

ARE YOU
STRUGGLING
WITH
SYMPTOMS OF
DEPRESSION?

EMDR* therapy may help!
Join our study.

Contact Zenova
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No interest in activities

ANGER / irritability

Negative thoughts about self

Too much sleep
or insomnia

Loss of appetite

Loss of energy

Difficulty concentrating

Feeling down

Hopelessness

DEPRESSION

This study examines the use of EMDR* therapy to treat depression.

•Eye Movement Desensitization & Reprocessing therapy
is proven effective for symptoms of post-traumatic stress.

Learn more about EMDR* at <http://www.emdria.org/?2>

Study approved by the IRB, Kansas State University, #7182