Neuro Innovations

vEMDR Pro 3.4

User Guide
Version 1.6
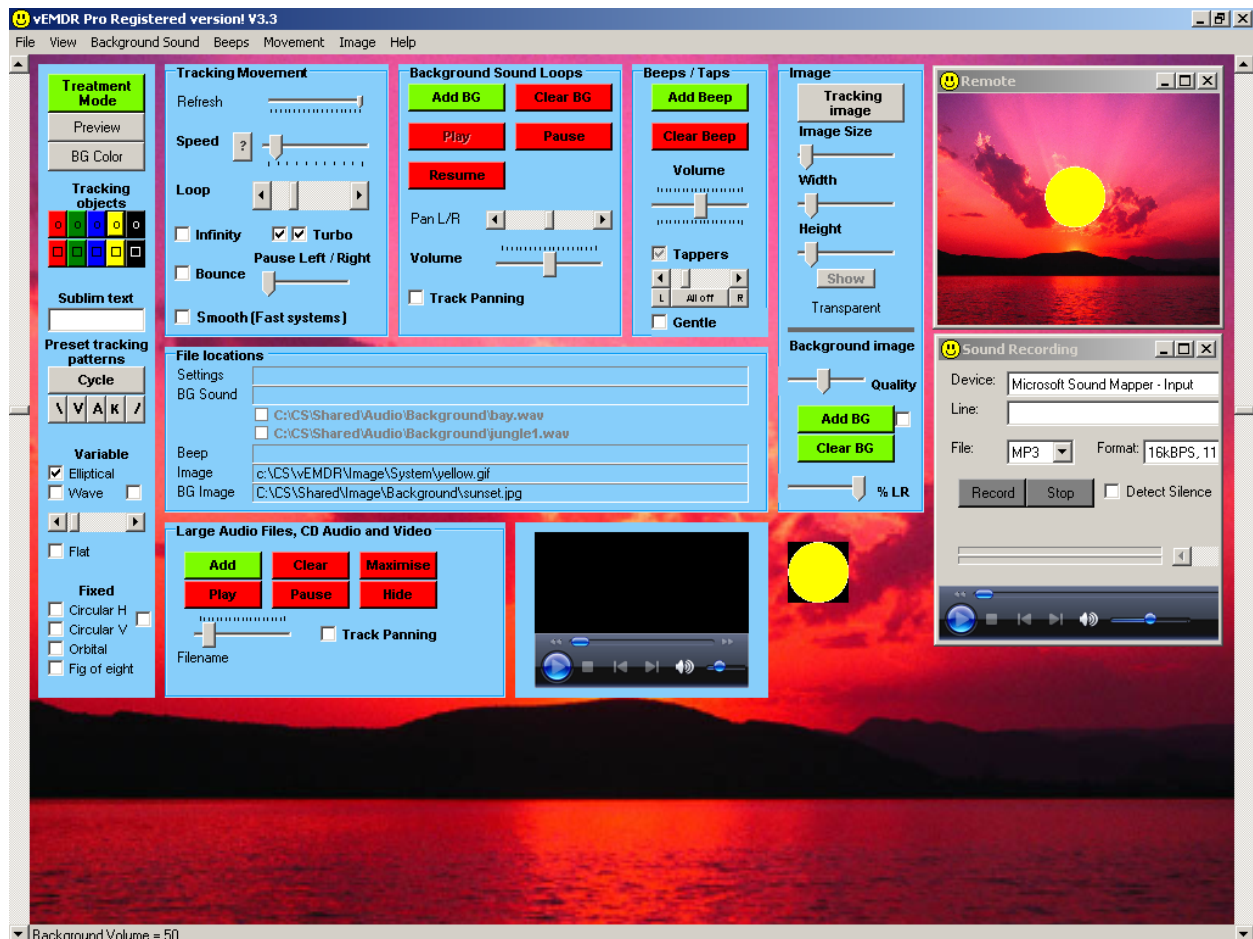
www.neuroinnovations.com

Contents

Installation Instructions

Applies to the Neuro Innovations Installation CD

Installation Requirements

- Windows Vista
- Windows XP (Home or Pro)
- Windows ME
- Windows 2000 (With service pack 2 or later applied)
- Windows 98
- Windows NT 4 (With service pack 6a or later applied)
- Windows Media Player 6.4+ (pre-installed as part of Windows generally)
- The presence of a C: drive and sufficient access rights to install onto C:\ (You may needs admin rights to install and or unlock)

File sizes are roughly as follows:

- .Net Framework (About 30 Mb)
- vEMDR Pro (About 10 Mb)
- Shared user library (About 500 Mb)

Quick Start

Close all windows applications including any virus checkers such as Norton / AVG etc.

Place the installation CD into your CD drive.

If auto-run is disabled on your machine:

- Click on the start button (bottom left hand side of screen)
- Click on "Run"
- Enter "D:\index.html" (Where D: is your CD drive)

Accept the standard user agreement by clicking on the link at the bottom of the page.

You will then be presented with a page containing links to all of the installation modules for most Neuro Innovation products.

(1) Select your desired products from the menu by clicking on and installing each in turn. (Select open from this location or save to your hard drive and then run from C:).

(2) If prompted to do so: Install the "Microsoft .Net Framework". Click on the link provided near the top of the page and select "Open" when prompted. You may need to restart your machine to complete the process.

Remove and safely store the installation CD. Follow the unlocking instructions.

General PC / Laptop Setup Considerations

The following applies to EMDR Pro and most gaming software as well.

Screensavers

To avoid the screen saver cutting-in during treatment it is wise to switch it off or extend the delay before it activates to e.g. 15 mins. (You should never subject a patient to eye movement for more than a few minutes at a time. This is why the infinite mode has been set to cut-off at a thousand sets).

Display Hardware Acceleration

Click on "Start" / "Control Panel" / "Display" / "Settings" / "Trouble shoot" and ensure that "Hardware acceleration" is "Full".

This helps to ensure smooth movement.

Power Management and Laptops

In your power management settings (depends on the laptop) select a profile that favours "Performance".

When using a laptop try and use mains power whenever possible.

Virus Checkers and other applications

Virus checkers hog a lot of processor capacity and memory. When using EMDR Pro or any program that generates animation it is wise to disable all virus checkers if you have a slow system.

The same applies to having multiple other applications open at the same time. This is because processor time is shared between all of the applications open. Only one application is given access to the processor at any one time. Having many applications running at the same time is in fact an illusion (even if you have a system with dual processors).

Please do check for virus's and ad-ware on a regular basis. Both can slow your system down and this will have an impact on animation (as well as everything else).

What Affects Tracking Speed / Quality?

Processor
Faster processors (CPUs) can handle animation more easily than slower processors. Dual processors have an advantage over other types of processor.

Memory
The more memory you have the less your computer will need to use disk memory caching i.e. writing blocks of memory to disk because the compute has run out of physical memory. More memory is generally advantageous.

Display / Graphics Card
Not all displays are the same – some are faster than others and a fast display can be let down by a slow graphics card. Generally speaking a reasonably fast display will generate the smoothest animation.

Background Colours
Some combinations of background colour / tracking object colour generate a better illusion of movement than others. Yellow tracking object on black background generates movement without a comet trail. The reverse generates a long comet trail effect with some displays. Experiment and find a combination that you like.

Background images / "Quality" setting
Large / high quality background images at 100% quality will slow animation down considerably. By setting the quality at eg 40% the speed of movement will increase greatly without reducing image quality too much. (The "100%" quality setting will skip automatic compression and load the file from disk as-is without any compression / standardisation).

Unless you need to try and keep the "Quality" setting for background images as low as possible. The "Quality" setting is saved when you save settings to file so you can apply different "Quality" settings to different files.

Short background audio loops playing in the large media player
When the large media player gets to the end of the file that it is currently playing it reloads the file from disk. With very short loops this disk-accessing can slow animation down or generate a stagger effect. You should play short loops using the loop player provided. The loop player loads the short audio loop into memory and replays from memory rather than streaming from disk.

Time since last reboot / restart / shutdown
The longer your PC is "on" the more fragmented and corrupted memory becomes. So it is generally a good idea to restart e.g. once a day.

