

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

