

Innovations in Light Therapy: A Primer for the Clinician

**Sponsored by The University of California, San Diego School of Medicine
Department of Psychiatry
and the
Society for Light Treatment & Biological Rhythms**

**June 15, 2002
Horton Grand Hotel
San Diego, CA
1 – 5 PM**

Clinical trials are demonstrating that bright light is useful for a wide range of depressive conditions, sleep disorders, and bulimia. As more patients seek bright light therapy, their primary care physicians and therapists need training and updates on providing this new treatment modality.

This four-hour course is designed for primary care physicians, psychiatrists, psychologists, and therapists. The course will teach treatment with bright light for patients with seasonal and nonseasonal depression, late luteal phase dysphoria, premenstrual dysphoric disorder, bulimia, and circadian rhythm sleep disorders. Topics will include methods and devices for bright light treatment, indications, timing, duration, and risks. Key clinical trials and evidence for efficacy will be critiqued. The emphasis will be on clinical methods of initiating treatment, with brief discussion of the physiology of light treatment.

Speakers will discuss the choice of lighting devices, brightness, timing, and duration of treatment. Speakers and the panel – among the foremost innovators in light treatment in North America – will also present the practical problems of providing light treatment for patients, how to overcome difficulties, and how to deal with the few adverse effects. Clinicians will leave with an understanding of when and how to use light treatment. Guidelines and teaching materials will be provided; several lighting manufacturers will be available to display their products.

1 – 1:45 PM Light Treatment of SAD, PMDD & Bulimia Raymond Lam, MD

At the end of this session, the learner will:

- Understand methods, devices, treatment timing and duration of treatment
- Understand practical treatment results with bright light compared to results with antidepressant pharmacotherapy
- Understand the benefits of light treatment for premenstrual dysphoric disorder (PMDD) and bulimia

1:45 – 2:30 PM Light Treatment of Nonseasonal Depression Daniel Kripke, MD

At the end of this session, the learner will:

- Understand the significance to clinical practice of new results for bright light and for bright light combined with antidepressant drugs compared to meta-analyses of pharmacotherapeutic treatment
- Understand the clinical considerations for selecting the brightness of light treatment, the time of day of treatment, and the duration of treatment
- Understand the risks of treatment and precautions to be taken

**2:30 – 3:15 PM Treating Circadian Rhythm Sleep Disorders
Roger Cole, PhD**

At the end of this session, the learner will:

- Understand circadian rhythm sleep disorders, specifically insomnia and hypersomnia caused by phase advance or phase delay
- Become familiar with the cellular and molecular level of biological mechanisms used to reset the timing of the body clock
- Understand how bright light can be used to reset the timing of the body clock through biological mechanisms
- Understand treatment principles and results and their application to clinical practice

3:30 – 5 PM PANEL DISCUSSION / Q&A:

Michael Terman, PhD; Barbara Parry, MD; Raymond Lam, MD; Dan Kripke, MD; Roger Cole, PhD

FACULTY

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The University of California, San Diego School of Medicine designates this educational activity for a maximum of 4 CME hours in category I credit towards the AMA Physician's Recognition Award. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.