

EMDR KIT WIRELESS ENGLISH MANUAL



EMDR...IT

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. Please read this manual 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
- Tripod (including hex key)
- Dockingstation
- Pulsators (2x)
- Charger

1. Please charge the Light Tube and Pulsators prior to first use.
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 to 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 try to restore the connection to the parts that it was previously connected to.

IMPORTANT

- Only use the provided charger. Do not modify the charger in any way. The use of a non-supplied charger may result in the warranty becoming void in case of any issues.

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 that the EMDR Kit app is up to date.

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 the 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: 1.6 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 8 or newer or iPad 4th generation or newer.
- Make sure the latest version of iOS is installed.

TRIPOD

3.1 TRIPOD INSTRUCTIONS

Depending on your order, the tripod is delivered either in packaging or (partially) pre-assembled. A hex key is included with the tripod, allowing you to tighten or loosen the legs if needed.

- Remove the tripod from the packaging if it is packed.
- Fold out the legs [1] of the tripod. You will hear clicks during folding. At 3 clicks, the tripod is in the correct position for general use.
- Place the tripod.
- To insert or adjust the central stick [2], loosen the central black screw [3]. Turn the screw counterclockwise to release the stick, and tighten it to secure it back in place.

Attaching the Light Tube

- Make sure the ball part [4] is secure by tightening the screw [5] firmly.
- Hold the Light Tube and screw part [4] into the screw hole at the bottom of the Light Tube.
- You can adjust the angle of the Light Tube with the screw [5].

Adjust the tripod height.

Extend or shorten the legs [1] 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.

Before folding the Light Tube, first unscrew part [5] as otherwise, this might damage the tripod.



CONNECTING WITH THE EMDR KIT

4.1 CONNECTING THE LIGHT TUBE & PULSATORS

Make sure that Bluetooth is enabled on your phone.

1



Turn the Light Tube ON by briefly holding the power 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.

The Light Tube will automatically turn off after 10 minutes if not connected with the app, in order to save battery.

2



Activate the Pulsators by shaking them. The lights will blink blue to indicate that they are ready to connect through the EMDR Kit app. You will have 30 seconds to establish a connection with them. After this, the Pulsators will automatically turn off if not connected. Shake them again if you fail to connect within this time.

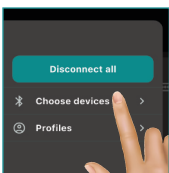
Note: The first time you use the pulsators, place them in the Dockingstation while it's plugged in to activate them.

3



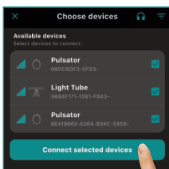
In the EMDR Kit app, click on "Menu" .

4



Click on "Choose devices".

5



Select the device(s) you wish to connect to. Once you've made your selections, click on "Connect selected devices."

6



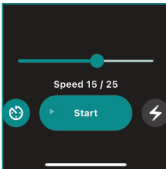
If selected, the Light Tube will now be connected. A luminous dot should appear in the center of the Light Tube. The power button on the side of the Light Tube will turn a steady blue.

7



If selected, the Pulsators are now connected. The lights on the Pulsators will turn a steady Blue.

8



You can now control the connected devices from the main screen.

4.2 CONNECTING THE HEADPHONE

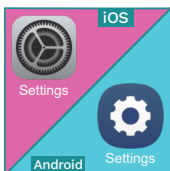
Make sure Bluetooth is turned on on your phone.

1



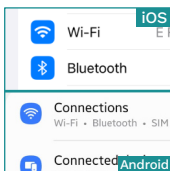
Hold the button on the Headphone for 1-2 seconds until the light on the bottom of the Headphone starts flashing blue and red. The Headphone is now ready to connect.

2



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

Android: Close the app and open the Settings. Tap on Connections, then open the Bluetooth settings.

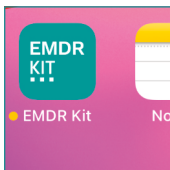


3



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

4



Return to the EMDR Kit app.

4.3 SHUTTING DOWN AND BATTERY SAVING

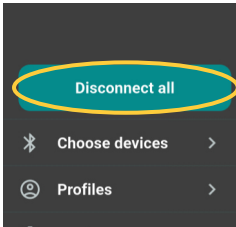
The parts will stay connected to the phone when the app is closed. It is important to switch off or disconnect the EMDR Kit after use, for example at the end of the working day. In this way you ensure that the batteries last longer and the equipment is available again for your colleagues. Go through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



1. Press the **Menu** button  in the top-left corner of the main screen. A menu will appear showing a **Disconnect all** button. Press this button to disconnect all parts from your phone.

