Creating a video using MacBook Instructions

1. Go to the Launch Pad
2. Find ‘quick time player’ and open the application
3. Under ‘File’ in the upper left hand corner, select ‘New Movie Recording’
4. The screen will open. There is a record button in the middle of the lower screen. Select that and begin to speak.
5. When you are done, hit the same button
6. Review your video and if it is satisfactory, email it to yourself using the square with an arrow in it which is to the right of the record button.
7. If you want to change the title, you can click on the top center (‘Untitled’) and give it a title.
8. Before you close the window, be sure to save the video to your hard drive.
9. If you have dropbox, save it to your dropbox, and then send the link to TTIA.  
   [ttia@therapeutictouch.org](mailto:ttia@therapeutictouch.org)