

EMDR KIT WIRELESS ENGLISH MANUAL



EMDR...KIT

EMDR equipment for professionals

www.emdrkit.com

TABLE OF CONTENTS

1. INTRODUCTION	3
2. DOWNLOADING AND INSTALLING THE EMDR KIT APP	4
2.1 Android	
2.2 iOS (Apple)	
3. TRIPOD	5
3.1 Tripod instructions	
4. CONNECTING WITH THE EMDR KIT	6
4.1 Connecting the Light Tube	
4.2 Connecting the Pulsators	
4.3 Connecting the Headphone	
4.4 Shutting down and battery saving	
4.5 Reconnecting	
5. USING THE EMDR KIT	10
5.1 General usage information	
5.2 Using the Light Tube	
5.3 Using the Pulsators	
5.4 Using the Headphone	
6. PRACTICAL INFORMATION	13
6.1 Charging	
6.2 Blocking incoming calls and messages	
6.3 Using multiple EMDR Kits in one location	
6.4 Usage advice	
7. LIABILITY, WARRANTY & DEFECTS	15
7.1 Liability	
7.2 Warranty	
7.3 Damage and defects	
8. OPERATING CONDITIONS AND PRODUCT SPECIFICATIONS	15
8.1 Operating conditions	
8.2 Product specifications	

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
- Tripod (including hex key)
- Dockingstation
- Pulsators (2x)
- Charger

1. To control the EMDR Kit, download the EMDR Kit app from the Google play store or iOS App store. It is free to download.
2. All parts work with Bluetooth. Turn on Bluetooth on your phone and also make sure to allow access to location if asked for.
3. 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 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: 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

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



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 power 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.

1



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.

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.



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.

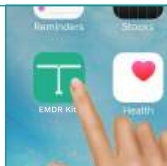


3



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

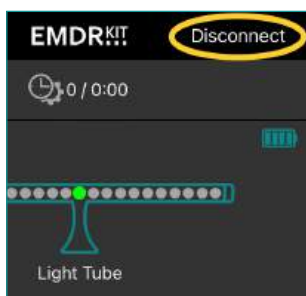
4



Return to the EMDR Kit app.

4.4 SHUTTING DOWN AND BATTERY SAVING

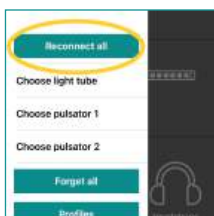
The parts will stay connected to the phone when the app is closed. It is important to switch off or disconnect the EMDR Kit after use, for example at the end of the working day. In this way you ensure that the batteries last longer and the equipment is available again for your colleagues. Go through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

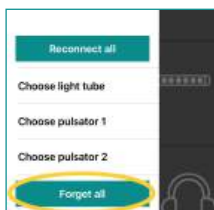
4.5 RECONNECTING

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.

