

Online TRE® sessions

HOW TO POSITION YOUR BODY AND YOUR ELECTRONIC DEVICE

1 Using a laptop



Have your blanket, pillow and water ready, before you begin



Laptop is propped up on books on a chair

Place your laptop 1 -2 meters away from your mat, on a raised surface +-65cm from the ground. Position your mat in the corner of a room so that, the different angles allow for more or less of your body to be seen.

**NB. Your entire body and face must be visible on screen.
Make sure you can see your TRE® Provider.**

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HOW TO POSITION YOUR BODY AND YOUR ELECTRONIC DEVICE

② Using a mobile phone or iPad

You can move your device further away for the exercise



You can move your device closer for the tremoring



Option



Your device is upright



Your device is upright, Talk to your TRE® provider and adjust the angle of your device if needed.



Place your mobile or iPad +/- 1 meter away from your mat, Your device is upright inside or against a container on the floor.

The camera lense is on the top (centre or in a corner). Make sure your device is cushioned, so it does not slide.

Your entire body and face must be visible on screen.

Make sure you can see your TRE® Provider

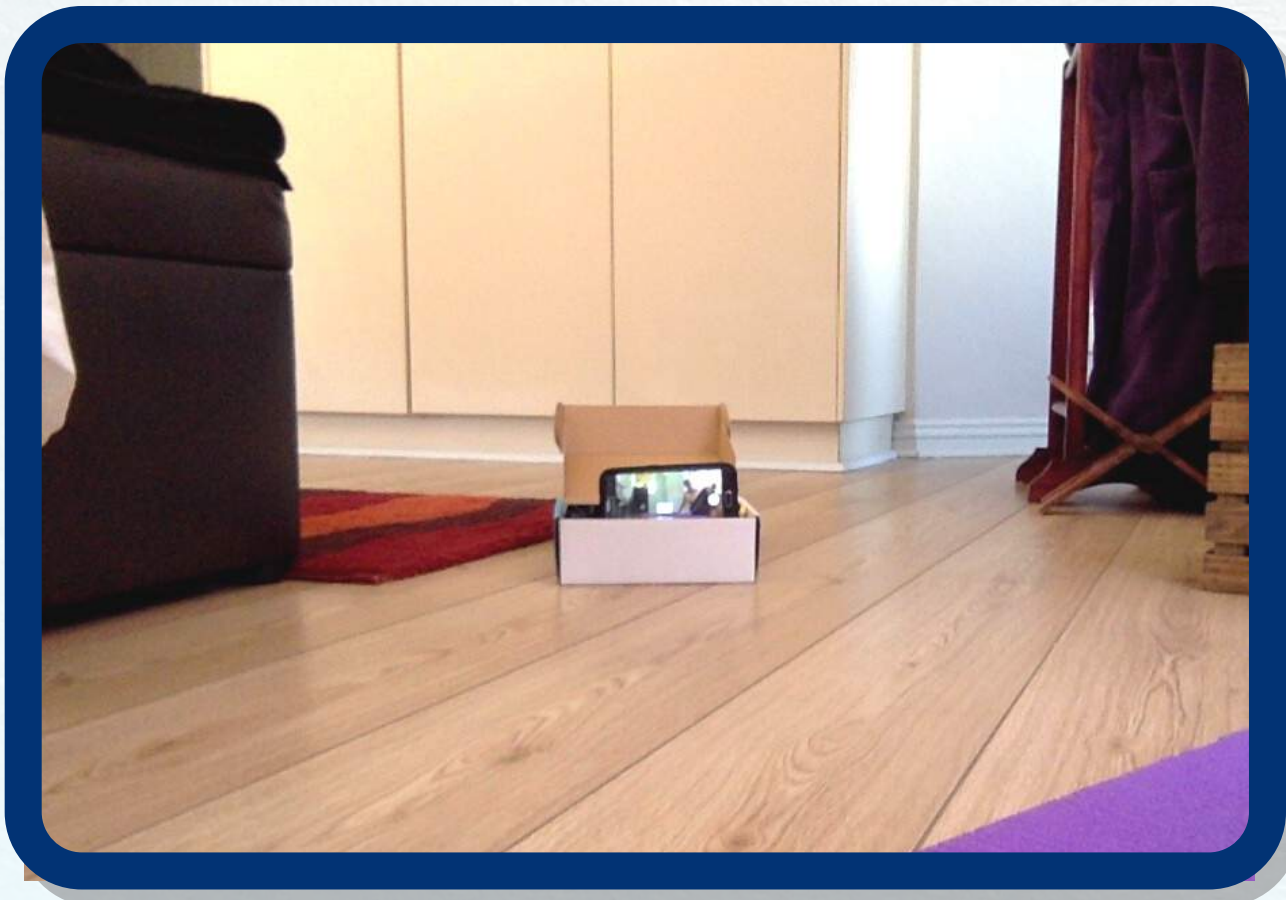


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HOW TO POSITION YOUR BODY AND YOUR ELECTRONIC DEVICE

③ Using a mobile phone or iPad

Your device is upright,
Talk to your TRE®
provider and adjust the
angle of your device if
needed.



Option

④

Your device is
on it's side

Place your mobile or iPad on it's side +- 1 meter away from your mat,
Your device is on it's side (landscape) inside or against a container on the floor.
The camera lense is on the top (centre or in a corner).

Or you can put your device in a box or on a raised surface, make sure your device is
cushioned, so it does not slide.

Your entire body and face must be visible on screen.

Make sure you can see your TRE® Provider





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PREPARATION

1. Find a quiet place, where you can have your session undisturbed.
2. Leave enough space around your mat for your warm up exercises.
3. It is important, as much as possible, to have adequate internet connectivity.
4. Arrange before the session that if the internet connection fails there is another source of communication available - like Phone, WhatsApp or FaceTime.
5. It may be useful to have a support person in your home whom you trust and feel comfortable with in case support is needed during or after the session.

Check list:

A mat or towel to tremor on

A blanket in case you start to feel cold

A glass of water for thirst

A pillow if your neck is strained whilst lying on your back

What to wear:

Lighter colours, it's difficult to see you in black clothing.