

# EMDR Pro 4.0+ - EMDR Software from only £55



## Cost effective EMDR software automation

EMDR Pro is an advanced EMDR software system that has been designed to automate the generation of eye movements thereby allowing the therapist to focus on the therapy itself. Very simply an object or image tracks from left to right in any direction whilst at the same time auditory stimulation tracks from left to right at the same rate. EMDR as a technique is used by hypnotherapists, EMDR specialists and CBT / EMI therapists.



## EMDR Software: What does EMDR Pro do?

Feature	Benefit
On screen bilateral visual tracking from left to right via the display of an image or a standard object	Allows you to focus on the client and the process. The software automatically generates bilateral eye movements facilitating desensitisation.
Tracking in any direction at any time [Visual / Auditory / Kinaesthetic] (V/A/K/Ad-Vc/K-Vr/Cycle) / Circular / Vertical / Wave / Figure of eight	Enables you to tailor EMDR to the client's primary modality / break through blocks by crossing modalities. Allows you to cross modalities which is essential for Eye Movement Integration therapy
Bilateral auditory stimulation that pans from left to right as the object / image moves from left to right	Engages multiple modalities at the same time ie Visual and Auditory - choose from a variety of pre defined beeps / sound effects or provide your own
Any background sound and / or CD background audio	Background music gives the conscious mind a constant to focus upon and can mask external noise. V2.4.2+: Background music loops can be panned automatically as the object tracks from left to right. V2.6+ Pan CD audio as the object tracks.
Choose from a range of pre-packaged background sound loops or provide your own	You have complete control - at the touch of a key adjust volume / panning / sound file specifically for the current background sound
"Smooth start" audio	When you load or clear audio the volume is reduced to zero, the file is loaded / cleared and the volume is gently reinstated. This means no jarring changes in volume that may have startled your patients.
Any tracking image / background image at any time / any background colour	Select from a range of preset objects (red / green / blue / yellow / black) (circles / squares / rectangles) or select an image from the pre-packaged library or select your own. You can select any background image or a background colour or both. This means that CBT systematic desensitisation can be merged into the EMDR process seamlessly.
Multiple background images (slideshow effect)	The background picture changes when the tracking object / image hits the right hand side of the screen. The background image can also be set such that it is only displayed very briefly when the tracking image is at the right or left hand sides.
Multiple tracking images (slideshow effect)	The tracking image changes when the tracking image hits the right hand side of the screen.
Adjust object size / tracking speed at any time	You can change the size of the image / object at any time and you also have complete control over the speed of the movement at the touch of a key
On screen software counting of loops	Stop movements after a preset number of sets or loop to infinity - either way your EMDR software will let you know how many sets have passed
Optional brief on-screen textual messages	If selected, a single textual {subliminal} phrase will be flashed on screen for approx 0.5 seconds as the image / object starts to move towards the right hand side. (eg "LETTING GO").
Keyboard shortcuts	You can sit away from the screen and will still have complete over your EMDR software via your keyboard
Save / reload EMDR software settings	Enables you to store current EMDR software settings on eg a per condition or per client basis. You can also customise many application default settings. You can also have several copies of EMDR Pro open at the same time.
Record sounds and generate ambient audio	Enables you record your EMDR audio from within EMDR Pro (V2.6+) and easily generate ambient background audio (see below)
Suitable for self application of EMDR	Enables you to apply EMDR treatment protocols to yourself. Can be used by patients themselves with guidance from a therapist (EMDR Lite was designed for this purpose and there's a free online version as well).
EMDR treatment forms / modality testing utility	Enables you to document EMDR treatment on a formalised basis (forms cover the standard trauma protocol / generic desensitisation / recent trauma / phobia desensitisation). The forms are detailed and tell you exactly what to do and when - in detail. There is ample provision for recording SUDS so you can monitor change over time. (V2.7+, on request / therapists only).
Free: Large additional image / audio / video library compiled by users for other users (Online or CD)	You don't need to search for tracking images / background images / audio loops / video files for a wide variety of situations
Free: You are given access to an online version of EMDR Lite to provide to your client's free of charge.	This enables your clients to continue the process when back at home.
Tactile units (Tappers)	Allows you to generate synchronised bilateral tactile simulation with one mouse click. Gentle or strong stimulation settings.

Motivation



Aversion



Phobias



Addictions

