

# EMDR...KIT

Everything you need  
as an EMDR therapist

## EMDR Kit Wireless | ENGLISH MANUAL

Model 4



[www.emdrkit.com](http://www.emdrkit.com)

v.6

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# 1 Introduction

Thank you for your purchase! We hope you will enjoy working with the EMDR Kit. If your order is incomplete or if your product shows any damage or deficit, please let us know within 14 days of delivery. This manual has all the necessary information to operate the EMDR Kit in a safe and enjoyable way. Please read this information carefully. If anything is unclear or if you have any questions, please visit our website [www.EMDRKit.com](http://www.EMDRKit.com).

For convenience, this manual will refer to a phone in explanations. However, the EMDR Kit can be used with either a smartphone or a tablet.

**The EMDR Kit Wireless complete set consists of the following parts:**

- Light Tube
- Headphone
- EMDR Kit app (free to download)
- Tablet stand (optional)
- Pulsators (2x)
- Charger (2x)
- Carrying case (optional)

1. To control the EMDR Kit, you must use an app that has been specifically developed for the EMDR Kit. This app is free to download for Android in the Play Store or for iOS in the AppStore.

2. Before using the EMDR Kit for the first time, charge the Light tube and Pulsators with the provided charger until the LED light on them turns green, indicating they are sufficiently charged. Until then, they will blink red. The Pulsators can be charged by putting them in the dockingstations located on the Light Tube.

3. The Light Tube, Headphone and Pulsators work with Bluetooth technology. Turn on Bluetooth on your phone if you want to work with the EMDR Kit. Also make sure you allow access to location so Bluetooth can work properly.

4. The Light Tube and Pulsators only need to be connected once. If the app is closed and opened again the next time, it will automatically restore the connection to the last parts used.

**Important:** There can gather some dirt or dust on the contact points of the Pulsator and within the dockingstations. This dust or dirt can hinder the charging process.

We recommend to clean these contact points of the pulsators and docking stations regularly with a wipe with some cleaning alcohol so the charging keep effective.



- Make sure the iOS / Android version on your phone / tablet is up to date.
- Make sure the latest version of the EMDR Kit app is installed.
- Remove the app from your phone and reinstall it every once in a while.
- We recommend not to charge the parts for longer than 12 hours.

## 2 Downloading and installing the EMDR Kit app

### 2.1 Android



To download and install the EMDR Kit app on an Android device, follow these steps:

- Open the Play store. 
- Search for 'EMDR Kit' in the searchbar.
- Select the icon of the EMDR Kit app. 
- Click on INSTALL to install the app. The download starts immediately.
- Open the app. If prompted, consent/activate the following:
  - Bluetooth
  - Access location



The minimum system requirements of Android devices are as follows:

- Processor speed: 1600 GHz
- RAM (memory): 2 GB
- Make sure the latest version of Android is installed.

### 2.2 iOS



To download and install the EMDR Kit app, follow these steps:

- Open the App store. 
- Search for 'EMDR Kit' in the searchbar.
- Select the icon of the EMDR Kit app. 
- First click on DOWNLOAD to download the app.
- Then click INSTALL to install the app.
- Open the app. If prompted, consent/activate the following:
  - Bluetooth
  - Access location

The minimum system requirements of iOS devices are as follows:

- (iPhone 4s or newer / iPad 3th generation or newer
- Make sure the latest version of iOS is installed.



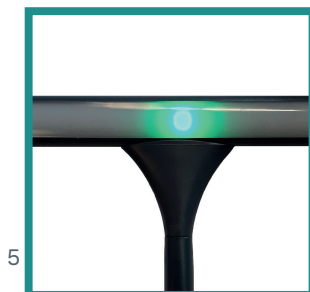
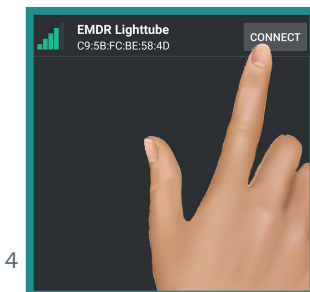
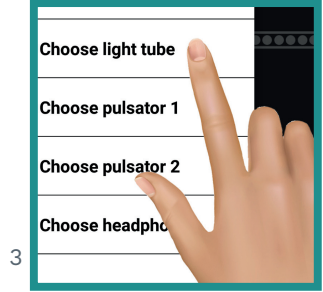
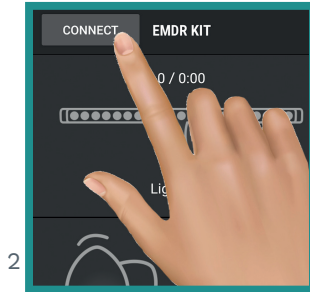
## 3 Setting up connection with the EMDR Kit