The Main Interface

Interface Overview

The main interface (below) is displayed after "Accept" has been selected to accept the terms and conditions for using the software.
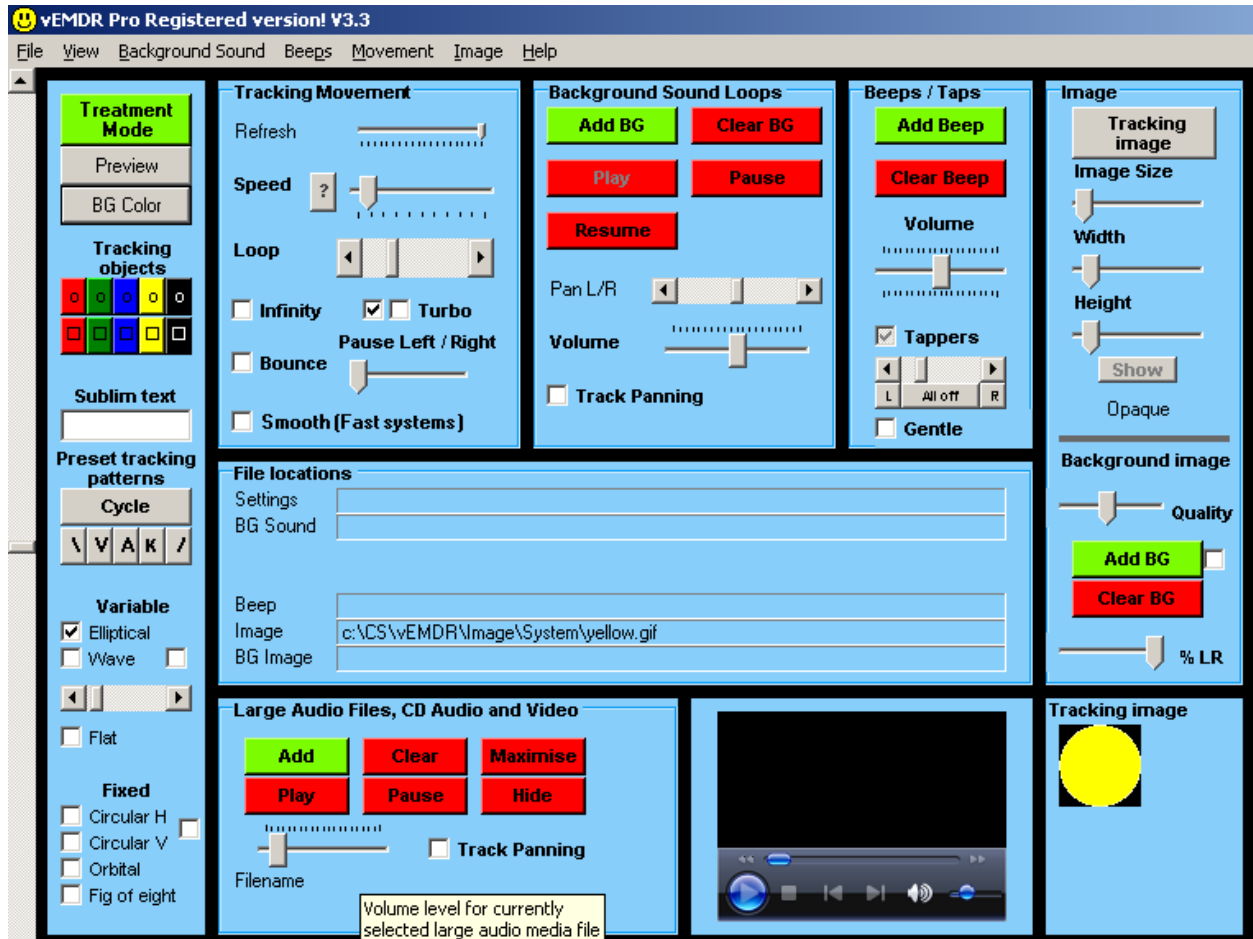
Most functions may be accessed in three ways:

- Using the toolbar (File / View / ...)
- Using the graphical interface when in setup mode
  - (Press the "ESC" key to switch between setup and treatment modes).
- Using the keyboard shortcut keys (for some functions only - operates in setup or treatment modes)

Documentation Note: In versions prior to 2.9 the "Setup" mode was described as the "Normal" mode and the "Treatment" mode was described as "Fullscreen" mode.

Misc Features

Help / Check for updates - Do you have the latest version?

Click on "Help" then "Check for updates" to see if you have the latest version. Refer to your original download eMail if you wish to install the latest version.

View / Options

See end of manual. Lets you define the settings that are loaded when EMDR Pro first starts-up.

View / Get Default Settings

Resets most controls (track bars / check boxes etc) to their default settings are defined by the "Options" screen mentioned above.

View / Audio Recorder

Enables you to record bilateral audio. See end of manual.

View / System Volume

Accesses the operating system and brings the Windows volume controls window to the front.

View / Wheel

A fun optical illusion to demonstrate the principle that what we see can directly affect our perceptions at a lower level.

View / EMDR Lite – Swish

Cut-down versions of vEMDR Lite (no background music) and vSwish (static images).

View / Atmosphere Lite

A great free 3rd ambient sound generator. (Needs to be installed separately).

Image / Compress Background Image

Superseded by the "Quality" option in EMDR Pro 2.9+. Generates a 500 by 300 pixel copy of the current background image.

Help / Resources

Access to a variety of resources including a basic modality test utility.

vEMDR Pro Registered version!

File   View   Background Sound   Beeps   Movement   Image   Help
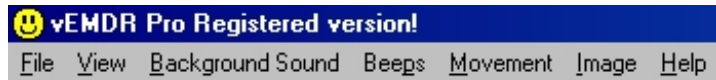
Toolbar

To access a toolbar option either move your mouse cursor over the item or press the ALT key and the highlighted letter (eg ALT F for the File menu) ie the keyboard shortcuts.
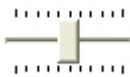
- FILE: Open / Save / Save as / Exit
- VIEW: Treatment Mode / Preview-Stop Preview / Options / …
- etc

Setup Mode GUI Graphical User Interface

The GUI is visible only when not in full screen mode. The three main types of control are track bars, scroll bars and check boxes:

Scroll bar: Click on the left / right arrows or click / hold / drag the central bar to adjust.

Track bar: Click / hold / drag the central bar to adjust.

Check box. Click once to check and again to uncheck.

The area below the GUI is used to display current file settings

- Current user file
- Current background loop sound
- Current beep sound
- Current ball / image file
- Current background image

File locations
Settings
BG Sound
Beep
Image   c:\CS\vEMDR\Image\System\yellow.gif
BG Image
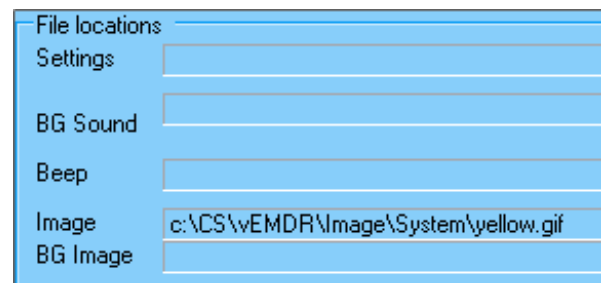
These settings are not visible in treatment mode. (Press the "ESC" key to switch between setup and treatment modes).

The area right at the bottom of the screen is used to display messages including revised settings when adjustments are made via the GUI and number of loops / iterations.

Unlock OK. Verification level 1. Unlock OK. Verification level 2. Unlock OK. Verification level 3.
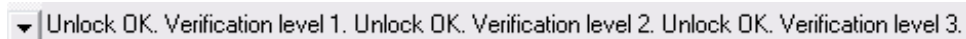
Vertical scroll bars to the left and right of the screen control the horizontal track of the ball / image. The default setting is the middle of the screen (when maximised).
NB: The system is designed to be used during therapy sessions in "maximised" windows mode only.

Help is associated with more or less everything you see on the screen. Just hover your mouse over the control eg a checkbox and explanatory text will appear.

