

EMDR KIT WIRELESS ENGLISH MANUAL



EMDR.KIT

EMDR equipment for professionals

www.emdrkit.com

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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 defect, 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 it carefully. If anything is unclear or if you have any questions, visit our website: www.emdrkit.com

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

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

- Light Tube
- Headphone
- EMDR Kit app (free to download)
- Tripod
- Dockingstation
- Pulsators (2x)
- Chargers (2x)
- Tablet stand (optional)
- Bag (optional)

1. **Before using the EMDR Kit for the first time, ensure that all its components are fully charged.** Use the provided chargers and wait for the LED lights on the Pulsators and Light Tube to turn green, indicating full charge. Until then, they'll flash red.

2. To control the EMDR Kit, download the EMDR Kit app from the Google play store or iOS App store. It is free to download.
3. All parts work with Bluetooth. Turn on Bluetooth on your phone and also make sure you allow access to location if asked for.
4. The Light Tube and Pulsators only need to be connected once. If the app is opened at a later time, it will automatically restore the connection to the parts that it was previously connected to.

IMPORTANT

- Only use the provided chargers. Do not modify the chargers in any way.

Input: 100-240V ~50/60Hz 0.4A Output: 12.0V 1.0A 12.0W



- Make sure the iOS / Android version on your phone / tablet is up to date.
- Make sure the EMDR Kit app is up to date.
- We recommend not to charge the parts for longer than 12 hours.

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:



1. Open de Play store. 
2. Search for 'EMDR Kit' in the search bar.
3. Select the icon of the EMDR Kit app: 
4. Click on INSTALL to install the app. The download will start immediately
5. Open the app. If prompted, consent/activate the following:
 - Bluetooth
 - Access to 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 on an iOS device, follow these steps:

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

The minimum system requirements of iOS devices are as follows:

- iPhone 4s or newer or iPad 3rd gen or newer.
- Make sure the latest version of iOS is installed.

TRIPOD INSTRUCTIONS

3 TRIPOD INSTRUCTIONS

Here we explain how to use the tripod. Some tripods are delivered in a package. Others are already (partially) attached to the Light Tube.

- Remove the tripod from the packaging if it is packed.
- Fold out the legs of the tripod [1]. You will hear clicks during folding. At 3 clicks, the tripod is in the correct position for general use.
- Put the tripod down.
- The central stick [2] can be inserted or adjusted by loosening the central black screw [3]. Turn the screw counterclockwise to loosen the central stick. You can reattach the stick by tightening the central black screw.

Attaching the Light Tube

- Make sure the ball part [4] is secure by tightening the screw [5] firmly.
- Hold the Light Tube and screw the screw of part [4] into the screw hole on the bottom of the Light Tube. It is convenient to hold the lever [2] and use it to tighten the screw.
- You can adjust the angle of the Light Tube with screw [5].

Adjust the tripod height.

You can extend or shorten the legs [1] [2] by turning the feet [6] clockwise. Make sure you turn it all the way through. Then push or pull the leg out/in to the desired height. Secure the legs again by turning the feet [6] counterclockwise.



CONNECTING WITH THE EMDR KIT

4.1 CONNECTING THE LIGHT TUBE

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

1



Turn the Light Tube ON by briefly holding the button on the right side of the Light Tube. A blue light will flash on the button as well as on the Light Tube, indicating that it is ready to connect. A LED light will appear on the light tube briefly, indicating the current battery status of the Light Tube. Green means that

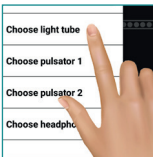
it is fully charged and Red means the battery of the Light Tube is almost empty. When activated but not connected, the Light Tube will turn off automatically after 10 minutes in order to save the battery.

2



In the EMDR Kit app, click on: CONNECT

3



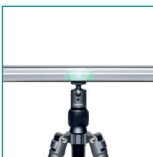
Click on:
Choose Light Tube.

4



Select the Light Tube with the strongest signal indicated by the green bars.

5



The Light Tube will now be connected. A luminous dot should appear in the middle of the Light Tube. The button on the side of the Light Tube will turn a stable blue.

4.2 CONNECTING THE PULSATORS

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

1



Shake the pulsatorsto activate them. The lights on the Pulsators will flash blue, indicating they are ready to connect. They will be able to connect for 30 seconds. After 30 seconds, they will shut down again if not connected.