### 3.1 Connecting the Light Tube

Make sure that Bluetooth is turned on on your phone. Hold your phone close to the Light Tube when connecting.

To connect with the Light Tube, follow these steps:

1. Turn the Light Tube ON with the switch that is positioned on the foot of the Light Tube. The **I** down means ON and **O** down means OFF. The Light on the back of the Light Tube will flash **blue**, indicating that it is ready to connect.
2. Click on the **CONNECT** button in the top left corner of the screen.
3. Click on the option: Choose Light Tube.
4. Select the Light Tube with the strongest Bluetooth signal (indicated by green bars).
5. The Light Tube is now connected. A luminous dot should appear in the middle of the Light Tube.

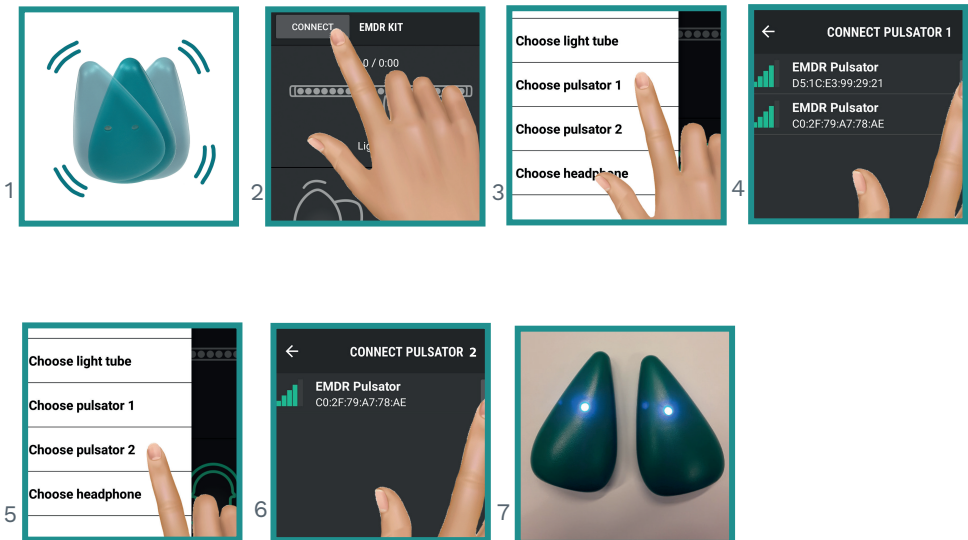


### 3.2 Connecting the Pulsators

Make sure that Bluetooth is turned on on your phone. Hold your phone close to the Pulsators when connecting.

To connect with the Pulsators, follow these steps:

1. Shake the pulsators. This will activate them and they will be able to connect.  
The Lights on the Pulsators will flash **blue**, indicating they are ready to connect.  
**The Pulsators will be able to connect for a period of 30 seconds. After that they will shut down again. If not succesful within 30 seconds, shake the pulsators to activate them again.**
2. Click on the CONNECT button in the top left corner of the screen.
3. Click on the option 'Choose Pulsator 1'.
4. Select one of the Pulsators with the strongest Bluetooth signal indicated by the green bars.
5. Then click on 'Choose Pulsator 2'.
6. Select the other Pulsator.
7. The Pulsators are now connected. To verify if the Pulsators are connected, take them out of the dockingstations. When connected, the lights on the Pulsators turn a stable Blue.



