

EMDR Pro 2.8 - Keyboard Shortcuts

FILE Alt F

Open Alt F/O
Save Alt F/S
Save As Alt F/A
Exit Alt F/X

VIEW Alt V

Fullscreen F11 / Esc
Start/Stop Ctrl Z / F12

BG SOUND Alt B

Add Alt B/D
Play Alt B/Y
Pause Alt B/U
Resume Alt B/E
Stop Alt B/T / Ctrl X
Volume Up F2
Volume Down F3
Pan Left Alt B/L
Pan Right Alt B/R

BEEPS Alt P

Add CtrlShift A
Volume Up F4
Volume Down F5

MOVEMENT Alt M

Slower Ctrl S (S – Fullscreen treatment mode only)
Faster Ctrl F (F – Fullscreen treatment mode only)
Start/Stop Ctrl Z / F12
Up Ctrl U
Down Ctrl D
Visual Ctrl V
Auditory Ctrl A
Kinasthetic Ctrl K
KVr Alt M/K / F9
VcAd Alt M/C / F10
Cycle Motion Ctrl Y

IMAGE Alt I

Smaller CtrlShift S
Larger CtrlShift L
Red CtrlShift R
Green CtrlShift G
Blue CtrlShift B
Gray CtrlShift Y
Black CtrlShift K

HELP Alt H

Help Topics F1
Keyboard Help Ctrl H

Slower Ctrl S –0.5 units
(S – Fullscreen treatment mode only) –0.1 units
Faster Ctrl F +0.5 units
(F – Fullscreen treatment mode only) +0.1 units