Keyboard Shortcuts

To display the keyboard shortcut menu press "Ctrl H".
(Press the "ESC" key to switch between setup and treatment mode).

```
😀 Keyboard Shortcut Help                                          ⎯ ☐ ✕

FILE            Alt F              MOVEMENT         Alt M
Open            Alt F/O            Slower           Ctrl S  (S - Treament mode)
Save            Alt F/S            Faster           Ctrl F  (F - Treament mode)
Save As         Alt F/A
Exit            Alt F/X            Start/Stop       Ctrl Z / F12
                                   Up               Ctrl U
VIEW            Alt V              Down             Ctrl D
Fullscreen      F11 / Esc
Start/Stop      Ctrl Z / F12 (Space - Treatment mode)  Visual    Ctrl V  (V - Treament mode)
                                   Auditory         Ctrl A  (A - Treament mode)
BG SOUND        Alt B              Kinasthetic      Ctrl K  (K - Treament mode)
Add             Alt B/D            KVr              Alt M/K / F9  (\ - Treament mode)
Play            Alt B/Y            VcAd             Alt M/C / F10  (/ - Treament mode)
Pause           Alt B/U            Cycle Motion     Ctrl Y
Resume          Alt B/E
Stop            Alt B/T / Ctrl X   IMAGE            Alt I
Volume Up       F2                 Smaller          CtrlShift S
Volume Down     F3                 Larger           CtrlShift V
Pan Left        Alt B/L            Red              CtrlShift R
Pan Right       Alt B/R            Green            CtrlShift G
                                   Blue             CtrlShift B
BEEPS           Alt P              Gray             CtrlShift Y
Add             CtrlShft A         Black            CtrlShift K
Volume Up       F4
Volume Down     F5                 HELP             Alt H
                                   Help Topics      F1
                                   Keyboard Help    Ctrl H        [ Close ]
```
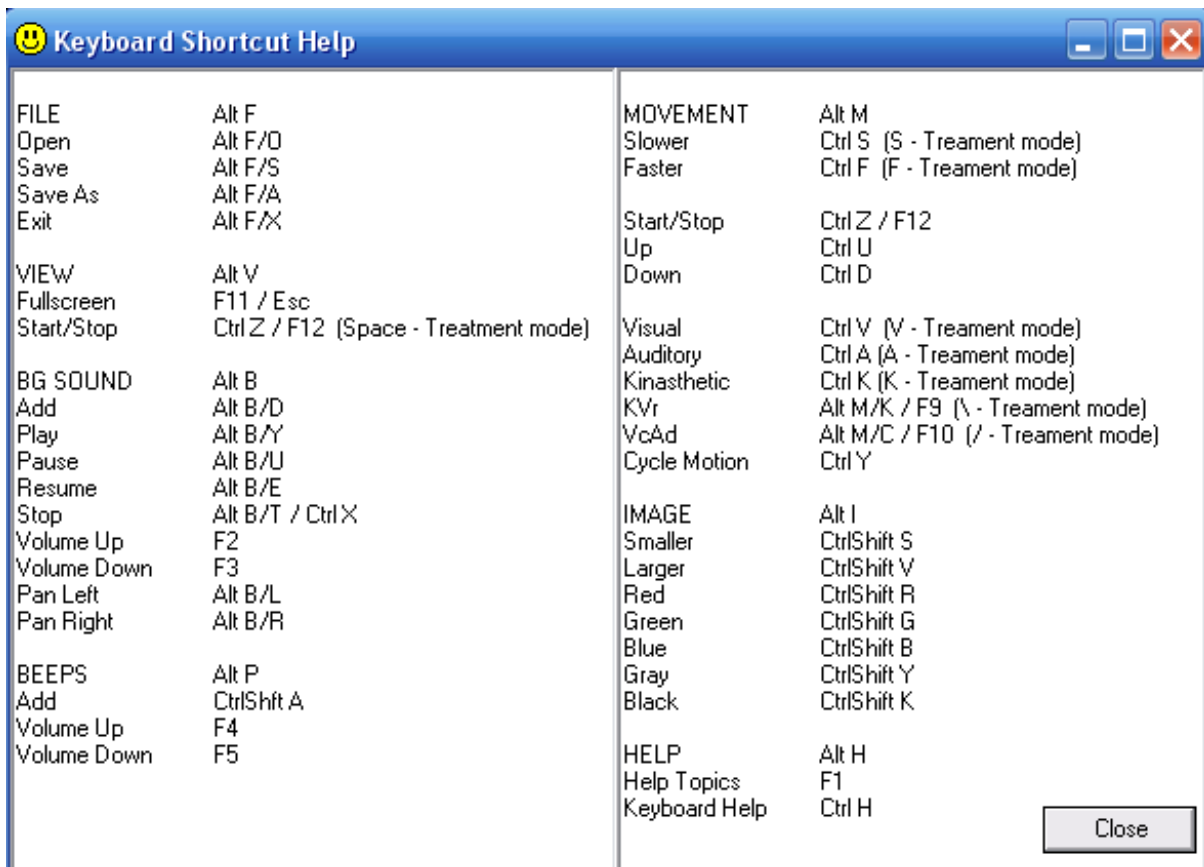
Quick start tips

Press the green "Treatment Mode" button followed by the "ESCAPE" key.

V = track at the top of the screen
A = track in the middle of the screen
K = track at the bottom of the screen

S = track a little more slowly
F = track a little more rapidly

Control S = track a lot more slowly
Control F = track a lot more rapidly

Press the "Space" bar followed by the "ESCAPE" key

Movement

Quick Menu - Basic Functions

The quick menu (part of the GUI) can be used to start or stop movement, switch between screen modes and to rapidly control movement.

Click on "Treatment Mode" to commence movement when in setup mode or press the "Escape" key.

Press the "ESCAPE" key to switch between "Setup" and "Treatment Mode" rapidly.

Click on "Preview" to get a feel for the current settings. (NB The tracking speed will be faster when in "Treatment Mode").

When in treatment mode press "Control Z" or the "Space" key to stop movement but remain in "Treatment mode". Press the "Escape" key to return to setup mode.

Setup mode ← → Treatment mode

Quick Menu - More Advanced Functions

Visual - Ctrl V (V in treatment mode)

Tracks at the top of the screen.

Auditory - Ctrl A (A in treatment mode)

Tracks in the middle of the screen.

Kinaesthetic - Ctrl K (K in treatment mode)

Tracks at the bottom of the screen.

KVr - Alt M/K / F9 ("\"in treatment mode)

Tracks from top right to bottom left

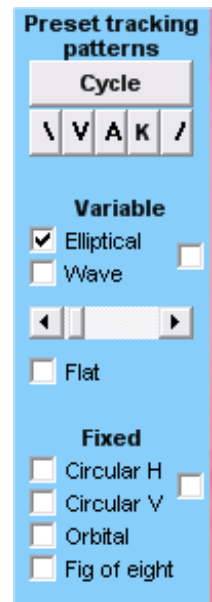**VcAd - Alt M/C / F10 ("/"in treatment mode)**

Tracks from bottom left to top right

Cycle Motion - Ctrl Y

Applies only when "elliptical" or "flat" tracking patterns are selected.

Cycles between the above modes in an *infinite loop. Click on the "Cycle Motion" button again to reset and prevent looping. The button colour will change.
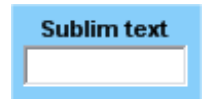
(* Limited to 1000)

Quick Menu – New V2.8+ features

Text entry box

Text entered here will be displayed on a semi-subliminal basis as the tracking object moves off to the right.

**Variable Trajectory Tracking Patterns**

The tracking trajectory of the variable tracking patterns depends on the incline set by the track bars at the left and right hand sides of the screen.

Elliptical

The default tracking mode is elliptical. Left => Right then Right = Left.

Tracking from left to right is at a variable speed – slower when the object reaches the left and right hand sides in a smooth pendulum like motion.

The movement is in the form of a flattened ellipse. The extent to which the ellipse is flattened can be controlled by the scroll bar below.
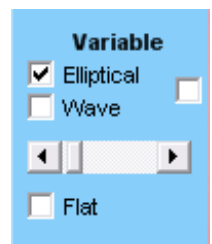
Wave (1 and 2)

Wave patterns in sine and cosine formats. The height of the wave is controlled by the scroll-bar.
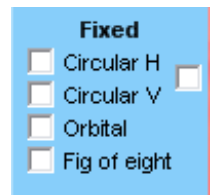
Elliptical / wave height scroll bar

Determines the extent to which the ellipse / wave is flattened. Has no effect when in most other tracking modes.

Fixed Trajectory Tracking Patterns

Flat

This is equivalent to the tracking style used by version 2.4. Tracking from left to right is at a fixed speed and is in a straight line.

Fixed position – Circular H

A tracking pattern in a circular top to bottom motion.

Fixed position – Circular V

A tracking pattern in a circular right to left motion.

Fixed position – Circular HV (to the right of "Circular H/V")

A roughly circular tracking motion.