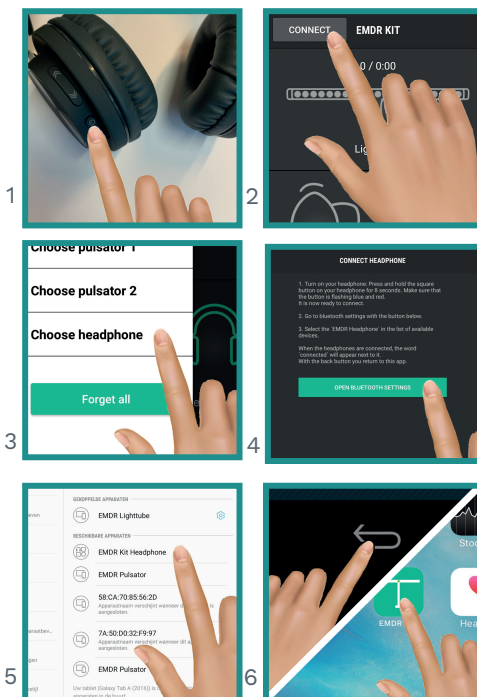
### 3.3 Connecting the Headphone

Make sure Bluetooth is turned on on your phone. When connecting, hold the phone close to the Headphone.

To connect with the Headphone, follow these steps:

1. Hold the button on the Headphone for 1-2 seconds until the light on the bottom of the Headphone starts flashing **blue** and **red**. The Headphone is now ready to connect.
- 2a. **For Android users:** Press **CONNECT** in the the app. Press on: 'Choose Headphone'. Then Click on **OPEN BLUETOOTH SETTING**.
- 2b. **For iOS users:** Close the app, open settings and then open Bluetooth settings.
3. Select the **EMDR Kit Headphone** in the list 'My devices'. When the Head phone is connected, the text 'connected' will appear next to it.
4. Click on the back button located on the phone to return to the app or close the settings and open the app normally.

#### Android:




#### iOS:



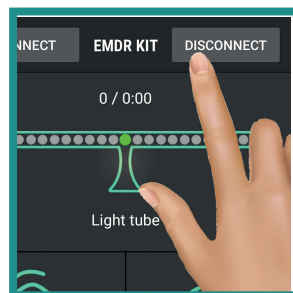
### 3.4 Shutting down and battery saving

The parts will stay connected to the phone when the app is closed. It is important to switch off or disconnect the EMDR Kit after use, for example at the end of the working day. In this way you ensure that the batteries last longer and the equipment is available again for your colleagues. Go through the following steps to disconnect:

1. Press the **DISCONNECT** button in the main menu of the app to disconnect the components from the phone.

*Instead of using the disconnect button you can also close the app completely. With Android devices you can do that by pressing the overview button  and closing the app. With iOS you can do this by quickly pressing the home button twice in succession and then swiping the app away.*

2. Turn off the Light Tube with the button on the base of the Light Tube. The Pulsators will flash blue for 30 seconds and then switch off automatically.
3. Switch off the Headphone by briefly holding down the button on the Headphone.

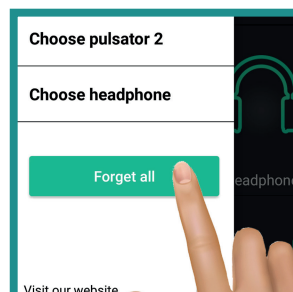
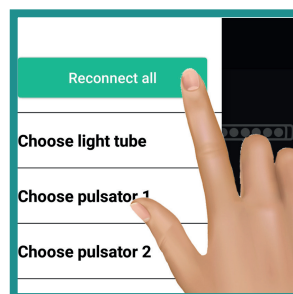


### 3.5 Reconnecting

To reconnect, open the app. It will automatically try to connect to the parts previously connected with. Please note that the Light Tube and Pulsators must be switched ON to be able to connect. Switch on the Light Tube using the on/off switch and shake the pulsators so that they are activated.

Reconnect to all previously connected components with the **RECONNECT ALL** button in the **CONNECT** menu. This also happens automatically when you open the app.

Clear currently connected devices with the **FORGET ALL** button in the **CONNECT** menu. This may be necessary if you want to connect to a different Light Tube, for example at a different location.