2



In the EMDR Kit app, click on: CONNECT

3



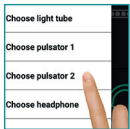
Click on:
Choose Pulsator 1

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. The lights on the Pulsators turn a stable Blue.

4.3 CONNECTING THE HEADPHONE

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

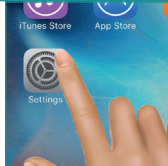


1



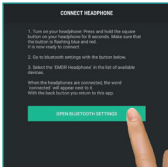
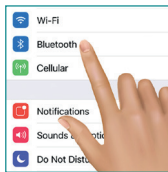
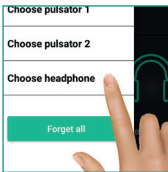
Hold the button on the Headphone for 1-2 seconds until the light on the bottom of the Headphone starts flashing blue and red. The Headphone is now ready to connect.

2

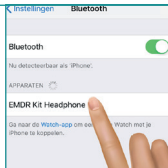
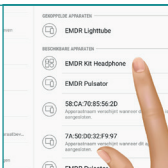


Android: Click on **CONNECT** in the app. Click on 'Choose Headphone' and then on **OPEN BLUETOOTH SETTINGS**.

iOS: Close the app, open settings and then open Bluetooth settings.

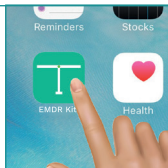


3



Select the EMDR Kit Headphone in the list 'My devices'. When the Headphone is connected, the text 'connected' will appear next to it.

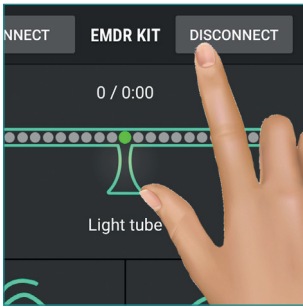
4



Return to the EMDR Kit app.

4.4 SHUTTING DOWN AND BATTERY SAVING

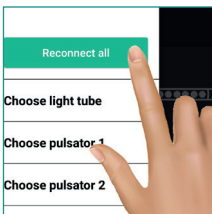
The parts will stay connected to the phone when the app is closed. It is important to switch off or disconnect the EMDR Kit after use, for example at the end of the working day. In this way you ensure that the batteries last longer and the equipment is available again for your colleagues. Go through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



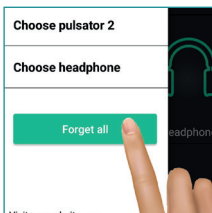
1. Press the **DISCONNECT** button to disconnect the parts from your phone.
Instead of using the DISCONNECT button, the app can also be closed completely. For Android devices, this can be done by pressing the overview button and closing the app. With iOS devices, you can press the home button twice in succession and then swipe away the app.
2. Turn the Light Tube **OFF** by briefly holding the button on the side of the Light Tube. After disconnecting, the Pulsators will flash blue for 30 seconds and then switch off automatically.
3. Turn off the Headphone by briefly holding down the button on the Headphone.

4.5 RECONNECTING

To reconnect, open the app. It will automatically try to connect to the parts it was previously connected with. Please note that the Light Tube and Pulsators must be switched ON to be able to connect. Turn on the Light Tube using the on/off button 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 all 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.