Orbital

A tracking pattern in a circular right to left motion which takes the form of a fixed height clock-wise ellipse.

Figure of eight

A clockwise pattern in a figure of eight shape. The shape can be made smaller by moving the scroll-bar above.

Refresh rate (Technical users only)

In most circumstances this should be left at the maximum (fully to the right).

If you have a very high spec PC it may be necessary to slow the processing speed of the software down by reducing the refresh rate until movement is visible.
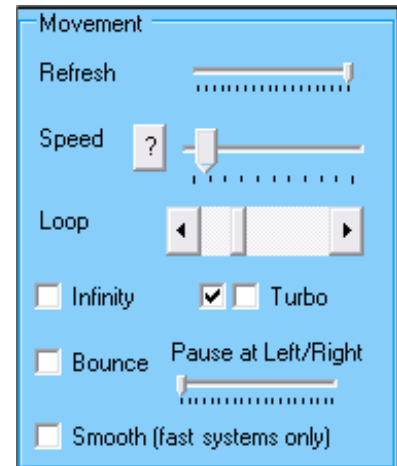
Speed

The speed of tracking from left to right. There is <u>not</u> a direct relationship between the value displayed in the message area at the bottom of the screen and time in seconds etc.

In vEMDR Pro 2.8+ if you click on the "?" to the left of the "Speed" slider bar the system will attempt to automatically calculate the optimum refresh rate. This function is "live" in version 2.8 and takes about 2 mins.

Loop (Sets / Iterations)

The number of times the ball / image moves from left to right. One loop (iteration) is a complete movement from left to right.

The current number of iterations is displayed at the bottom of the screen in the message area.

When the maximum number of iterations is hit all movement / beep audio will stop. Background audio will continue.

Infinity

Sets the number of iterations (loops) to 0 ie *'infinite' and resets the counter to zero.

To enable infinity manually simply the number of iterations to zero using the "Loop" slider. (* Limited to 1000 for patient safety)

Bounce (v2.4+)

Makes the tracking object only visible when at the left and tight hand sides of the screen.

Pause (Track-bar v2.4.1+)

When the tracking object is at the right or left hand sides of the screen it will momentarily seem to pause before continuing its movement.

Turbo (1 and 2)

By default the first of the two "turbo" check-boxes is selected. This setting should be suitable for most systems.

Deselect one or both check boxes to slow the system down (may be required with very high spec systems). Before doing so ensure that the speed scroll bar is fully to the left ie slowest.

There are two check boxes – clicking on both check-boxes with generate fast animation that uses most processing power. (Maximum animation frames per second).

If you have a slow system uncheck both check boxes.

Smooth (Fast systems only)

If your system can cope with a great deal of processing as might be the case with a very high spec dual processor system then select this checkbox and notice any difference in animation smoothness.

There may or may not be a change depending on your system and your graphics card. Speed should be unaffected if using a fast system. Avoid checking this box if you have a slow system.

Horizontal tracking

Scroll bars to the left and right of the screen control the horizontal track of the ball / image. The default setting is just below the middle of the screen.

NB: Changes take place when the ball / image next moves when you press eg the "Treatment Mode" button. When movement is present changes are immediate.

NB: The track of the ball / image will be just below a line between the positions of the two track bars.

Try to avoid using the horizontal scroll bars when the object is moving ie when previewing.

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
Treatment mode 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 CtrlShft A
Volume Up F4
Volume Down F5

MOVEMENT Alt M
Slower Ctrl S (S – treatment mode)
Faster Ctrl F (F – treatment mode)
Start/Stop Ctrl Z / F12
Up Ctrl U
Down Ctrl D
Visual Ctrl V (V – treatment mode)
Auditory Ctrl A (A – treatment mode)
Kinaesthetic Ctrl K (K – treatment mode)
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 – Treatment mode only) –0.1 units
Faster Ctrl F +0.5 units
(F – Treatment mode only) +0.1 units

Colours

The mini menu to the right is present when in setup mode. The top button sets the background colour, the area below sets the ball / (image) colour.

Background [BG] Colour

Displays a dialogue enabling a wide variety of colours to be selected. (Selecting a custom colour will have no effect unless you "Add to colours" after selecting a custom colour, and then select the custom colour that you have added).

After selection the change will be visible immediately.

Red / Green / Blue / ... Image [Tracking object] Colour

A number of preset colours are available to select from. They have been pre-selected on the basis of best quality screen representation. (Some colours are not well suited to high speed animation and can cause image distortion).

After selection the change will be visible when the ball / (image) next moves.

NB: To add more colours copy c:\CS\vEMDR\Image\System\Black.gif to a different file-name and edit the copy using any image editor. (Advanced users only).

Background Sound / Audio Loops

Add

Enables you to add a background sound loop from c:\CS\Shared\Audio (default path) and then play it as soon as it has loaded.

The following audio formats are supported WAV/MP3/MP2/MP1

By default the file display filter is set to WAV. To load a MP3/MP2/MP1 file alter the filter in the dialogue box to "All files *.*"

If a file type is not supported or corrupt or missing a "Can't load sample" message will appear. Click on "OK" to continue.

The volume is reduced before opening the file and gently increased to the previous level after the file has loaded.

You can rapidly select previously opened background audio files with a couple of clicks. Audio files available for re-selection are displayed in the "File locations" panel in the middle of the setup screen. When you click on the audio filename the currently playing audio file will be stopped and the selected audio file will be played.
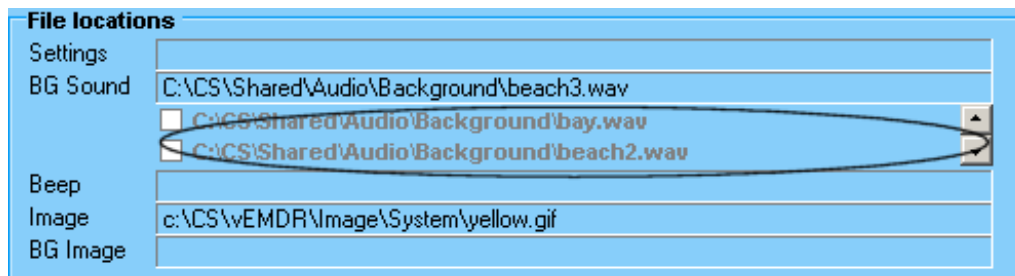
WARNING: Very large audio files will take time to load and may slow the system down. Audio loops are typically quite small. To play very large audio files use the embedded media player.

Play

Plays the currently active background sound in a continuous loop. If a sound is not loaded nothing will happen.

When the "PAUSE ALL" button is pressed the "PLAY" button is not selectable.

The play function is automatically activated when an audio file is added.

Pause

Pauses the playing of the currently selected sound loop.

Resume

Resumes playing after the "PAUSE" button has been pressed. Resumes playing from the point at which the sample was paused.

Pan left / right Scroll bar

Directs sound to the left or right hand speakers.

Does not affect beep sounds

Volume

Increases or decreases the playback volume of the currently loaded background sound. (The volume of audio playing in the embedded media player is not affected).

The initial setting of the track bar is 50% of maximum.

Does not affect beep sounds

Clear (v2.4.1+)

Removes the currently loaded sound from memory completely.

The volume is reduced before closing the file and gently increased to the previous level after the file has unloaded.

Track Panning (v2.8+)

Tracks panning from left to right and right to left as the tracking object moves.

<u>NOTE</u>

When the screen is minimised or tracking is stopped via the "Escape" key all audio is paused.

Beep Sound / Audio and Tapping

Add beep

Enables you to add a beep sound from c:\CS\Shared\Audio\Beep (default path).

The following audio formats are supported WAV/MP3/MP2/MP1

By default the file display filter is set to WAV. To load a MP3/MP2/MP1 file alter the filter in the dialogue box to "All files *.*"

If a file type is not supported or corrupt or missing a "Cant load sample" message will appear. Click on "OK" to continue.

WARNING: Very large audio files will take time to load and may slow the system down.

Clear Beep (v2.8+)

Removes the currently loaded sound from memory completely.

Beep volume track bar

Increases or decreases the playback volume of the currently loaded beep sound.

The initial setting of the track bar is 50% of maximum.

The initial setting of playback is the current speaker volume as defined by current settings within Windows.

Does not affect background sounds or media player sounds

NB All beep sounds are automatically panned from left to right as per the position of the ball / (image).

