

Integrative Medicine Grand Rounds

presents

Light Therapy for Circadian and Mood Disorders



Presenter:

Brenda Byrne, PhD

Brenda Byrne, Ph.D., is a consulting psychologist for the Jefferson Light Research Program and Director of the Seasonal Affective Disorder Program. She is past president of the Greater Philadelphia Society of Clinical Hypnosis and is current President of the Greater Philadelphia Pain Society.

Overall Goals and Objectives:

1. Explain how the timing of light and darkness affects circadian rhythms
2. Describe treatments for delayed or advanced sleep phase disorders
3. List the diagnostic criteria of Seasonal Affective Disorder (SAD)
4. Recommend regimens of light treatment and behavioral management for SAD.

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May 9th, 2008

8–9:15 a.m.

**Jefferson Alumni Hall
1020 Locust Street, Room 307**

For more information, please call 215-955-3014.