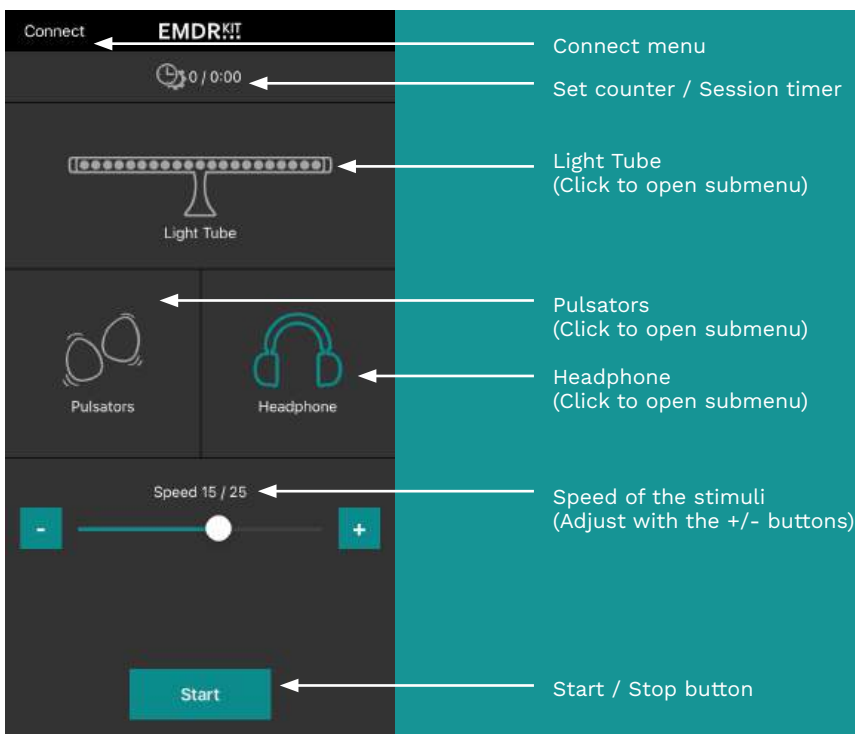
USING THE EMDR KIT

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.

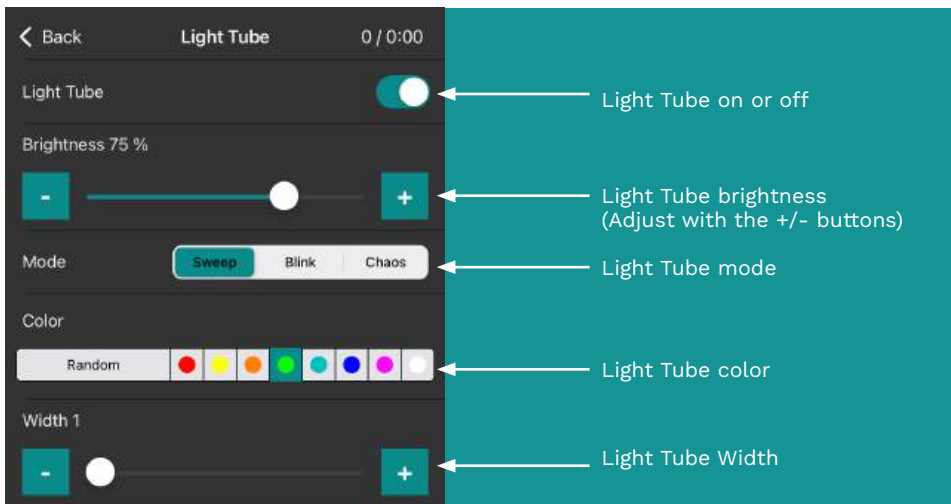
- A **gray** icon indicates that this part is currently not connected.
- A **green** icon indicates that this part is currently connected and activated.
- A **orange** icon indicates that this part is currently connected, but not activated.

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



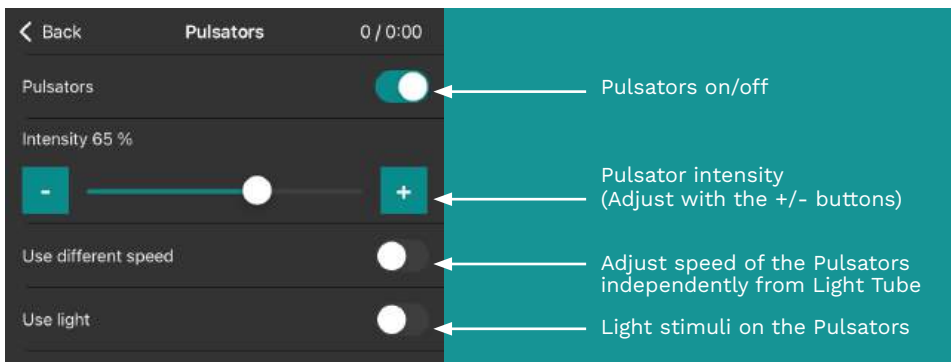
5.2 USING THE LIGHT TUBE

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.

