

Course ID: CMEC35

The basics of light therapy: Indications and practical aspects of light therapy

Course director: Bengt Kjellman

Teaching faculty: Timo T. Partonen, Torbjörn Åkerstedt, Rickard Küller/Torbjörn Laike, Bengt Kjellman

Educational Objectives: Upon completion of the course, the participant will:

1. Understand how to establish a valid diagnosis of SAD and Sub-SAD;
2. Recognize indications for light therapy;
3. Become familiar with rating scales and when to use them;
4. Understand contraindications for light therapy;
5. Become familiar with equipment available in treatment;
6. Understand the importance of timing in light therapy;
7. Understand the long-term aspects of light therapy.

Course description:

Timo T. Partonen, M.D., PhD, Dept of Mental Health and Alcohol Research, Mannerheimintie, Helsinki, Finland:

SAD: Epidemiology & Contributing Geophysical Factors.

Torbjörn Åkerstedt, PhD, IPM & Karolinska Institutet, Stockholm, Sweden:
Light at Work.

Rickard Küller/Torbjörn Laike, PhD, Environmental Psychology Unit, School of Architecture, Institute of Technology, Lund, Sweden:
An International Study of Sub-SAD.

Bengt Kjellman, M.D., PhD. Institution of Clinical Neuroscience, Section of Psychiatry, Karolinska Institutet, Stockholm Sweden:
Indications and Practical Aspects of Light Therapy

The diagnostic criteria for Seasonal Affective Disorder (SAD) and Sub-syndrome SAD (Sub-SAD). will be reviewed as the prevalence in different parts of the world. Geophysical and other possible etiological contributing factors which could explain the different prevalence numbers in different parts of the world will be stressed.

A lecture will take up the importance of light for the regulation of the circadian rhythms and the application of light therapy to help shift-workers to adjust better and to help patients with sleep disturbances especially those due to problems with rhythm regulation.

Other indications for light therapy will also be reviewed.

The rating scales convenient to use will be discussed and made familiar.

A important part of the course will be the practical aspects of light therapy taking up subjects as timing, equipment, continuation therapy and combination with other therapies as drugs.

Educational methods and course material: All lectures will provide handouts with summaries, PowerPoint/slide reprints and references.

Target audience: Psychiatrist and psychologists interested to learn more about light therapy and SAD.

Course level: Psychiatrists and psychologists.