You can also disconnect individual devices. Press the **Menu** button  in the top-left corner of the main screen, then press the **Choose devices** button. All the devices you're connected to will be shown under My Devices. Press the **Disconnect** button for the devices you wish to disconnect.

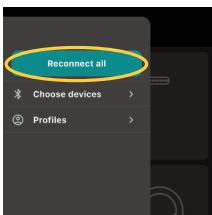
Instead of using the Disconnect button, the app can also be closed completely. For Android devices, this can be done by pressing the overview button and closing the app. With iOS devices, you can press the home button twice in succession and then swipe away the app.



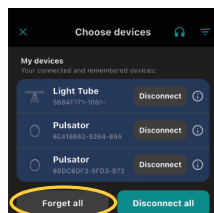
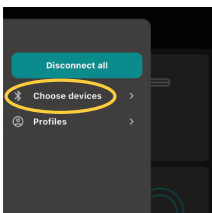
2. Turn the Light Tube **OFF** by briefly holding the button on the side of the Light Tube. After disconnecting, the Pulsators will flash blue for 30 seconds and then switch off automatically.
3. Turn off the Headphone by briefly holding down the button on the Headphone.

4.4 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 menu. This also happens automatically when you open the app.



To clear all connected devices, use the **Forget all** button. First, go to the **Menu** . Then, press the **Choose devices**. Finally, press the **Forget all**, which can be found under the connected devices.

This may be necessary if you want to connect to a different Light Tube, for example at a different location.

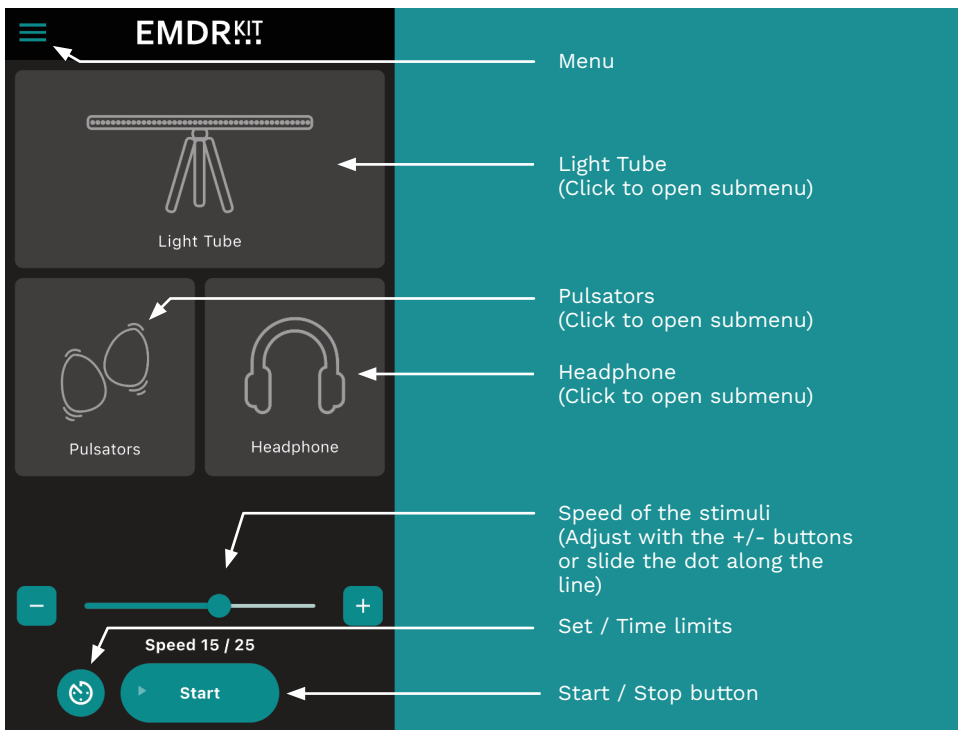
USING THE EMDR KIT

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 parts that are connected and turned ON will start working. Use the +/- buttons to adjust the speed of the stimuli.

