

# EMDR<sup>®</sup> KIT

## CLASSIC



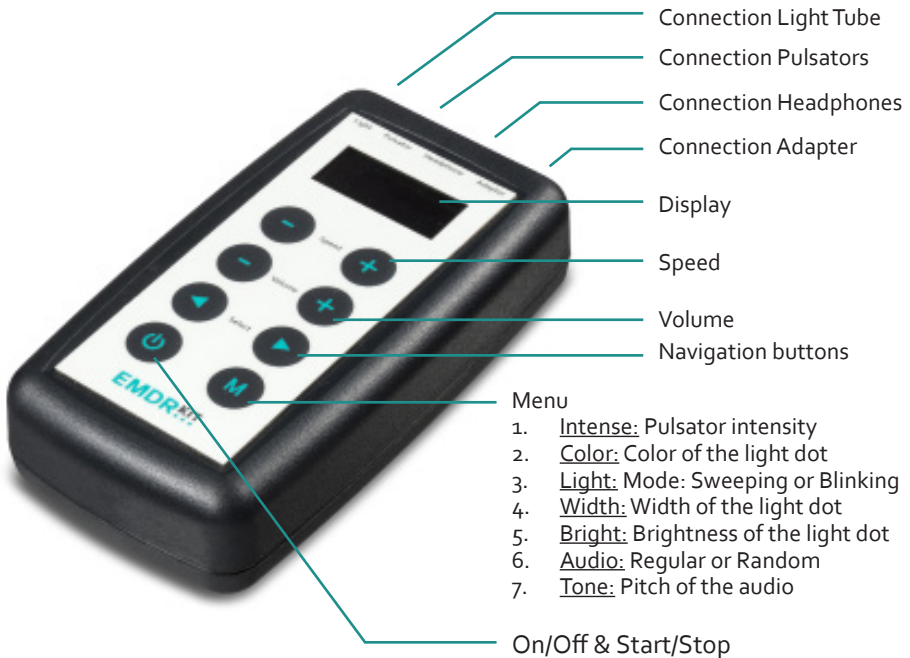
### English Manual

The EMDR Kit is meant as a tool for trained EMDR therapists.

Visit our website for frequently asked questions and the most recent version of this manual.

## Preface

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# 1 Introduction

In this manual you can find everything you need to be able to work with the EMDR Kit Classic. Read this information carefully. If you have any questions, you can find more information or our contact form on our website: [www.EMDRKit.com](http://www.EMDRKit.com).

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


- Controller
- Light Tube
- Pulsators
- Headphone
- Statief
- Adapter
- Draagtas (optional)

Note that not all these parts may be included as we offer the possibility to acquire parts separately.

## Controller

Before the first use, charge the controller of the EMDR Kit Classic using the adapter. It is important that the controller is properly charged if you want to use it. In the display of the controller you can see the battery status. See page 8 for the symbol indications. A full charged controller should last for several days.

The different modalities (Light Tube, Pulsators and Headphone) can be connected to the controller by plugging them into the corresponding socket. If you do not want to use one of the modalities, you can simply disconnect them. The modalities can all be used simultaneously or separately.



You can turn the controller on or off by pressing the  button briefly. When you do not use the EMDR Kit for 1 hour, the controller will shut down automatically.

## Tripod



If you want to adjust the height of the tripod: Pull the legs until you reach the desired length. Turn the legs counterclockwise to secure them. You will hear a soft click when the leg is secured.

To unlock the legs and fold them up: Turn the legs counterclockwise again and push the legs in.




## 2 Light Tube

Connect the Light tube into the socket on top of the controller indicated with Light. When you turn on the controller, a light dot will appear on the Light Tube. When you press , the light dot on the Light Tube will start to move back and forth. By pressing  once more, the light dot will pause as well as other modalities that are connected to the controller.

### Speed




To adjust the speed of the Light Tube: Press *on the*  or  next to Speed.

### Color




Adjust the color of the light dot by pressing  two times so that the display reads Color. Press on  or  until the preferred color is selected. You can also choose for random colors by selecting the Random color option.

