

Mangrove Inspired Simple EMDR Set



**EMDR Controller / Lightbar / Tappers / Audio
Product Documentation**

Description

The Mangrove Inspired Simple EMDR system has been developed in Australia to provide practitioners with a low-cost, robust and practical device for use with patients requiring ABS/EMDR based therapies.

The system was developed in consultation with practitioners and EMDR trainers to provide the most up-to-date functionality.

Notably the system DOES NOT rely on any wireless technology nor does it require an external “App”. This is by design. In a clinical environment these technologies distract the practitioner from their patient and we have gone to great lengths to avoid this by creating a simply operated control box.

Unboxing / Setup

Your shipment should contain the following...

- 1 x Master Control Box
- 1 x Power supply
- 2 x Tappers
- 1 x RGB LED Lightbar
- 1 x adjustable lightbar stand or tripod
- 1 x Stereo audio cable (to attach lightbar)
- 2 x Mono audio cables (one for each tapper)

Unpack the adjustable lightbar stand or tripod and assemble.

Next attach the lightbar to the stand or tripod by screwing it onto the ¼” threaded lug.

Locate the stereo audio cable provided and plug one end into the socket on the lightbar.

Plug the other end of this cable into the 3.5mm socket labelled “Lightbar” on the control box.

For each tapper, locate a mono audio cable and plug one end into the tapper and the other into one of the 2.5mm holes in the side of the control box.

If you are wanting to use headphones as well, plug these into the headphone socket on the control box.

Once all your peripherals are attached, simply plug the power supply in and the green LED power indicator should light. Your unit is now ready to use.

Controls / Adjustments

The control box has 4 potentiometers, 4 push buttons, 1 rotary switch and Power LED.



The functions of each are described below.

Amplitude knob adjusts the strength of the vibration of the tappers. The changes in amplitude are also indicated via the brightness of the left and right (red and green) LED lights.

Phase knob allows the user to gradually move the tapper and audio signals out of phase with the operation of the lightbar.

Length knob adjusts the length of TOTAL travel of the moving dot on the lightbar. The system automatically centres the total length of travel on the lightbar. Once again allowing for personal preference. At the maximum setting the length of travel is 66cm.

Speed knob adjusts the speed at which the moving dot on the lightbar travels. This speed is also impacted by changes to amplitude and length so it is good practice to adjust these settings before adjusting speed.

If you feel the light bar speed needs to increase, try turning the amplitude down and/or adjusting the length shorter.

The rotary switch on the left-hand-side of the unit allows you to select 4,20,30,40 or an infinite number of “sets”. For our purposes a “set” represents the dot on the lightbar starting in the centre, travelling to one end, travelling back to the other end and returning to the centre of the lightbar.

The Start/Stop button on the right-hand-side of the panel does as the name implies. Starting the unit to perform the pre-selected number of sets. The start/stop button also allows the user to terminate the sets at any time.

The distract button instigates a sequence of random patterns on the lightbar display.

To the left of the distract button is the FLASH button. The flash button triggers the light bar, audio and tappers to flash several times before resuming the current sets.

The flash button allows the operator to implement a short “flashing” sequence on the lightbar.

The colour button allows you select from 10 different colours. To select a colour, first start a series of sets. While the unit is running hold the colour button down until the colour you desire appears then let the button go.

The GREEN LED power indicator shows that the unit is powered on and ready.

On the back of the unit there are 4 sockets.

2 x 2.5mm audio sockets – these are for the tappers.

1 x 3.5mm stereo audio socket for the lightbar connection.

1 x 3.5mm stereo audio socket for stereo headphones or earbuds.

The standard cables are 2 metres in length. We have extension cables available on our website should you require more length.