NB Large beep audio files should be avoided.

UNSUPPORTED FEATURE: Background audio sounds may also be played as panned beeps. Results may however be unpredictable because sounds will tend to overlap.

Tapper (Checkbox)

When checked activates the appropriate left or right tapper unit if connected.

If the tactile unit controller is not connected the checkbox is greyed out. To enable the tactile units close EMDR Pro, plug-in the tactile unit controller (the black box) and restart EMDR Pro.

Tap duration scrollbar

The amount of time that the left or right tappers should remain "on" when the tracking object or image is at the right or left hand sides.

If the duration selected is greater than the amount of time it takes for the tracking image / object to move from left to right, the duration is automatically cut-short to enable smooth pulsing.

"L" / "All off" / "R" - Manual testing buttons

For purposes of testing duration settings and to verify that the tappers are in the correct hands.

Gentle (Checkbox)

When checked forces the tappers to pulse more gently.

The strength of the pulse of tactile sensations can also be adjusted via an adjuster within the controller unit itself. (Set initially to 70% of maximum).

Media Player – New in vEMDR Pro 2.4+

A new feature within vEMDR Pro 2.4+ is an inbuilt media player to play large audio files as well as video media. When playing video media a display window is positioned centrally and tracking objects move behind this window. Attention is therefore focused onto the video window once with each pass.

OVERVIEW

- Play very large audio files quickly
- Play video / other multimedia files - (as a foreground window in front of the background).
- Media formats supported by the inbuilt Media Player include:
    1. Microsoft Windows Media formats - .avi, .asf, .asx, .rmi, .wav, .wma, .wax
    2. Moving Pictures Experts Group (MPEG) - .mpg, .mpeg, .m1v, .mp2, .mp3, .mpa, .mpe
    3. Musical Instrument Digital Interface (MIDI) - .mid, .rmi
    4. Apple QuickTime®, Macintosh® AIFF Resource - .qt, .aif, .aifc, .aiff, .mov (Untested)
    5. UNIX formats - File name extensions: .au, .snd (Untested)
    6. A variety of other formats are also supported eg QuickTime .mov (depending on codecs installed)
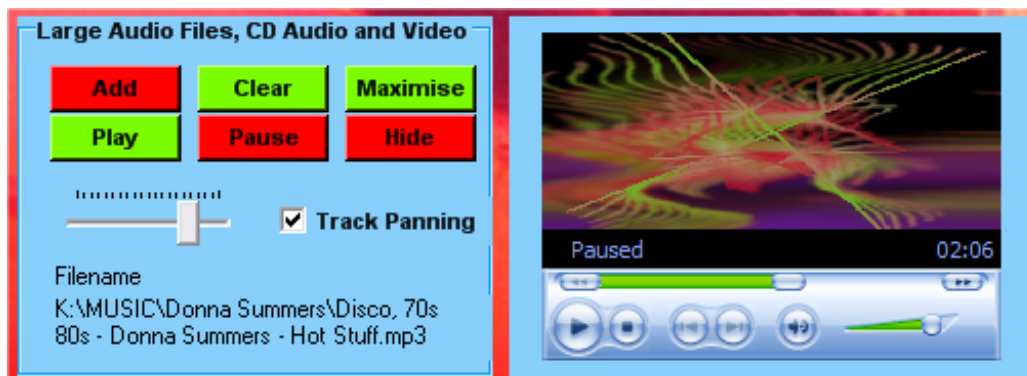
Add – browse your PC for suitable files – volume is adjusted

Clear – reset the built-in media player – volume is adjusted

Maximise – position a small window in the centre of the screen containing the video

Hide ' the reverse of "full screen"

Play – play the selected media

Pause – pause the selected media

WMA Track Panning – Pans the audio in the player as the object tracks.

NOTE

When the screen is minimised or tracking is stopped via the "Escape" key all audio is paused.

File Open / Save / Save as

File Open via Windows

When a settings file eg relax.emdr is double-clicked EMDR Pro will open and the settings will be loaded. Common settings files can therefore be placed eg on the desktop for rapid access. If several settings files are opened at once only the first settings file will be opened.
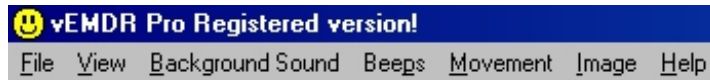
File Open - Shortcut: ALT/F/O

Enables you to load a settings profile from c:\CS\vEMDR\User (default path)

The file filter will be set to *.emdr and should not be altered. emdr files should not be edited.

The new settings will be implemented immediately.

You may load a new settings profile at any time.

NB: The current settings profile will inherit all values from the last profile loaded unless a new value is present in the current profile. This is intentional and allows you to maintain a standard profile with non-standard child profiles.

UNSUPPORTED FEATURE: .emdr files are in plain text format (value name / tab / value / crlf) and CAN be edited using notepad (NOT Wordpad/Word etc). Manual editing is not advised however.

File Save - Shortcut: ALT/F/S

Enables you to save any changes to an existing settings profile to c:\CS\vEMDR\User (default path)

If a current profile is present it will be overwritten without further warning messages.

If a current profile is not present the "File save as" window will appear.

The file filter will be set to *.emdr and should not be altered. emdr files should not be edited.

File Save As - Shortcut: ALT/F/A

Enables you to save the current settings profile to c:\CS\vEMDR\User (default path)

You will be prompted to enter a new filename. The file filter will be set to *.emdr and should not be altered. emdr files should not be edited.

Image Settings

Tracking Image / (Tracking object)

Enables you to add an image from c:\CS\Shared\Image (default path).

A wide variety of formats are supported. However, gif images are preferred because they support transparency and tend to be reasonably small.

By default the file display filter is set to " *.gif"

If a file type is not supported or corrupt or missing a "Unable to load image file" message will appear in the messages area. And the default "safe" red square mode will be implemented (see below).

WARNING: Very large image files will take time to load and may slow the system down.

NB: If an image can't be loaded for any reason (eg missing file) the system will auto reset into "red square" mode. In this mode any current images will be set against a red square background and if no image is currently loaded a simple red square will be displayed. To reset this mode add a valid image file, save, exit the application and then restart the application.

NB New images will be resized automatically in accordance with your current size settings. To alter the physical proportions of an existing image edit using appropriate software.

Image Size

This track bar enables you to increase or decrease the size of the image.

NB All images are treated as being square. To alter the proportions of an existing image edit using appropriate software.

Show Button

Displays the current tracking to the right of the GUI. Useful if the tracking object is hidden behind the GUI.

System Images

These are contained within c:\CS\vEMDR\Image\System and should not be altered / deleted.

Background Image

Background images are displayed behind tracking objects and the video window. Most common image file formats are supported.

Optionally the image can be displayed only when the tracking object is at the far left or right-hand sides of the screen.

Quality The level of automatic compression applied to the currently selected background image. 100 (fully right) = load file "as is". 20 (fully left) is 80% compressed. Tracking speed will vary depending on the quality level selected.

Add BG – browse your PC for a suitable image file.
Add BG - **Check-box**: If you check the check-box the system will attempt to estimate any required changes to speed to compensate for large background files being in memory / generating more processor activity.

Opaque / Transparent – (**For technical users only**). This indicates if transparency has been enabled for the currently selected tracking object against a single colour background or currently selected background. Click on the text to change the setting.

It is recommended that you avoid enabling transparency when using background images unless you have a fast system.

Transparency disabled   Transparency enabled

Clear BG – remove the currently selected background image

BG Img % LR – alters the amount of time that the background image is displayed for example:

- 100% = display all of the time
- 10% = display only when 10% of the screen from the left or right hand sides
- 0% = display all of the time but disable transparency even if transparency has been enabled

Multiple Background Images (New in V2.9.4+, updated V3.3)

This feature allows many background images to be displayed in sequence. The image is changed when the loop counter is incremented. In most cases this will be when the tracking object / image is at the right hand side.

To load multiple images:

- click on the "Add BG" button
- hold the control or shift keys down at the same time as selecting image files

The control keys allows you select files individually. The shift key allows you to select blocks of image files.

The files will be load into memory in accordance with the "Quality" setting. If the quality is set to 100% the file is not loaded into memory, it is read from disk "as-is" without any form of compression. If the files are of differing sizes tracking speed may vary between files.

If the quality is anything other than 100% and images are of differing sizes tracking speed will not vary between different backgrounds.