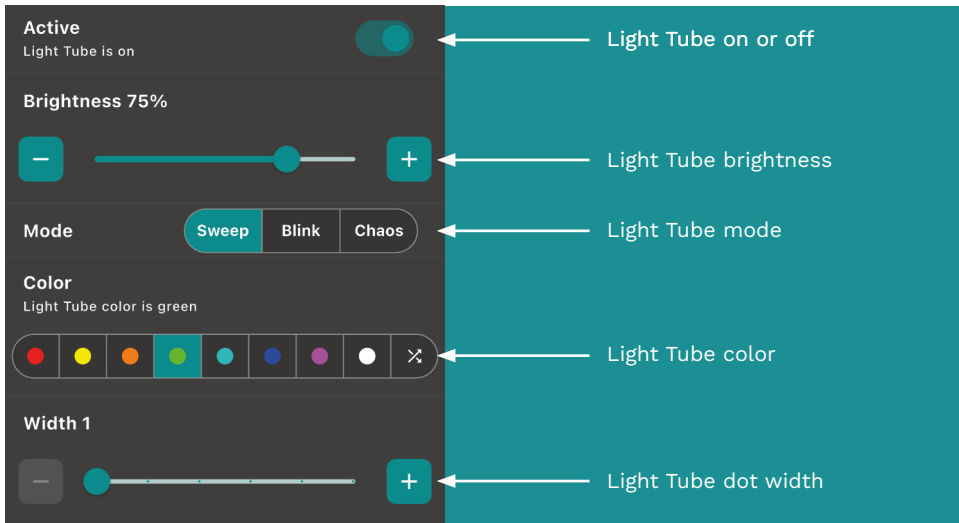
- A **gray** icon indicates that this part is currently not connected.
- A **green** icon indicates that this part is currently connected and activated.
- An **orange** icon indicates that this part is currently connected, but not activated.

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



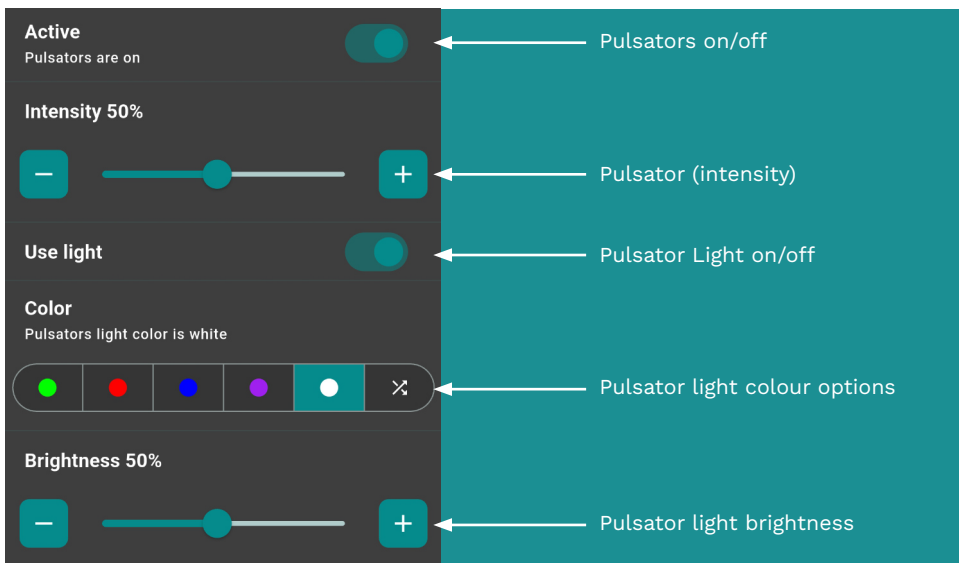
5.2 USING THE LIGHT TUBE

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 Pulsators sub-menu. In this menu, you can switch the Pulsators on and off and adjust their intensity.

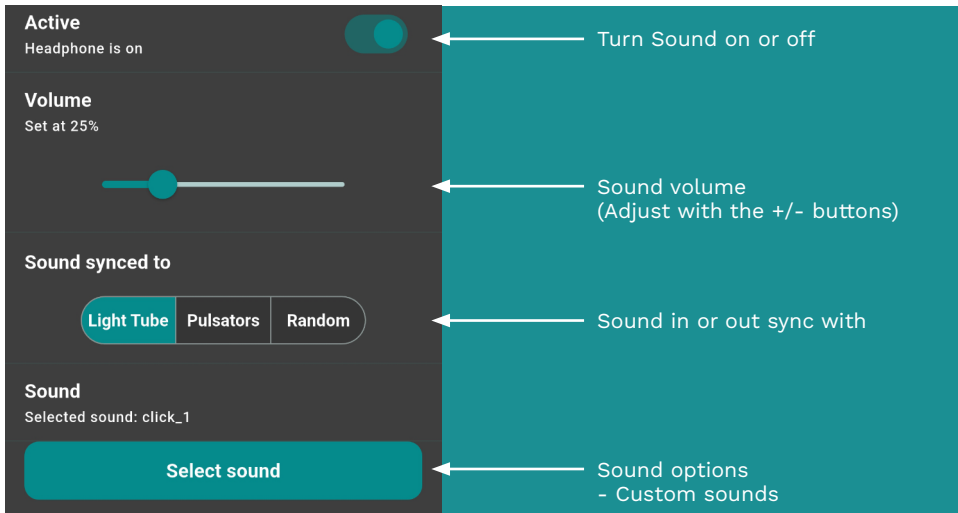


5.4 USING THE HEADPHONE

Once the Headphone is connected to your phone (see 4.2 Connecting the Headphone), the next time you turn on Bluetooth and power on the Headphone, your phone will automatically reconnect to it.

