

Electrical Equipment and Speed Control

Voltage

Check voltage indicated on switch plate (fig. 7). Make sure that this **voltage** (Volts) is the same as that indicated on the **electric meter** or on the **light bulbs**.

If these indications should not correspond do not connect the machine but notify your ELNA Service. (Markings on the plugs are irrelevant fig. 7.)

Knee Control Lever and Electric Cord

Insert the knee control lever in the bayonet catch and connect the electric cord (fig. 7).

Foot Control Pedal

On machines supplied with a foot control, connect the pedal cord (fig. 8).

Starting the Machine

The more you press against the knee control lever with your right knee, or the more you press the foot control pedal down with your foot, the faster the machine will run.

Sewing Light

Never touch the bulb as long as the current is connected. Pull the plug out first.

To replace the bulb, proceed as shown in fig. 9-10. Bayonet socket: push in, turn and remove it.

plug

Volts

7

8

9

10



Elna 55 Manual

Raffaella Di Napoli



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response prevention EX RP is the best treatment we have for obsessive compulsive disorder The Therapist Guide and Workbook by Foa Yadin and Licher will do two very important things The first is to make EX RP much more available to people suffering from OCD The second is to help ensure that the treatment that is made more available is a treatment that should really work Michael R Liebowitz M D Professor of Clinical Psychiatry Columbia University and Former Director Anxiety Disorders Clinic New York State Psychiatric Institute In this well organized and succinct manual leading experts describe exposure and ritual response prevention EX RP a proven first line treatment for obsessive compulsive disorder OCD They detail how to evaluate clients for EX RP treatment provide session by session instructions for treatment delivery and offer invaluable advice on handling problems like patient nonadherence This outstanding therapist manual together with its accompanying client workbook provides state of the art tools for transforming the lives of people with OCD H Blair Simpson M D Ph D Professor of Clinical Psychiatry Columbia University Director of the Anxiety Disorders Clinic and the OCD Research Program at the New York State Psychiatric Institute A concise up to date and extremely useful clinical guide to understanding and treating people struggling with OCD State of the art essentials for how to provide the most effective intervention for this often difficult to treat condition are covered in a clear and practical manner that is certain to facilitate positive outcomes Jonathan S Abramowitz Ph D ABPP Professor of Psychology University of North Carolina at Chapel Hill and Editor in Chief Journal of Obsessive Compulsive and Related Disorders

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