If one or more of the selected background files is not valid it will be skipped and an error message will be displayed. The remaining files will be displayed. The same is true when loading a saved settings file eg if an image file has been deleted since the settings were last used.

After loading multiple background images you can change the "Quality" setting. The changed quality level will be reflected in all of the loaded background images.

In theory there is no limit to the number of images that you can load. The only limits are those imposed by the amount of available memory and processor speed.

**Editing multiple background images (V3.3 +)**

As of version 3.3 you can select background images one by one or in bulk from any number of different folders. Previously multiple background images for the slideshow effect had to be selected in from one folder and all at the same time.

You can also edit multiple background images - this means that you can change the display order and copy / delete images from the list of images to display. To edit the list of images to display simply click on the file location text to the right of "BG Image" in the "File locations" panel. Click on the "Clear BG" button at the bottom of the "Image" panel to remove all background images and start-over.
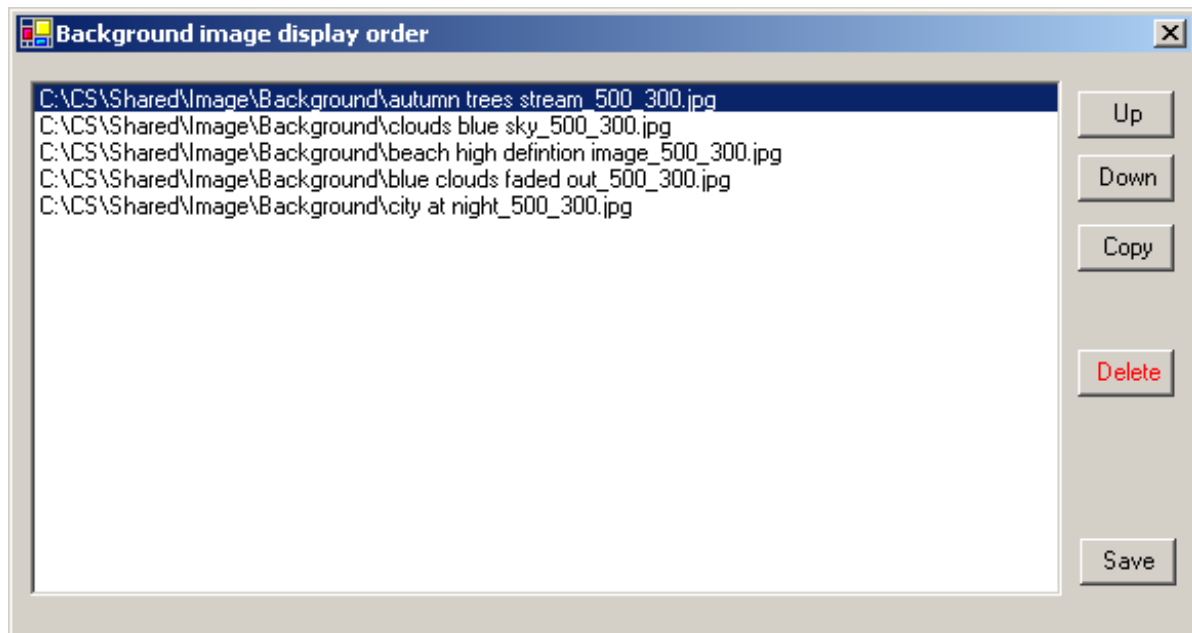
Other Features

Options
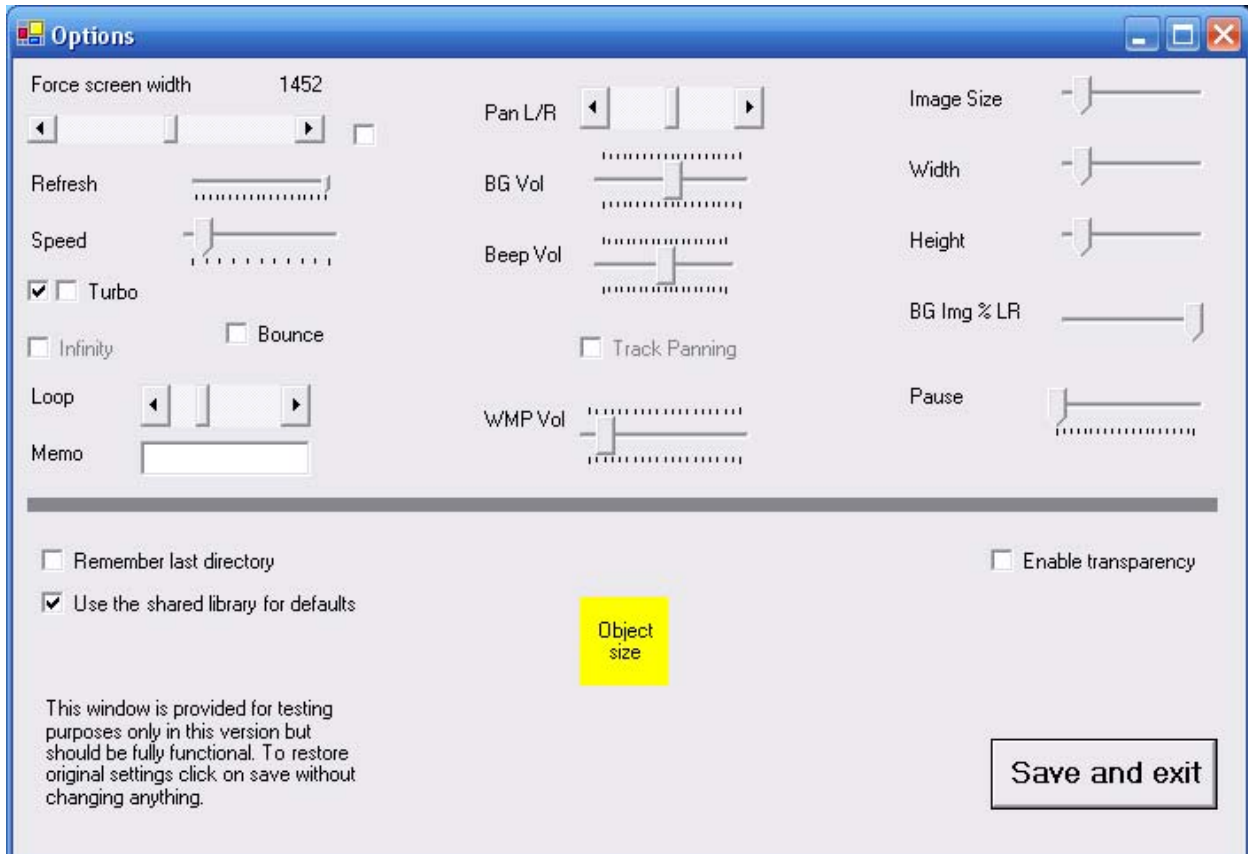
When EMDR Pro is opened it sets up the GUI according a series of preset defaults.

In EMDR Pro 2.8+ you can now alter these settings if you so desire. This feature is experimentally released in version 2.8 and stable as of 2.9.

To exit without changing anything click on the red "X" at the top right to close the window.

To reset the default settings to their "factory settings" click on "Save and exit" without changing anything.

In most cases when a value is changed via the controls a numeric indicator is also displayed towards the bottom of the screen. This helps to fine tune default settings.

When "Save and exit" is pressed the new user default settings are applied instantly.

Options that are "grayed out" are not yet implemented.

Remember last directory

This setting only appear in the Options window.

If "Use shared library" is checked this setting only applies to the default file location of saved settings files.

If "Use shared library" is unchecked this setting means that whenever a file is opened eg to open a background audio file the location will be wherever the user last specified.

Setup / Treatment mode key

Normally the ESCAPE key is used to move between the setup and treatment modes. This can be altered in the Options window by clicking inside the box to the left and pressing whatever key the user wishes in order to move between the two modes.

NB If the key is already being used as a shortcut either within EMDR Pro a warning is not provided. To avoid losing shortcut keys that you view as being important please refer to the keyboard shortcut page and avoid using keys that are already assigned. (Keyboard Shortcuts).

NB If you have installed the shared media library you do not need to click on "Used the shared library for defaults" in order to automatically access the shared library. A cut-down version of the library is installed when EMDR Pro is installed.

Sound Recorder

Once opened the sound recorder will stay on top of all other widows until closed. This allows you to make changes to the settings in EMDR Pro prior to recording. For more advanced audio recordings use a product such as Audacity.

