will be located in the start menu as 3MR. To run it, click on it in the start menu.

## 2 Uninstall

To uninstall the 3MR software, go to your Windows Control Panel -> Add/Remove software -> Uninstall 3MR.

## 3 Saving

There is no action required for saving your progress, this is done automatically.

## 4 Create a new user

When you start the program for the first time you will be asked to create a new user. Enter a username, a password, a secret question and answer (in case you forget your password) and click "Create new user".

## 5 Login

Enter your previously selected user credentials and click Login.



Figure 1: Login screen

## 6 Client selection

Pick one of your previously created clients by his/her internal code. If you want to create a new client, click the appropriate button.

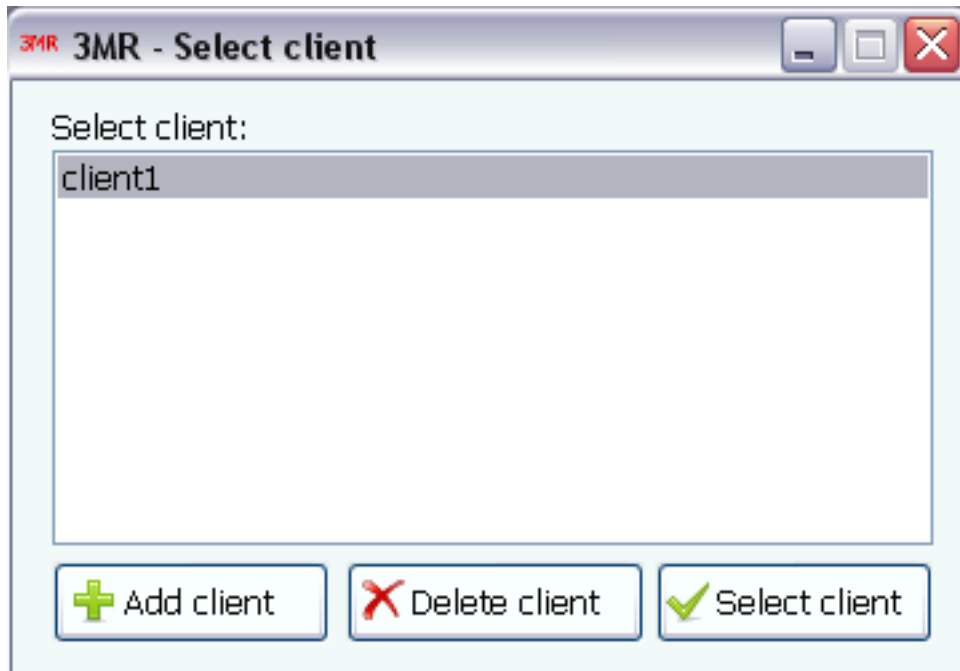


Figure 2: Client screen

## 7 Create new client

Enter the name, code and birthday of the client and click "Add Client".

## 8 Delete existing client

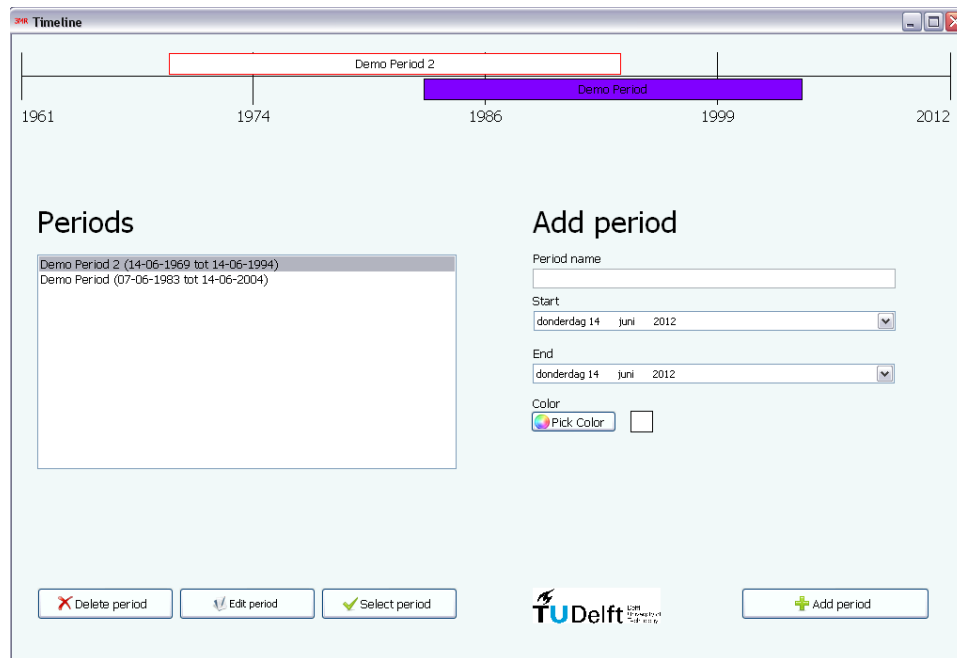
Select the client you want to delete and click "Delete Client". You will be asked if you are sure you want to do this since this will remove all data of this client permanently.