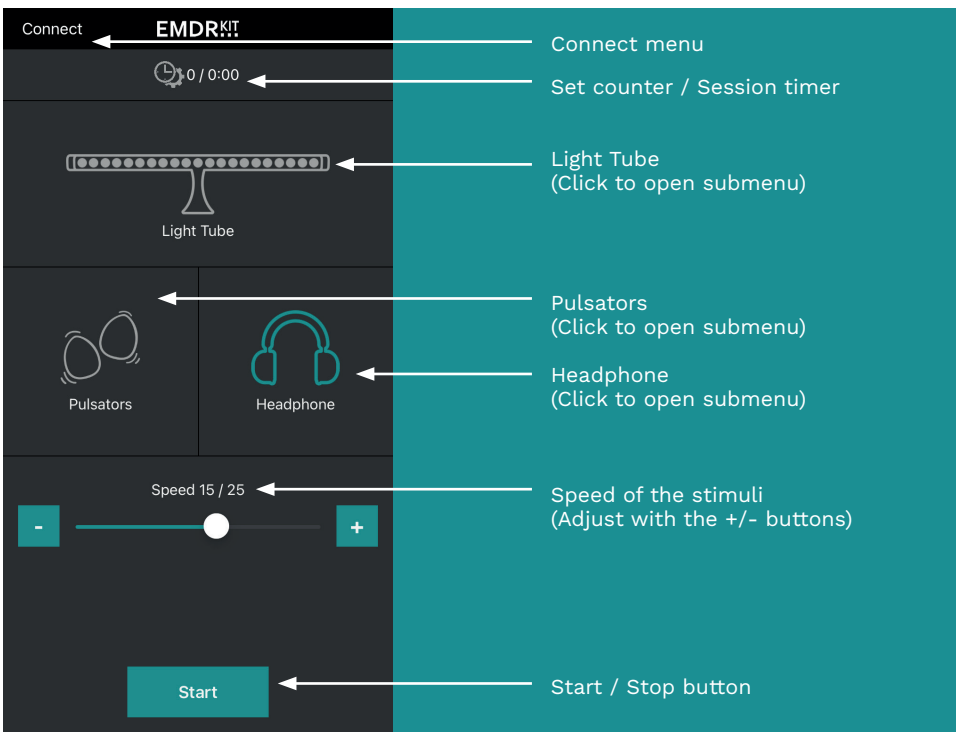
USING THE EMDR KIT

5.1 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.

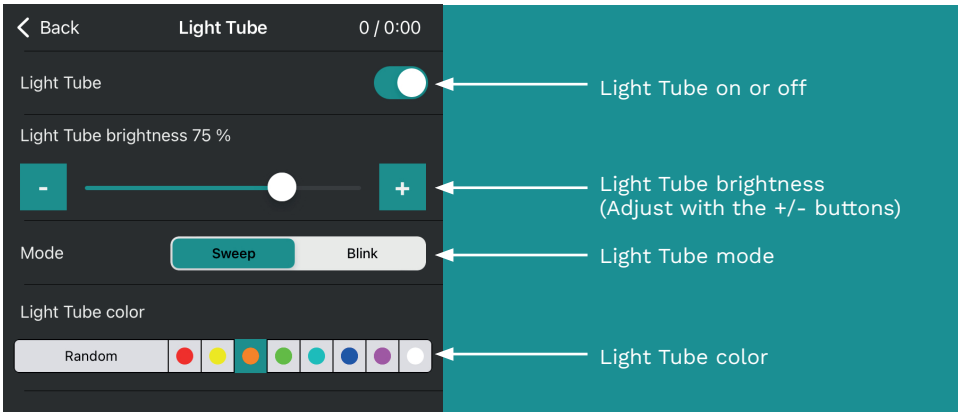
- A **gray** icon indicates that this part is currently not connected.
- A **green** icon indicates that this part is currently connected and activated.
- A **orange** icon indicates that this part is currently connected, but not activated.

Click on the icon of the Light Tube, Pulsators or Headphone to enter the corresponding part's submenu and adjust its settings.



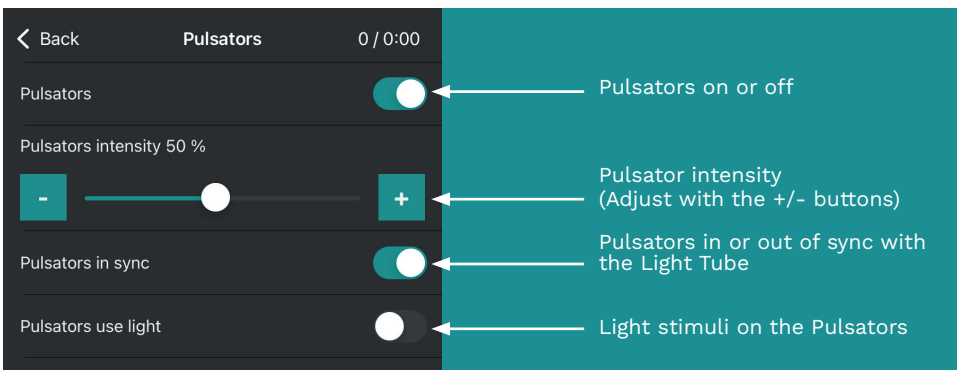
5.2 USING THE LIGHT TUBE

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



5.3 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.