Device / Line: – what you see here depends on what your sound card provides. To record whatever audio your computer is generating look for:

- What you can hear
- Microsoft Sound Mapper – Input
- Stereo Mix

NB You may need to unplug or mute your microphone.

File: - Select the type of file that you would like to record to eg MP3

Format: - Select the quality of the file to record – the lowest quality is selected by default. 129k BPS, 44Hz, Stereo is a good compromise between file size and quality.

Slider bar at the bottom: (Recording volume level): If a slider bar is visible at the bottom of the window your sound card supports varying the volume level of the recording. A high recording volume records very quiet sounds, a low recording volume level records loud sounds without distortion (clipping).

It is best to keep the slider at about 60% where 100% is fully to the right and alter the volume levels in EMDR Pro or in your volume settings.

Record: - When you click on this button sound will be recorded to the following file: C:\CS\vEMDR\Audio\Out\audio-out.mp3

Stop: - Stops recording (Does not stop playback – use the stop button in the media player part of the window).

Play: - Plays back the recording

This is an experimental feature in version 2.8
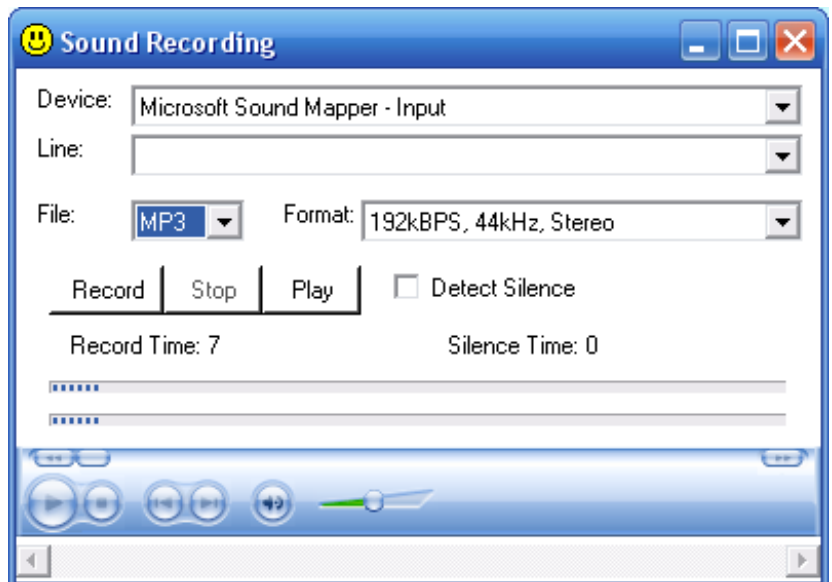
Multi-screen (Advanced / technical users)

The multi-screen feature is introduced as an experimental feature in V2.9+.

It is designed for use by those with "Extended desktops" enabled for multiple monitors. The setup for Extended desktops can be complex hence we advice that only confident users attempt to configure windows for Extended desktop use.

To generate a clone of the current treatment mode window as a new movable window:

- click on "View" then "Multi-screen".
- move the cloned window to the alternate desktop
- click back onto the parent window

The background image, tracking image/object and transparency settings are cloned into the new window. To refresh any of these settings you will need to close and reopen the cloned window.

Thereafter most things that you do in the parent window in terms of movement will be reflected in the cloned window. The cloned window is permanently in "Treatment mode".
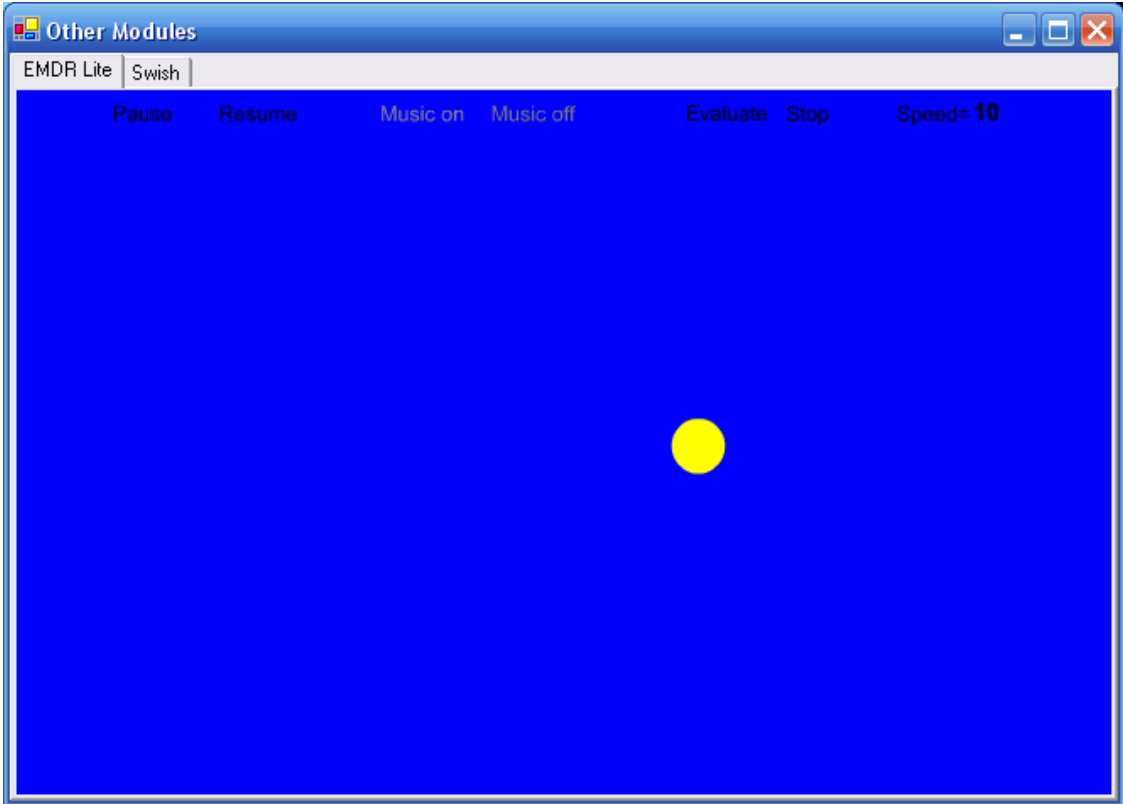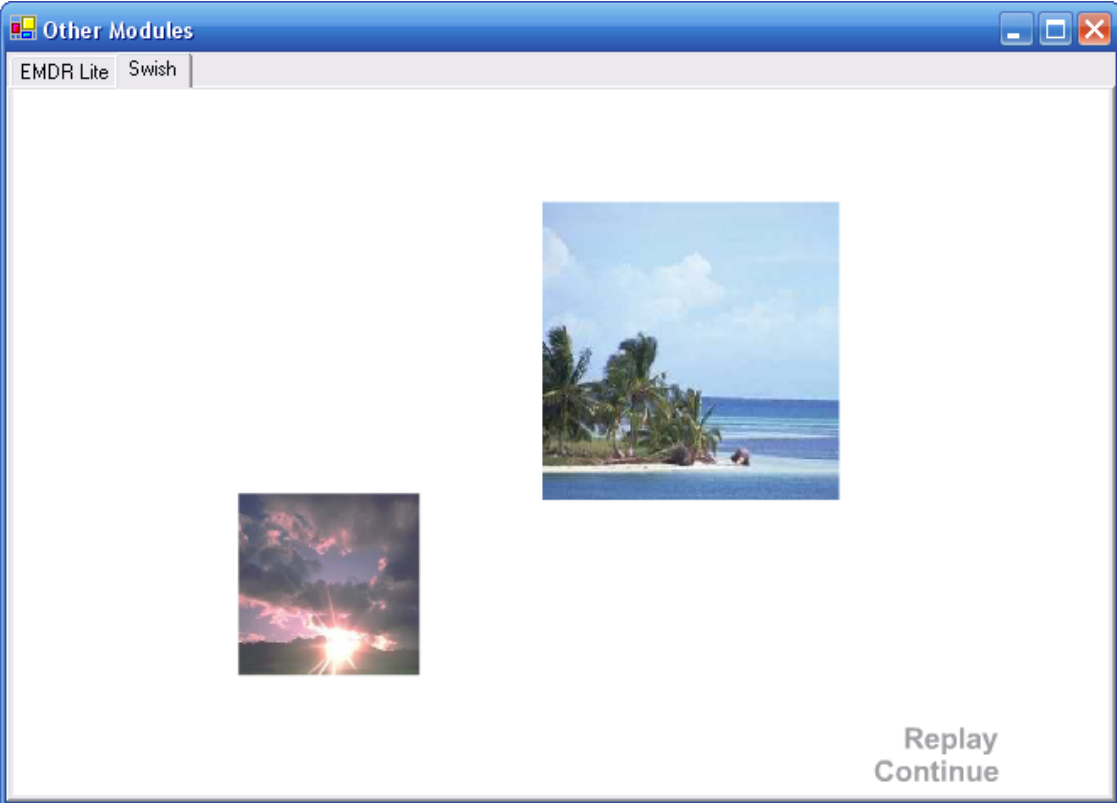
Other Embedded Applications

Fun Wheel!


