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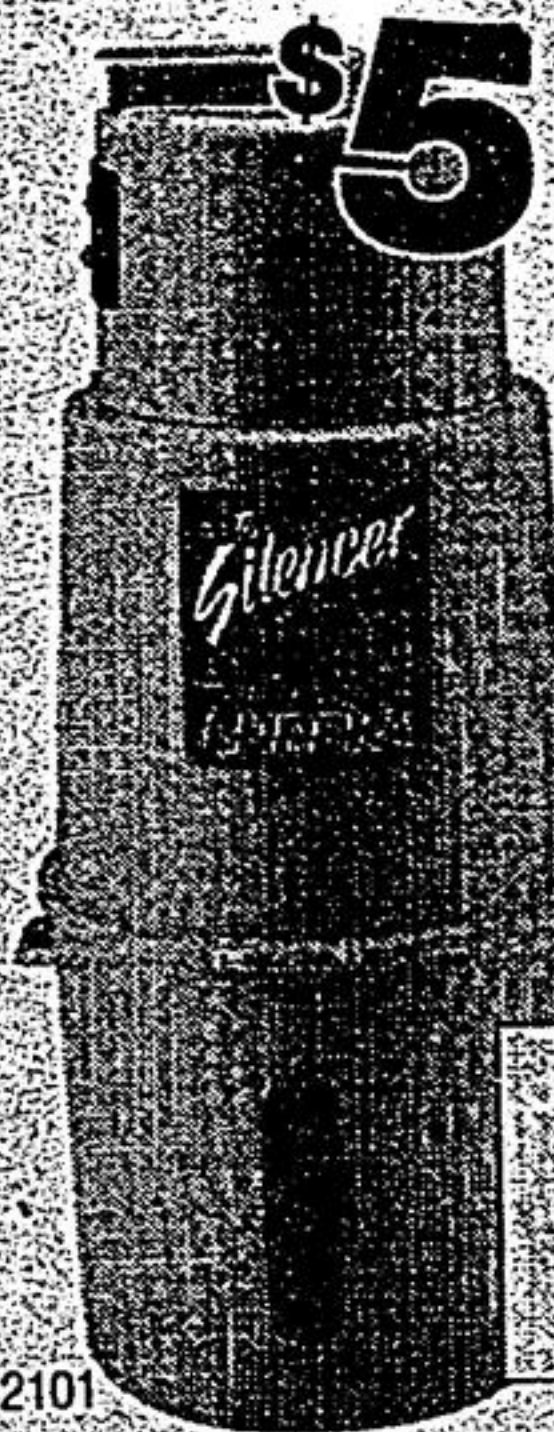
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HEALTH: Depression treatment being studied

Free therapy for the depressed

Depressed people can receive free psychotherapy in exchange for taking part in a York University research study.

York's Psychotherapy Research Clinic is conducting a study on the treatment of depression and is seeking volunteers for the five-month project.

Those approved for the study will receive 16 to 20 weeks of free therapy.

The study will use emotion-focused therapy, which focuses on how people process different emotions. The program will also include an 18-month follow up to examine whether the process was effective or not.

"People relapse and we are looking at whether our therapy leads to a positive outcome," said Rebecca Pedersen, a therapist and advanced PhD student involved in the study.

To qualify, volunteers will need to have been depressed for at least two

weeks and currently not taking any antidepressant medication or involved in any other kind of therapy. As well, the study cannot accommodate anyone who is depressed and suffering other complications such as alcoholism or another psychiatric illness such as panic disorders.

Pedersen said depression in this case should be defined as an inability to concentrate and having difficulty eating or sleeping.

Each person will receive a detailed assessment before being accepted into the study.

"If they are too severely depressed we would refer them to someone else," she said.

The study will take place at the York University campus.

If you are interested, call the study program at (416) 736-5364.

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