



Children's National™

Children's National DC Mother-Baby Wellness Perinatal Mental Health Training Series

Light Therapy: Practical Applications in Perinatal Mood Disorders

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Asher Center for the Study and Treatment of Depressive Disorders

Wednesday, December 11, 2024

12:00pm – 1:00pm

Zoom - Register in Advance

[Zoom registration link](#)

Learning Objectives

- Identify appropriate indications for bright light therapy and clinical chronotherapeutics to improve functioning and reduce mood symptoms among perinatal patients,
- Understand mechanisms that could explain the efficacy of bright light therapy,
- Properly implement bright light therapy in the clinical management of depressive disorders during pregnancy and postpartum.

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Target Audience

Obstetricians, midwives, nurses, medical assistants, lactation specialists, social workers, therapists, counselors, psychologists, psychiatrists, or anyone else caring for or working with pregnant or postpartum individuals.



Accreditation: The Medical Society of Virginia is a member of the Southern States CME Collaborative, an ACCME Recognized Accreditor. This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Southern States CME Collaborative (SSCC) through the joint providership of Inova Health System Office of Continuing Medical Education and Children's National Hospital. Inova Health System Office of Continuing Medical Education is accredited by the SSCC to provide continuing medical education for physicians.

Credit designation: The Inova Office of Continuing Medical Education designates this live educational activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. Physicians may claim up to 1.0 credit in Type 1 CME on the Virginia Board of Medicine Continued Competency and Assessment Form required for renewal of an active medical license in Virginia.



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