EMDR Lite (Cut down version)

vSwish (Basic Version)

The Purchase / Unlocking Process

Overview

If on start-up you see the notification message below this software has not been purchased or has not had the unlock code applied following purchase. A second message follows indicating the number of days of evaluation remaining. A maximum evaluation period of 30 days is allowed before functionality is prevented from being used. If you wish to continue using the software after 30 days you must purchase the software and obtain a valid unique unlock key. To avoid delays please action the purchase process several days before the expiration of your evaluation period.
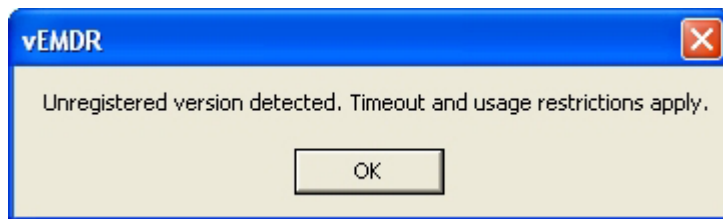
The purchase / unlock process is necessary to prevent software theft. Any attempt to circumvent the purchase / unlocking process is software theft. Please note that unlock key tracking is in place as is automatic copying detection / notification. Attempts to circumvent the purchase process will be detected automatically resulting in loss of functionality.

The process is as documented in the unlock window and on the Neuro Innovations website where there are very detailed instructions:

To place an order to obtain your unlock key please visit

- www.neuroinnovations.com
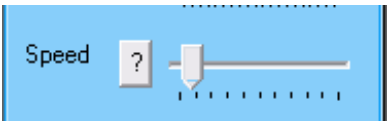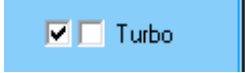
Trouble Shooting

Animation speed / quality

See also instructions / considerations at the top of this manual.

All movement in EMDR Pro is animation. Animation is an illusion generated by presenting a series of static images very rapidly. This is perceived as motion.

The faster the images are presented the smoother the animation. This speed of presentation is known as the frame rate.

Animation speed and quality are most affected by the following settings:

Speed	Turbo	Background image quaility
Speed ?	☑ ☐ Turbo	Background image Quality

Speed
The amount of movement in between frames.

Turbo
Neither selected = Lowest possible frame rate, needs minimal processor power

First selected = Medium frame rate, a good compromise (can be too slow with background images which is why both check-boxes are automatically checked when you select a background image)

Both selected = Maximum frame-rate, fast animation, needs lots of processor power

Background image quality
The system has to work hard when animating over a background image. Large high quality background images can slow animation down by requiring the processor to a lot of computation behind the scenes.

It is therefore advised that you keep the default quality setting which is 30 or 40%.

When selecting a background image you can "check" the check-box to the right of the "Add BG Image" button and EMDR Pro will attempt to increase the speed to compensate. There's no need to do so really unless the quality setting is at 100% ie don't compress or standardise at all.

Supported operating systems

The software is known to operate under the following versions of Windows

- Windows Vista
- Windows XP (Home or Pro)
- Windows 98
- Windows NT 4 (With service pack 6a or later applied)
- Windows ME
- Windows 2000 (With service pack 2 or later applied

MAC compatibility depends on the level of Windows emulation possible.

Other operating systems may or may not support the software.

Monitor / Screen

The software is known to operate with the following screen types

- Super VGA (1024 * 768) or higher / 256 colours

Other screen types may or may not support the software.

If a Windows search (F3) process is underway this will have a major impact on processor availability and will cause significant disruption to screen animations. To resolve close the search windows down.

Monitor Settings: Enable hardware acceleration and optimise for speed.

Screen saver: Switch off your screen saver or extend the "inactive" time period to avoid the screen saver activating during a set of movements.

Installation

The software may not be installed onto a network server or any other form of distributed network device.

Installation is to a folder named c:\CS. This must not be changed.

The Microsoft .Net Framework must be installed on some systems. The installation utility will identify if this is required and take appropriate action.

Memory

The software is known to operate on systems with 64K + of memory. Large audio files / multiple Windows open at the same time will reduce available memory.

As a matter of course you should reset your PC on a regular basis ie do not leave it up and running permanently.

Processor

The software is known to operate on Pentium III + systems but may still function with other processor types.

As with all Windows applications try to keep the number of Windows / Applications active at any one time down to a minimum.

Unlock

Software is licensed to a specific PC. The formally registered user must be the person that installs the software. They must be logged in as themselves to do so. If details relating to the PC or the user change a new unlock code needs to be requested and entered.

Administrator rights may be required to install. The installation process is only completed when the unlock code has been entered and accepted.

Error Messages and Notifications

Audio / Sound

[A1] Audio version 1.8 was not loaded
Restart the application / Windows. Sound card problem.

[A2] Can't start digital audio output
Restart the application / Windows. Sound card problem.

[A3] Can't Load Audio Sample
File corruption / wrong format / missing file.

[A4] Audio play function locked. Evaluation period over. Please purchase and enter unlock key.
Purchase software and then enter unlock key.

[A5] Can't play audio sample
File corruption / wrong format / missing file.

[A6] Can't Load Audio Sample
File corruption / wrong format / missing file.

[A7] Audio driver version 1.8 was not loaded
Restart the application / Windows. Sound card problem.

[A8] Can't start digital audio output
Restart the application / Windows. Sound card problem.

Evaluation Period Security

[UL1] Unlock applied!
Software already unlocked. No need to apply the lock.

[UL2] Unlock failed. Verification level 3.
Purchase software and then enter unlock key.

[UL3] Unlock failed. Verification level 2.
Purchase software and then enter unlock key.

[UL4] Unregistered version detected. Timeout and usage restrictions apply.
Purchase software and then enter unlock key.

[UL5] Evaluation period now over. Please purchase and enter unlock code.
Purchase software and then enter unlock key.

[UL6] Days into evaluation =
Purchase software and then enter unlock key.

[UL7] Unlock failed. Verification level 3.
Purchase software and then enter unlock key.

[] Unlock failed. Verification level 4.
Purchase software and then enter unlock key.

[UL8] Unable to identify registration status.
Purchase software and then enter unlock key.

[M1] Start function locked. Evaluation period over. Please purchase and enter unlock key.
Purchase software and then enter unlock key.

Enter Unlock Key

[EUL1] Please enter first name / last name / address line 1 / city / zip
Person ID details missing.

[EUL2] Please re-enter ID details and then click on this button.
Person ID details missing - please enter.

[EUL3] File could not be created or written to.
Do you have access rights to systems folders / files? Could be a locked file (restart application / Windows)? Contact support.

[EUL4] Your software is now unlocked. Please restart the application to enable new settings.
Restart the application to enable new settings.

[EUL5] Unlock failed.
Do you have access rights to systems folders / files? Could be a locked file (restart application / Windows)? Contact support.

File Save / Open

[FS1] File could not be created or written to.
Do you have access rights to the folder / file? Is the file locked (restart application / Windows)? Contact support.

[FO1] Values from saved file not loaded back
Possible file corruption. Loading settings files from a previous version of the software. Reset the settings manually and resave.

[FO2] File could not be opened or read.
Do you have access rights to the folder / file? Is the file locked (restart application / Windows)? Contact support.

Support / Contact

Support issues should be sent by eMail to info@neuroinnovations.com with vEMDR Support in the subject line

Purchase information including prices can be found at www.neuroinnovations.com

We are here to help and try to action as many requests for functionality as possible.

When software errors are reporting we aim to resolve the issue as rapidly as humanly possible. If required we even generate custom versions of vEMDR to circumvent issues with specific PCs.