

EMDR Tappers & Virtual Sites

A Clinical Reference List

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Included for clinician convenience, not endorsement. Products and platforms change; verify current pricing, availability, and HIPAA compliance status directly with each vendor before clinical use.

Physical Tappers

Theratapper Handheld pulsers with adjustable speed and intensity. One of the most widely used devices in EMDR practice. Available in wired and wireless configurations. theratapper.com

NeuroTek Tactile pulsers and light bars. The NeuroTek TheraTapper and EyeScan light bar are standard equipment in many EMDR training programs. neurotek.us

Bilateral Base Compact tactile pulsers designed for portability. Useful for clinicians who work in multiple settings or do home visits. bilateralbase.com

Bi-Tapp Bluetooth tappers designed to feel like tapping rather than vibration. Clinician-controlled via a free app; also supports telehealth delivery through integration with remotEMDR. Battery life exceeds 60 hours per charge. Useful for between-session regulation as a standalone tool. bi-tapp.com

EMDR Kit Dutch-manufactured EMDR equipment with CE certification. Offers Classic (wired) and Wireless (Bluetooth) pulsators, a light bar, and headphones. The wireless pulsators include LED lights that can serve as a secondary visual stimulus. Ships internationally. emdrkit.com

Wevana (formerly Dharma Dr.) Wireless “Tabs” ~ compact, wearable bilateral stimulators with a companion app and a free provider portal for remote therapist control. Rebranded

from Dharma Dr. in 2025. Marketed for both in-session use and between-session self-regulation. wevana.com

DIY / Low-Cost Options Open-source tapper designs and low-cost kits circulate in the EMDR community. Verify electrical safety before clinical use. Not recommended as a primary device for complex trauma clients where reliability matters.

Audio & Visual BLS

EMDR Audio Tones (free) Multiple free audio BLS tracks are available on YouTube and SoundCloud. Search “EMDR bilateral tones” ~ verify the alternation is true left-right (not just stereo panning) before clinical use.

Light Bars NeuroTek EyeScan and similar devices provide moving visual stimulation. Some clients find visual BLS activating; for dissociative clients, tactile or audio is typically preferable.

Telehealth BLS Platforms

BLS Remote Therapy Browser-based bilateral stimulation platform designed for remote EMDR delivery. Provides visual, audio, and tactile BLS options that the clinician controls during the telehealth session. blsremotetherapy.com

EMDR Online Purpose-built telehealth platform for EMDR. Includes on-screen BLS (visual and audio), session recording consent tools, and HIPAA-compliant video. emdronline.com

Remote EMDR (remotEMDR) Browser-based BLS delivery designed for telehealth. Clinician controls speed and modality; client sees the stimulus on their own screen. remotemdr.com

bilateralstimulation.io Browser-based visual, auditory, and tactile BLS used by 40,000+ EMDR therapists. Free with no signup required; a paid Professional Plan adds additional features. HIPAA-compliant. Works with any video conferencing platform via screen share. bilateralstimulation.io

ActiveEMDR Free web-based application for delivering bilateral and dual attention stimulation in person or via telehealth. No download required; clinician and client each

open the tool in their browser. activeemdr.com

EMDR Tappers (app) Cross-platform app (web, iOS, Android, Apple Watch) that syncs visual, audio, and vibration BLS between therapist and client in real time. No extra hardware required ~ uses the client's own phone or watch for tactile stimulation. Free; HIPAA-compliant. emdrtappers.com

BilateralBase All-in-one platform combining integrated video conferencing with therapist-controlled visual, auditory, and tactile BLS. Supports both online and in-person delivery. Used by NHS Digital and other institutional providers. bilateralbase.com

Selecting a BLS Modality

Modality	Best For	Caution With
Tactile (tappers)	Dissociative clients, high sensitivity, complex trauma	Clients with tactile defensiveness or trauma involving touch
Eye movement	Standard protocol, in-person, single-incident PTSD	Dissociative clients, visual processing difficulties, high activation
Audio tones	Telehealth, clients without access to tactile devices	Highly sensitive clients who find tones activating

The choice of BLS modality is a clinical decision, not a preference. Clients who score high on sensory sensitivity may tolerate tactile BLS better than audio tones; clients with significant visual processing difficulties may find eye movement activating rather than facilitating.

Not all video platforms are HIPAA-compliant. Verify BAA status before using any platform for clinical telehealth. Zoom for Healthcare, SimplePractice Telehealth, and Doxy.me are commonly used HIPAA-compliant options that can be paired with screen-shared BLS tools.

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