To turn on the Headphone, simply press the on/off 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 to open the Headphone sub-menu. The settings for the Headphone can be adjusted in this menu. This allows you to adjust the volume and choose from different sounds.



PRACTICAL INFORMATION

6.1 CHARGING

Attach the provided charger to the side of the Light Tube and to the back of the Dockingstation, and then place the Pulsators in the Dockingstation. The Headphone is charged using the included USB-C cable.

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

For optimal charging of the Pulsators, we recommend not charging the Pulsators at a room temperature above 24 degrees (75°F) . At temperatures above 24 degrees, (75°F) charging may be interrupted. It's normal for the Pulsators to warm up during charging.

LED COLOR INDICATORS	Blinking blue	Stable blue	Stable green	Blinking red	Stable red
Pulsators	Ready to connect	Connected	Battery is full*	Battery Charging*	n.a.
Headphone	Ready to connect (red/blue)	Connected or Battery is full	n.a.	n.a.	Battery charging
Light Tube power button	Ready to connect	Connected	n.a.	n.a.	n.a.
Light Tube charging LED (Left side of the Light Tube)	n.a.	n.a.	Battery is full	Battery charging	n.a.

* This shows that the Pulsators are docked and 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 Pulsators 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 provided charger and do not manipulate/modify it 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 exclusively developed for use by trained EMDR therapists and supports their therapy. The therapist assumes responsibility for the treatment and its outcomes. The seller/developer is not liable for treatment results or any client complaints. For our terms and conditions, please visit www.emdrkit.com.

7.2 WARRANTY

A warranty period of two years applies to the Light Tube, Pulsators, Headphones and carrying bag. The charger does not fall under this warranty. Please be advised that the use of a non-supplied charger may result in the warranty becoming void in case of any issues. The warranty begins on the day of delivery. Please keep your invoice as proof. For more information on our warranty policy, visit our website: www.emdrkit.com.

7.3 DAMAGE AND DEFECTS

Report damage or defects through the troubleshooter at the support page on our website www.emdrkit.com and we will respond promptly.

OPERATING CONDITIONS AND PRODUCT SPECIFICATIONS

8.1 OPERATING CONDITIONS

The device can be used between 0 °C and 35 °C, with a humidity of 45% to 85%, and up to an altitude of 2000 meters (pressure from 86Kpa to 106Kpa). Temperatures, humidity, or altitudes outside these limits may cause damage or shorten the battery life. Do not charge the Pulsators at a room temperature above 24°C (75°F) to prevent interruptions. The equipment is intended to be supplied by a PS1 circuit (Power Source Class 1).

8.2 PRODUCT SPECIFICATIONS

Light Tube:

Input: 12VDC 1A 12W
Weight: 747g
Size: 42x724x28mm (LxWxH)
IP rating: IP20

Pulsator (per piece):

Input: 10VAC 0.3A 3W
Weight: 43g
Size: 68x48x27mm (LxWxH)
IP rating: IP20

Headphone

Input: 5VDC 1A 5W
Weight: 198g
Size: 187x155x74mm (LxWxH)
IP rating: IP20

Dockingstation:

Input: 12VDC 1A 12W
Weight: 130g
Size: 145x61x35mm (LxWxH)
IP rating: IP20

Tripod:

Weight: 721g
Size: 90x90x 340-1530mm(LxWxH)
IP rating: IP20

Charger:

Input: 100-220V 50/60Hz 0.4A
Output: 12V 1.0A

QUICK GUIDE



1

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

2

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.

3

Light tube

Briefly press and hold the side button to turn on the Light Tube.

Pulsators

First-Time Setup: To activate your Pulsators for the first time, simply place them into the powered Dockingstation and then remove them.

Daily Use: After the initial setup, you can wake the Pulsators at any time by giving them a firm shake.

Note: To preserve battery life, the Pulsators will automatically enter sleep mode after 30 seconds of inactivity.

Headphone

Use the Bluetooth settings on your smartphone or tablet to connect the Headphone.

Connecting Devices: Open the EMDR Kit app, go to the Menu , and select "Choose devices" to link the Light Tube and Pulsators.

4

Start session.

5

When you are done, do not forget to shut down the EMDR Kit by pressing "Disconnect all" in the menu and turning off the Light Tube. The Pulsators will automatically shut down after 30 seconds when disconnected.

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