## 4 Using the EMDR Kit

### 4.1 General usage information

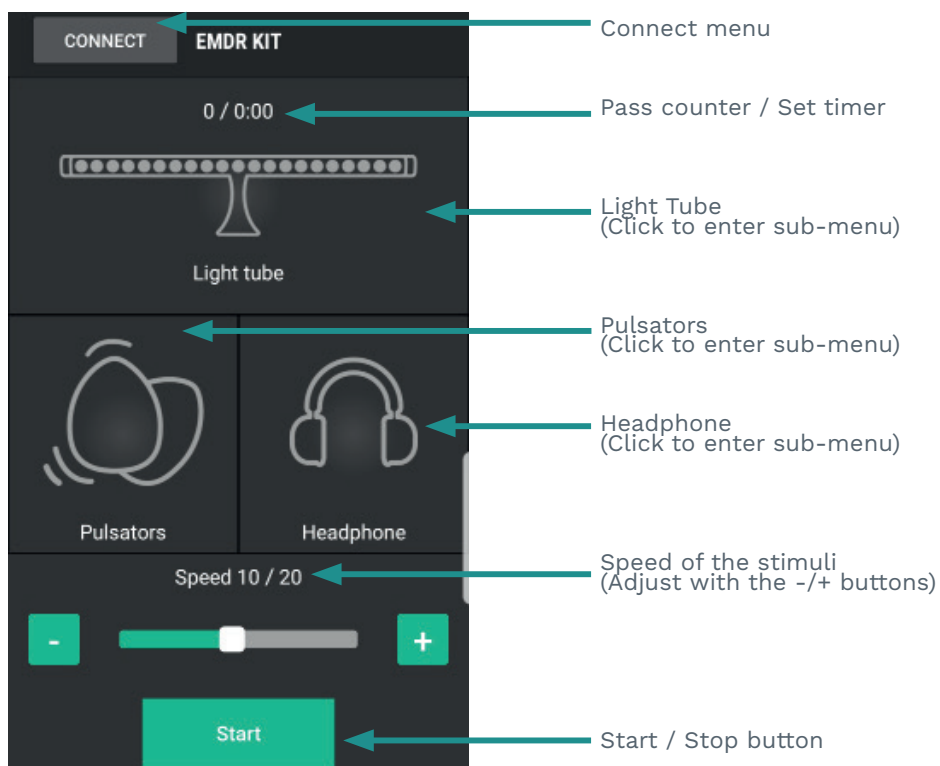
All parts of the EMDR Kit can be used simultaneously or separately.

To start a session, press on Start. All functions that are connected and turned ON will start working. The time of the set as well as the pass count are indicated in the main menu.

Use the +/- buttons to adjust the speed of the stimuli.

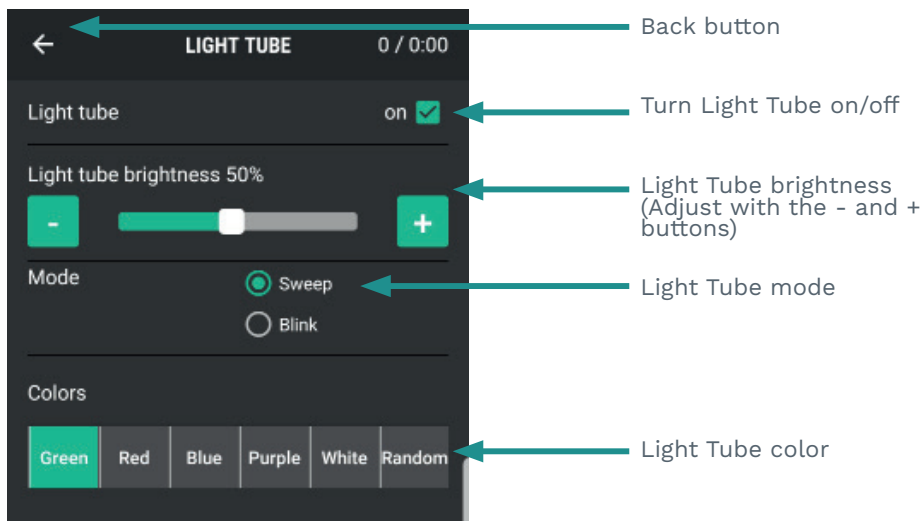
- When an icon in the main menu is grey, that part is not connected.
- When an icon in the main menu is **green**, that part is connected and ON.
- When an icon in the main menu is **orange**, that part is connected, but OFF.

