



Welcome to Your EMDR Online BLS App

This guide walks you through using the EMDR bilateral stimulation app designed for online sessions. It offers a calm visual environment with teal and soft blue tones that match the Illuminated Thinking brand. The goal is to help you feel at ease while supporting your clients.

1. Starting a session

Open the clinician page at your dedicated URL. A session ID will be created automatically. Copy and share the client link shown on your page.

2. Connecting the client

Ask your client to click the link and wait until they are shown as connected on your screen.

3. Running BLS

Adjust visual and audio bilateral stimulation settings. Use the built-in timer to track sets.

4. During therapy

Guide your client through EMDR processing while monitoring the preview window and timer.

5. Ending the session

Stop the BLS and provide closure as you normally would in an EMDR session.

This application is designed to keep things simple so that you can focus on the therapeutic process. It supports live visual and audio BLS, timers for tracking, and an instant preview to ensure smooth sessions. Use the soft blue and teal theme to help clients feel grounded and supported throughout their EMDR journey.