## 9 Timeline

In the timeline window you will be presented with a timeline of the client, starting at his/her birthday going all the way to the current day. Here the major periods of his/her life will be visible.

In the bottom part of this screen you will be able to create new, and delete or edit existing periods. The end date of a period can be after the current end date of the timeline (initially the current day). This will cause the end date of the timeline to change.

When selecting a period, the period selected in the list will be highlighted in the time line before pushing the select-button.



## 10 Period window

After selecting a client in the timeline window, you will reach the period window. Here you will find another timeline which contains the events in the selected period. It is possible to switch events from here with the buttons in the upper left and right corner. The main part of this window is the deskpace, which allows you/the client to add content that has to do with the clients PTSD. A client can choose a color for each event, this can be used for symbolizing the severity of an event(positive/negative).

There is also the possibility to hide or show certain content. To do this, right-click on the item you want to show or hide and click the appropriate option in the dropdown that appears.



Figure 3: Event with items

## 11 Common desktop

After opening a period for viewing or editing, you can open the 'Common Desktop'. Similar to the desktop in the period timeline, content can be added. The difference is that the common desktop is not limited to one period. Items added to this desktop can be viewed and edited from every period. These items can also be added to a specific period, by means of copy-paste. This can be useful when a client is uncertain where to place an item that he/she feels is important.

## 12 Add content

As mentioned above, content can be added to both events as well as the 'Common Desktop'. This can be achieved by clicking the appropriate buttons: Image, Media, Text, YouTube video.

When adding text an empty field will appear in the overview. By double clicking this field, text can be entered. When adding an image or 'media' (audio or video), a new screen will open in which you can browse your computer for the item you want to add. By clicking the YouTube button you can search for videos on YouTube and save it to your desktop.

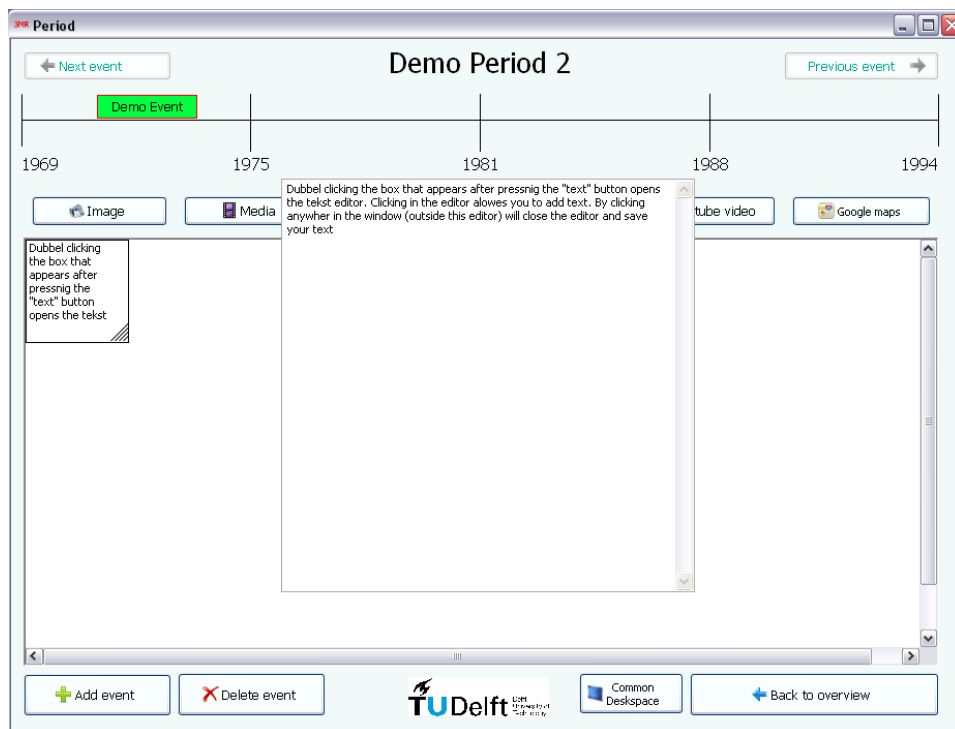


Figure 4: Event with text

## 13 Add 3D-world

Besides the content mentioned previously, you can create a 3D world for an event. More information on the 3D world can be found in the "3MR Manual: 3D world".