

SEEKING PARTICIPANTS

Emotion in Treatment for Depression and Anxiety Study



Do you have symptoms of depression and/or anxiety that get in the way in your life and want help?



Receive free therapy for depression and anxiety in a study of emotions in therapy.

Eligible Participants:

- Over 18 years of age
- Willing to participate in 12-15 sessions of free therapy for depression and anxiety, and complete questionnaire and interview assessments
- Fluent in English

This research will be used to help build our understanding of how to best relieve symptoms of depression and anxiety in therapy.

If you are interested in participating or have any questions, please contact:
efitstudy@gmail.com