Tap the icon of to enter the corresponding part's sub-menu and adjust settings.



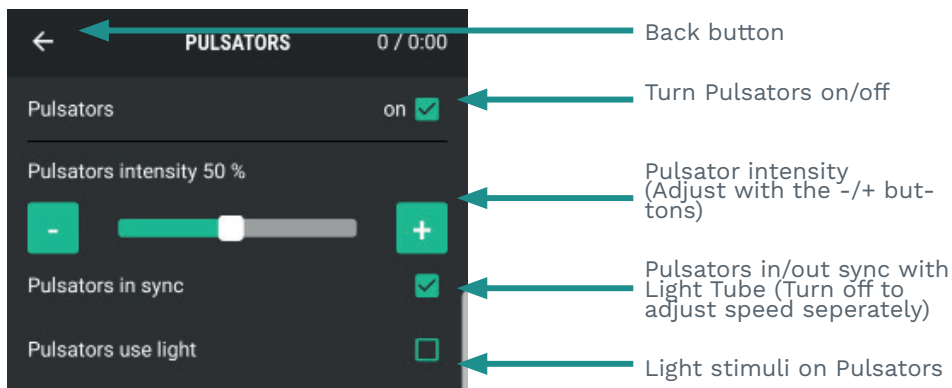
## 4.2 Using the Light Tube

Click on the Light Tube icon in the main menu to open the Light Tube's sub-menu. All of the settings for the Light Tube can be adjusted in this menu.



## 4.3 Using the Pulsators

Click on the Pulsator icon in the main menu to open the Pulsator sub-menu. In this menu, you can switch the Pulsators on and off and adjust their intensity. Furthermore, you can set the speed of the Pulsators independently from the Light tube with the 'Pulsators in sync' option and you can let the LED lights blink with the selected rhythm.

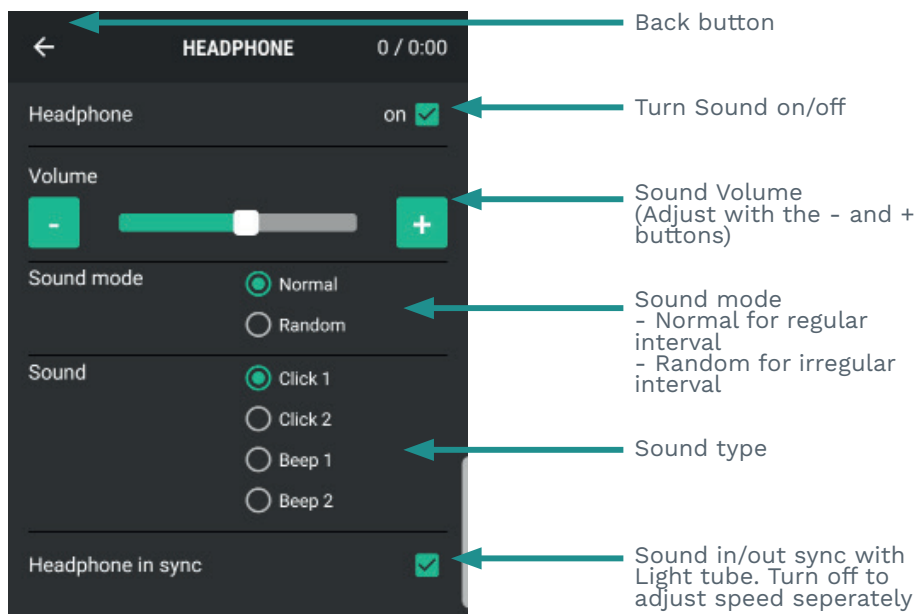


#### 4.4 Using the Headphone

Once the Headphone is connected to your phone (see 3.3), the next time you turn on Bluetooth and the Headphone is turned ON, your phone will automatically connect with the Headphones again.

