

Showing The Forgiving Victim Videos to Groups

The Forgiving Victim website (www.forgivingvictim.com) offers two methods of accessing the videos – streaming and downloading. The method that will work best for you depends on the technology available in your location.

Streaming

To stream the video, you must have internet access in the room where your group is meeting. Possible equipment combinations include:

- Computer and video projector – both Mac and PCs work with current video projectors. Prices for the projectors start at \$300. Screens or blank walls can be used to display the images.
- Laptop to television – the attached article from *Popular Mechanics* provides instructions on streaming video from a laptop to a television using a wide range of devices including Xbox 360, PlayStation 3 and Western Digital WD TV Live Streaming Media Player. Prices of the devices start at \$100.

Once your system is correctly configured, just click on the video housed on the website and it will play.

Downloading

Each page on *The Forgiving Victim* website containing a video includes a link for downloading. Videos downloads are in the MP4 format. The largest set of files needed for a single session total 10GB. A thumb drive or other removable storage device can be purchased for this purpose starting at \$12.99.

To view the video using a computer and video projector – save the files to the computer hard drive, a flash drive or external hard drive and project it as you would a PowerPoint presentation. The article from *Popular Mechanics* provides a variety of methods for screening videos on your television from your laptop.

Alternatively, if your computer can write DVDs, you can create a DVD of the videos that can be used in a standard DVD player. This may be the most complicated process due to the fact that older DVD players cannot read MP4 files. Please do not share these videos beyond your group sessions without permission from the Raven Foundation.

Popular Mechanics

<http://www.popularmechanics.com/technology/how-to/tips/how-to-stream-media-from-laptop-to-tv-8347637>

How to Stream Media From Laptop to TV

Your movies and songs are on your computer, which is in a different room from your TV. We tell you the best way to connect the two—without lugging the laptop into the living room.

BY JOHN HERRMAN



Parliament of Owls

Q Nearly every video, song, and photo I have lives on my computer. My TV is in the living room—across the house. What's the easiest way to bridge the two?

A You need three things to transfer media across your home. The first is a media source, or server, which you already have—your computer—that has all the videos, music, and photos on it. The second thing you need is a receiver of some sort that supports the Digital Living Network Alliance (DLNA) standard. If your TV is a relatively new "smart" TV equipped with Wi-Fi, it can probably act as a media receiver; if not, you'll need to attach an external one. The Western Digital WD TV Live Streaming Media Player is a good option and is available for about \$100 on Amazon. It supports Netflix, Spotify, and Hulu in addition

to local file streaming. (More popular products, such as the Apple TV and the Roku box, can stream audio and video from online sources but can't play media files stored on a home network.) Both the Xbox 360 and PlayStation 3 also support local media streaming, along with a full complement of Internet streaming services.

The third thing you need is a translator—that is, software to take your media and make it visible to your streaming box. Windows can stream some video types natively via a feature called Windows Media Center, but you're far better off downloading a free app called TVersity. This will make your media visible to any DLNA device or game console and, if necessary, convert the files to a format your device can read. (In order for this feature to work, you'll need a fast processor—at least a Core 2 Duo.) As a bonus, TVersity can stream to your mobile devices, as long as they're connected to your home Wi-Fi network.

Mac users using a DLNA TV or streaming box should download an app called TwonkyServer, which will immediately make your media collection visible to your streaming device. PS3 or Xbox owners will be better served by the now-free Rivet application, which will stream your content and also retain your computer's folder structure.

Wireless speed is also important. Even if your router claims to transfer data at a full 54 megabits per second—the top speed of 802.11g routers, which is theoretically more than fast enough to stream an HD video—signal fluctuations can reduce that data rate drastically. You don't really notice the difference when you're surfing the Web; you do notice it when you're subjecting the connection to a steady load. File-sharing apps such as BitTorrent are a common cause of speed fluctuations,

but distant router placement can cause problems, too. If your Wi-Fi video streams are getting choked, it might be time to consider upgrading to a faster 802.11n router or, better yet, rolling out some Cat 5e Ethernet cable.

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