Do you have symptoms of PTSD?

Are you a Veteran with symptoms of Post-Traumatic Stress Disorder?

(e.g., re-experiencing a traumatic event, avoiding stressful situations, negative feelings, sleep problems, unable to relax)

You may be eligible to participate in a non-drug study involving a group-based breathing meditation treatment or a standard evidence-based treatment.

Contact our Study Team at: (650) 785-6661