To turn on the Headphone, simply briefly press the big button on the Headphone. When held closely or over your ears, you can hear an uprising tone indicating the headphone is turned ON. When you press the button and you hear a descending tone, it indicates it is shutting down.

Click on the Headphone icon in the main menu of the app to open the corresponding submenu. The settings for the headphones can be adjusted in this menu. This allows you to adjust the volume and choose from different sounds. You can also choose a random interval sound and you can set the speed of the headphones independently of the Lightbar with the option 'Headphone in sync'.



## 5 Practical information

### 5.1 Charging

Before using the EMDR Kit for the first time, please charge the Light tube and Pulsators with the provided charger until the LED light on them turns green, indicating they are sufficiently charged. Until then, they will be blinking red. The Pulsators can be charged by putting them in the dockingstations located on the Light Tube.

The Light Tube can be used while it is being charged.

Please note: When the Pulsator batteries are empty, they must be re-charged before further use. So always ensure that these are charged before use.

The Headphone can be charged with the included mini-USB charger.

Increase the life of the batteries by not charging them longer than 12 hours.

### Light Tube and Pulsators LED color indicators

The LED's on the Pulsators and Light tube signal their status with the following colors:

|                |                             |
|----------------|-----------------------------|
| Blue, flashing | : Ready to connect          |
| Blue, stable   | : Connected                 |
| Green, stable  | : Battery Charging complete |
| Red, flashing  | : Battery Charging          |
| Red, stable    | : Battery running empty     |

### Headphone LED color indicator

|                      |                            |
|----------------------|----------------------------|
| Blue & Red, flashing | : Ready to connect         |
| Blue, Flashing       | : Connected, Ready to use. |
| Red                  | : Battery Charging         |



## 5.2 Blocking incoming calls & messages

To avoid being disturbed during a session, put the phone or tablet in Flight mode. Flight mode will prevent incoming calls or notifications during a session.

**Don't forget to turn Bluetooth ON again.**

## 5.3 Using multiple EMDR Kits in one location

There are a number of things to keep in mind when using multiple EMDR Kits in one location.

1. Ensure the parts are disconnected or that the app is exited properly at the end of a session or at the end of the day. This ensures that the colleague who wants to use the EMDR Kit after you can connect his/her phone to it.
2. Always reset the existing connections when you start work with a different EMDR Kit or when you change your location. To do this, use the options in the connection menu (for connecting, see Chapter 3). This ensures that the correct parts are connected to the correct EMDR Kit.
3. If the EMDR Kit is set up correctly for connecting, always select the three parts with the strongest Bluetooth signal. This prevents connecting to a Light Tube or Pulsator from another EMDR Kit.
4. With multiple EMDR Kits, it is recommended to keep one phone or tablet per set.
5. Each part has a unique code. In the connection menu, you can see the unique codes for each part. You could write these down so you know which parts to connect. Such a code might look like this: E0:0A:47:82:79:EE.

## 5.4 Usage advise

- Only use the chargers that were provided and do not manipulate/modify the adapters in any way.
- This product is designed for trained EMDR therapists and should only be used by EMDR therapists. The EMDR Kit is not designed to be used as a self-help tool.
- Keep the EMDR Kit out of reach from children, except of course if it is used by an EMDR therapist that is using it to treat a child.
- Do not pick the EMDR Kit up at the Light Tube but instead grab it at the neck.
- If you want to transport the EMDR Kit, use the EMDR Kit bag that you can order on our website.

## 6 Liability, Guarantee & Defects

### 6.1 Liability

The EMDR Kit is designed to support EMDR practitioners while giving EMDR treatment. The therapist is always responsible for the outcome of treatment in which the EMDR Kit is deployed. The developer or seller of the EMDR Kit can not be held responsible for results of the treatment and any client complaints. The EMDR Kit is not designed to be used as a self-help instrument. Read our Terms and Conditions on our website: [www.emdrkit.com](http://www.emdrkit.com).

### 6.2 Guarantee

A guarantee period of two years applies to the Light Tube, Pulsators, Headphones and carrying bag. The chargers do not fall under this guarantee. The guarantee starts on the day of delivery. Please keep your receipt or invoice. For more detailed information on our guarantee policy, visit our website: [www.emdrkit.com](http://www.emdrkit.com).

