



Live Webinar: OCT 6, 2026

0900 PT | 1000 MT/SK | 1100 CT | 1200 ET | 1300 AT



Light & Dark Therapy

OBJECTIVES:

Chris Aiken, MD

- 1 Discuss the biological basis of light and dark exposure including the role of the SCN and Melatonin on the brain.
- 2 Guide patients toward correct timing and positioning of light therapy.
- 3 Guide patients toward correct timing and use of dark therapy.
- 4 Identify disorders that respond to *light* therapy.
- 5 Identify disorders that respond to *dark* therapy.
- 6 Troubleshoot common problems that arise during light and dark therapy.



Includes:

- A certificate of completion,
- The live webinar event if registering prior to commencement,
- The on-demand recording to watch at your convenience,
- A handout in PDF format for viewing or self-printing

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