illuminate in8 Cards Online Tool

Instructions for use

The illuminate in8 Cards Online Tool provides a virtual table top on your device screen, on which you can arrange the Anxiety Freedom Cards in much the same way that you might use the physical cards on a table top.

It is designed to be used either as a teaching aid, or when working remotely with a counselling or therapy client and shared with your client using a "screen-share" facility such as is provided with Zoom and Streamyard video conferencing tools.

You can move the cards around by dragging them with your mouse (or using your finger on a touch-screen), highlight specific cards, sort them, arrange them and generally play with them in any way that you like.

Buttons

A series of eight click-able buttons are displayed along the top of the workspace to provide control of the workspace.

in8 Logo

The circular in8 logo is positioned top left of the workspace. Clicking the logo reveals an information panel which displays the app name, "about" info such as current code version, current workspace size and hyper-links to the Anxiety Freedom Cards book as well as the "Wheel of Needs" and "Wheet of Resources" PDF handouts.
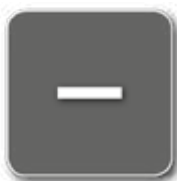
Reset

This initialises the workspace, initialises positions of all cards and hides all cards. A confirmation is offered: *"Are you sure you want to reset the workspace? All current progress will be lost."* before proceeding.

+ (Plus)

Increases the default size of all cards by the same relative amount. The resizing centre of each card is the centre of the card. The button is disabled when maximum size is reached.

- (Minus)

Decreases the default size of all cards by the same relative amount. The resizing centre of each card is the centre of the card. The button is disabled when minimum size is reached.

Show Needs

This shows all the "Needs" cards. When activated this toggles to "Hide Needs".

Cards are initially arranged in a grid of either 3 rows of 4 columns or 4 rows of 3 columns depending on the dimensions of your browser window.

When cards are hidden, they retain their current placement.

Show Res

This shows all the "Resource" cards. When activated this toggles to "Hide Res".

Cards are initially arranged in a grid of either 2 rows of 4 columns or 4 rows of 2 columns depending on the dimensions of your browser window.

When cards are hidden, they retain their current placement.

Show Info

This shows all the "Information" cards. When activated this toggles to "Hide Info".

Cards are initially arranged in a grid of either 2 rows of 3 columns or 3 rows of 2 columns depending on the dimensions of your browser window.

When cards are hidden, they retain their current placement.

Camera

This button takes a snapshot image of the workspace and saves it to an image file. On IOS and Windows platforms the user can specify the file name and location. On phones & tablets the image is stored to the camera roll.

Sort buckets

At the bottom edge of the workspace is a "sort" area with 6 distinct destination buckets designated by a darker background shade. When a card is moved into the vicinity of a sort bucket, it will snap to the nearest distinct bucket location. Only one card can be placed in any single bucket. Cards in sort buckets are never hidden and always remain visible.

You can drag any cards which seem particularly significant into the sort area where they will remain visible while you rearrange, view, hide or move other cards around.

You might choose to arrange the cards which are seen as "more significant" to your client's current situation in order that has relevance to your client. For example, you may place needs which are not currently met very well in the order that your client would like to address them.

Double-Clicking any card

Double-clicking any card will make it show as large as possible within the browser window.

Once a card is maximised in this way, you must double-click the image a second time to return it to its original size and position.

Whenever a card is displayed maximised, the card number at the top left of the card will flash slowly. Clicking on the flashing card number of a maximised card will open a new browser window with further information including a description, video, story and downloadable worksheet for that card.

This further information includes access to other images, descriptions, videos, stories and worksheets for all of the cards.

Bugs & Features

Please send any bug reports, requests for features, etc. to Alec at alec@alendi.co.uk.

Many thanks

Cheers,

Alec Stansfield