If you are between 18 and 65 years old, and are still experiencing symptoms of depression despite taking an antidepressant medication, you may be eligible to participate in a depression treatment study at UCLA.

The study examines the effects of Central Meditation and Imagery Therapy (CMIT) on the symptoms of depression, on life functioning and satisfaction, and on brain activity. CMIT is a group therapy involving gentle yoga stretches, meditation, and guided imagery.

Participants in this confidential project will be interviewed by researchers, undergo CMIT group therapy for 12 weekly sessions, and have EEG measurements (brain electrical activity) to assess treatment effects on the brain. During the study, which may last up to 22 weeks, participants will be asked to not make changes to their antidepressant medications.

For More Information visit DepressionLA.com or call 310-825-3351