### Light Tube Mode




The Light Tube has two different modes. In Sweeping mode the light dot will move back and forth gradually. In Blinking mode, the light dot will blink from the left end to the right end of the Light Tube.

Change the mode by pressing  three times so that the display reads Light. Press  or  until the preferred mode is selected.



### Width

The light dot can be widened or narrowed by pressing  four times so that the display reads Width. Press  or  to adjust the width.



### Brightness

Adjust the brightness of the light dot by pressing  five times so that the display reads Bright. Press  or  to increase or decrease the brightness of the light dot.

### 3 Headphone

Connect the Headphone into the socket on the top of the controller indicated with Headphone. When you press , you will hear sound coming through the headphone. By pressing  again, the sound will pause, as well as the other modalities that are connected to the controller.




#### Speed

Adjust the speed of the sound stimuli by pressing  or  next to Speed.




#### Volume

Adjust the volume of the sound by pressing  or  next to Volume. This is also possible during use.



#### Irregular sound

You can choose for a regular or irregular sound stimuli. Press  six times so that the display reads Audio. Press  or  until the preferred sound mode is selected; Regular for regular stimuli and or Random for irregular stimuli.

#### Pitch Height

To adjust the pitch height of the auditive stimuli: Press  seven times so that the display reads Tone. Press  or  to decrease or increase the pitch height.




## 4 Pulsators

Connect the Pulsators into the socket on top of the controller indicated with *Pulsator*. When you press , the Pulsators will start to pulse. You can pause the pulsator by pressing  again. Other connected modalities will pause as well.

### Speed

Adjust the speed of the Pulsators by pressing  or  next to Speed.

### Intensity

Adjust the Pulsator intensity by pressing  once so that the display reads *Intense*. Press on  or  until the preferred intensity is selected.

## 5 Liability

The EMDR Kit is designed to support trained EMDR therapists in EMDR treatment. The practitioner is always responsible for the result of the treatment. The developer or seller of the EMDR Kit can not be held liable for results of the treatment or any complaints from the client with regard to the use of the EMDR Kit. For a more detailed overview of the terms and conditions, please visit the support section on our website [www.EMDRkit.com](http://www.EMDRkit.com).

## Warranty

The Light tube, the Pulsators, Headphone, adapter and bag have a warranty period of two years. The warranty starts on the day of delivery. Please keep a copy of your invoice as it can be asked for warranty purposes.

What is not covered by the warranty:

1. The warranty does not apply to normal wear and tear, defects caused by rough handling of the product, defects or damage caused by improper use of the product, including use in violation of the instructions supplied with the EMDR Kit.
2. The warranty does not cover defects or alleged defects resulting from the use of the product in combination with or connected to products, accessories, software and / or service not produced or supplied by the supplier of the EMDR Kit or if the product was used in another way than for which it is intended.
3. The warranty is not applicable if the product has been opened, modified or repaired by an unauthorized maintenance company or has been repaired using non-approved parts.
4. The warranty is not applicable if the product has been exposed to moisture, vapor or extreme temperatures or environmental conditions or rapid changes in such conditions, or corrosion, oxidation or spillage of food or liquid.





## Defects

If you have any problems with your EMDR Kit, first consult the overview with the lot questions asked on our website [www.EMDRKit.com](http://www.EMDRKit.com). Do you still have questions or ambiguities afterwards? Feel free to contact us via the contact form at [www.EMDRkit.com](http://www.EMDRkit.com).

[Defects of the product or incomplete delivery must always be reported within 14 days of receipt to info@emdrkit.com.](mailto:info@emdrkit.com)

## 6 User information

- This product is meant to be used by trained EMDR therapists only. The EMDR Kit is not intended as a self-help tool.
- Keep the EMDR kit out of the reach of children unless there is surveillance (for example during treatments).
- To prevent damage, transport the EMDR Kit in the optional bag.
- Only use the included adapters and do not manipulate or modify them in any way.
- Adapter specifications:  
Input: 100-240V 50/60Hz 0.3A  
Output: 12V 0.6A

Icon	Icon Meaning
	Charging
	Chargin ready: battery is full and power is connected
	No power connected: battery is in use
	Battery is almost empty
No icon	Problem with power or battery