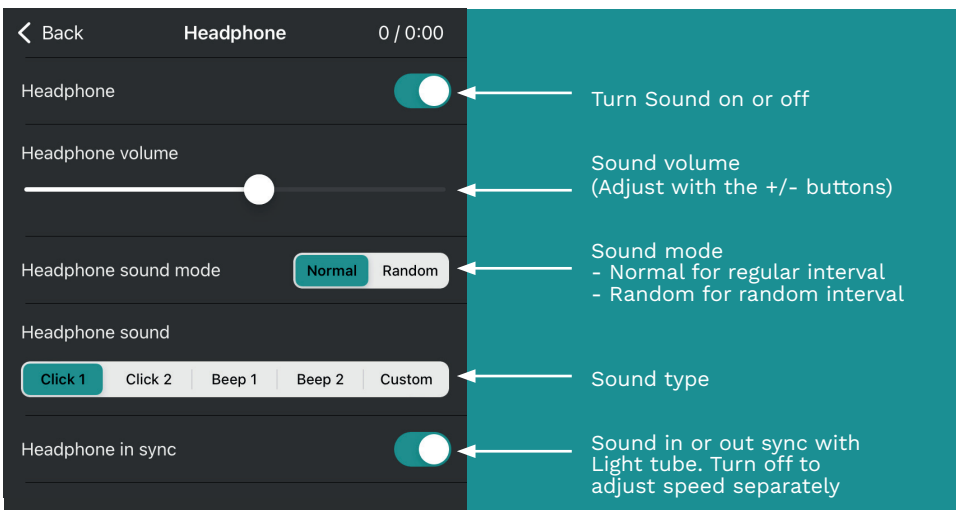


5.4 USING THE HEADPHONE

Once the Headphone is connected to your phone (see 4.3), 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 press the big button on the Headphone briefly. When held closely or over your ears, you can hear a rising 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 sound interval and you can set the speed of the headphones independently of the Lightbar with the option 'Headphone in sync'.



PRACTICAL INFORMATION

6.1 CHARGING

Charge the components thoroughly before using the EMDR Kit for the first time. Attach the provided adapters to the side of the Light Tube and to the back of the Docking Station, and then place the Pulsators in the docking station. The LED indicators will flash red during charging and turn green when fully charged. The Headphone is charged using the included mini-USB charger.

PLEASE NOTE: When the batteries of the Pulsators are empty, they need to be recharged before they can be used again.

Increase the battery life by not charging them longer than 12 hours. The Pulsators can warm up while charging. This is normal.

LED COLOR INDICATORS	Blue & blinking	Blue stable	Green stable	Red & blinking	Red stable
Pulsators	Ready to connect	Connected	Battery charging complete	Battery is charging	Battery is almost empty
Headphone	Connected	-	-	Ready to connect	Battery is charging
Light tube (on/off button on its side)	Ready to connect	Connected	-	-	-
Charging LED (On the left side of the Light Tube)	-	-	Battery is charged	Battery is charging	-

6.2 BLOCKING INCOMING CALLS AND MESSAGES

To avoid being disturbed during a session, put the phone or tablet in Airplane mode. This will prevent incoming calls or notifications during a session. **Don't forget to turn Bluetooth ON again.**

6.3 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 a 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

6.4 USAGE ADVICE

- 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 children.
- If you want to transport the EMDR Kit, use the EMDR Kit bag that can be ordered on our website.

6.5 UPDATES

In the future, updates might become available for the software of the Light Tube and Pulsators. These updates can be installed through the EMDR Kit app, following the instructions provided within it. It's important to ensure that the battery of the components are fully charged before performing an update.

LIABILITY, WARRANTY & DEFECTS

7.1 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.

7.2 WARRANTY

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

7.3 DAMAGE AND DEFECTS

If your product has damage or shows a defect, please fill in the troubleshooter on the support page on our website www.emdrkit.com and we will contact you as soon as possible.

USER CONDITIONS

8 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 DC 12W
1A IP20

Total weight of product: 1462 g
Width of product: 715 mm
Min. height (tripod on lowest setting):
342mm
Max. height (tripod on highest setting):
1525mm

Light Tube charger:

Input: 100-220V 50/60Hz 0.3A
Output: 12V 1.0A

Headphone charger:

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

QUICK GUIDE

1

IMPORTANT: Charge the EMDR Kit components using the provided adapters before first use.

2

Download the EMDR Kit app in the App- or Playstore.

3

Activate Bluetooth in the settings on your smartphone or tablet. Open the EMDR Kit app and accept access to location and the use of Bluetooth.

4

Turn on the Light Tube by briefly holding the button on its side. Activate the Pulsators by shaking them. They will blink blue. Connect the parts through the CONNECT menu in the EMDR Kit app. Connect the Headphone through the settings on your smartphone or tablet.

5

Start use.

6

When you are done, do not forget to shut down the EMDR Kit by pressing DISCONNECT and turning off the Light Tube.

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