

EMDR Pro 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
 Preview / Stop preview 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 in treatment mode = small change)
 Faster Ctrl F (F in treatment mode = small change)
 (In treatment mode the arrow keys also change speed)

Start/Stop Ctrl Z / F12 / (Space in treatment mode)

Up Ctrl U
 Down Ctrl D
 Visual Ctrl V (V in treatment mode)
 Auditory Ctrl A (A in treatment mode)
 Kinesthetic Ctrl K (K in treatment mode)
 KVr Alt M/K / F9 (\ in treatment mode)
 VcAd Alt M/C / F10 (/ in treatment mode)
 Cycle Motion Ctrl Y

IMAGE Alt I

Smaller CtrlShift S (R in treatment mode - reduce)
 Larger CtrlShift V (E in treatment mode - enlarge)
 Red CtrlShift R
 Green CtrlShift G
 Blue CtrlShift B
 Gray CtrlShift Y
 Black CtrlShift K
 Black CtrlShift W

HELP Alt H

Help Topics F1
 Keyboard Help Ctrl H