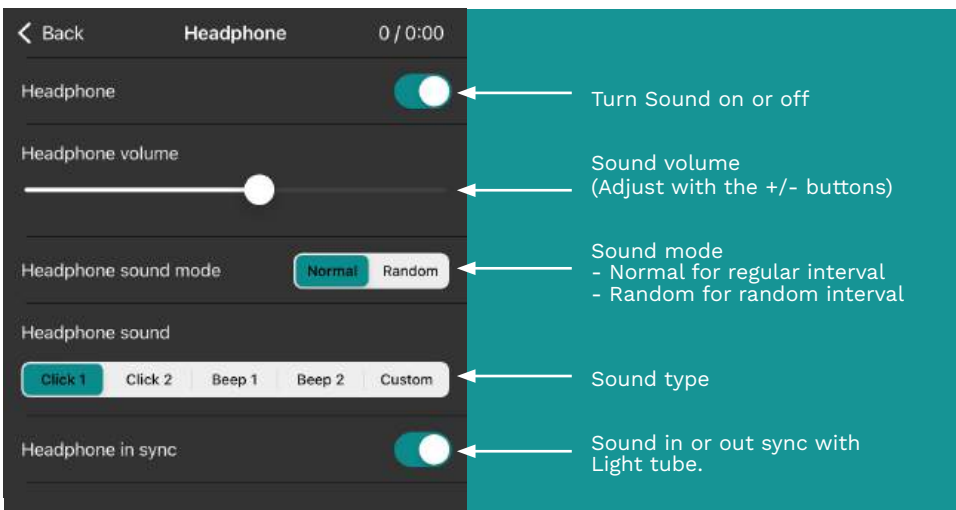


5.4 USING THE HEADPHONE

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

Attach the provided charger 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 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	Battery almost empty
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.

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 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 45 °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.

8.2 PRODUCT SPECIFICATIONS

Light Tube:

Input: 12V DC 1A 12W
Weight: 750g
Size: 725 x 43 x 30 mm (LxWxH)
IP rating: IP20

Pulsator (per piece):

Input: 18V AC 0.3A 5.4W
Weight: 42g
Size: 48 x 27 x 68 mm (LxWxH)
IP rating: IP20

Headphone

Input: 5V DC 1A 5W
Weight: 195g
Size: 155 x 75 x 185 mm (LxWxH)
IP rating: IP20

Dockingstation:

Input: 12V DC 1A 12W
Weight: 125g
Size: 145 x 61 x 37 mm (LxWxH)
IP rating: IP20

Tripod:

Weight: 715g
Size: 1 x 1 x 342-1525mm(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

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.

4

Start use.

5

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

EMDR KIT WIRELESS / ENGLISH MANUAL 2024 V4

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FCC Caution.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

IC Warning

This device complies with Innovation, Science and Economic Development Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:

- (1) This device may not cause interference, and
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme aux normes RSS sans licence d'innovation, sciences et développement économique Canada. Les opérations sont soumises aux deux conditions suivantes:

- (1) Cet appareil ne peut pas causer d'interférences, et
- (2) Cet appareil doit accepter toute interférence, y compris celles qui pourraient entraîner un fonctionnement accidentel de l'appareil.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Tout changement ou modification non expressément approuvé par la partie responsable de la réglementation de l'OCDE peut faire perdre à l'utilisateur le droit d'utiliser l'appareil.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Remarque: cet appareil a été testé pour répondre aux limites des appareils numériques de classe B conformément à la partie 15 des règles de la Federal Communications Commission des États - Unis. Ces limites sont conçues pour fournir une protection raisonnable contre les interférences nuisibles dans les installations résidentielles. L'appareil génère de l'énergie RF utilisée et rayonne, ce qui peut causer des interférences nocives pour les communications radio s'il n'est pas installé et utilisé conformément aux instructions. Cependant, aucune Garantie contre les interférences dans une installation spécifique. Si l'appareil cause des interférences nuisibles à la réception de la radio ou de la télévision, qui peuvent être déterminées en éteignant et en allumant l'appareil, l'utilisateur est encouragé à tenter de corriger les

interférences par une ou plusieurs des mesures suivantes:

- redirection ou repositionnement de l'antenne de réception.
- augmenter l'espacement entre l'appareil et le récepteur.
- Connecter l'appareil à une prise sur un circuit différent de celui auquel le récepteur est connecté.
- consultez votre revendeur ou un technicien radio / tv expérimenté pour obtenir de l'aide.

This equipment complies with IC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

L'appareil est conforme aux limites d'exposition aux radiations spécifiées par la IC pour les environnements non contrôlés. La distance entre le radiateur et le corps doit être d'au moins 20 cm lors de l'installation et du fonctionnement de l'appareil.