### 6.3 Damage and defects

If your product has damage or shows a deficit, please fill in the [troubleshooter](#) on the support page on our website [www.emdrkit.com](http://www.emdrkit.com) and we will contact you as soon as possible.

## 7 User conditions

The device can be used in locations with an ambient temperature of 0 °C to 45 °C. Using or storing the device outside of the recommended temperature ranges may damage the device or reduce the battery's lifespan.

The device can be used in locations with a humidity between 45% and 85%. Humidity and liquids may damage the parts or electronic circuits in your device.

The device can be used in locations up to a height of 2000 meters. The pressure it can withstand is 86Kpa to 106Kpa.

EMDR Kit Light Tube power: 12V 4.8 watt 0.4A

Light tube charger:  
Input: 100-220V 50/60Hz 0.3A  
Output: 12V 0.6A

Headphone charger:  
Input: 100-240V 50/60Hz 0.15A  
Output 5V 1.0A

## 8 Cleaning & Maintenance

### 8.1 Cleaning

Because the Pulsators are held by many different clients it is important to clean the Pulsators.

#### **Important:**

There can gather some dirt or dust on the contact points of the Pulsator and within the dockingstations. This dust or dirt can hinder the charging process. We recommend to clean these contact points of the pulsators and dockingstations regularly with a wipe with some alcohol so the charging keep effective.

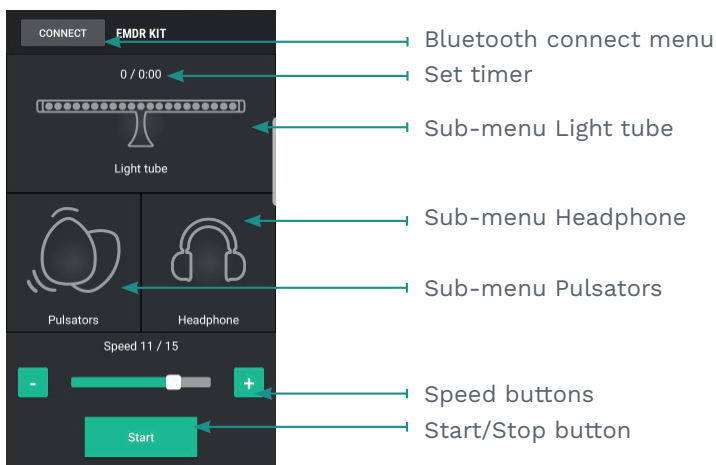


### 8.2 Maintenance

- Make sure the iOS / Android version on your phone / tablet is up to date.
- Make sure the latest version of the EMDR Kit app is installed.
- We recommend to remove the app from your phone / tablet and reinstall it every once in a while.
- Remove the charger when charging is complete to improve the battery life.

## Quick guide

- 1 Before the first useage, charge the EMDR Kit with the supplied charger. Place the Pulsators in the dockingstations so they can charge as well.
- 2 To prevent problems with charging, we recommend to clean the contact points of the dockingstations and the Pulsators with some alcohol regularly.
- 3 Download the EMDR Kit app on your smartphone or tablet.  
**Android**  
Open the Playstore.  
Search for 'EMDR Kit' in the searchbar.  
Select the EMDR Kit app.  
Choose 'Install' to install the app.  
(Make sure the most recent version of Android is installed.)  
**iOS (Apple)**  
Open the App store.  
Search for 'EMDR Kit'.  
Select the EMDR Kit app.  
Choose 'Install' to install the app.  
(Make sure the most recent version of iOS is installed.)
- 4 Activate Bluetooth in the settings on your smartphone or tablet. Open the EMDR Kit app and accept acces to location and the use of Bluetooth.
- 5 Turn the EMDR kit Light Tube on (0=off 1=on).  
Activate the Pulsators by shaking them. They will blink blue.  
Connect the parts through the CONNECT menu in the app.  
Connect the Headphone through the settings on your smartphone or tablet.
- 6 You can now start working with the EMDR Kit.
- 7 When you are done, do not forget to shut down the EMDR Kit by pressing DISCONNECT and turning off the Light Tube using the on/off button.



Main menu of the EMDR Kit app