



SLTBR

Society for Light Treatment
and Biological Rhythms

SLTBR 31st Annual Meeting

June 20 – June 22, 2019

Northwestern University, Chicago, Illinois USA

31st Annual Meeting of the Society for Light Treatment and
Biological Rhythms (SLTBR). "The Effects of Rhythms, Genes and Light
on Metabolism, Sleep and Mental Health." Chicago, U.S.A. 2019

Preliminary program

Thursday, June 20 th	
8:00 - 9:00	Registration and breakfast
9:10 - 9:20	Dorothy Sit, MD. Welcome Address from the SLTBR President
9:20 - 9:30	John Csernansky, MD. Chair of Department of Psychiatry and Behavioral Sciences, Northwestern University, Feinberg School of Medicine. Introduction to Chicago and Northwestern University
09:30 - 12:40	<u>CME Course</u> Open to all participants
09:30 - 10:10	Dries Kalsbeek, PhD. Netherlands Institute for Neuroscience (NIN), Amsterdam, The Netherlands. Shining light on energy metabolism in mice, rats and man.
10:10 - 10:50	Christian Cajochen, PhD. Center for Chronobiology, Basel, CH – Chronobiology and sleep, non-image forming aspects of light.
10:50 - 11:20	Coffee Break
11:20 - 12:00	Michael Young, PhD. Illinois Institute of Technology, USA - Network modeling of seasonal depression: implications for etiology and treatment.
12:00 - 12:40	Marijke Gordijn, PhD. University of Groningen, The Netherlands - Shift work and chronotype: health consequences of circadian misalignment.
12:40 - 13:30	Lunch Break

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Thursday, June 20th

13:30 - 15:30	<u>SYMPOSIUM 1: Fundamental science; Christian Cajochen, PhD.</u>
13:30 - 14:10	Patrice Bourgin, PhD. CIRCSomnology, Neurologie, University of Strasbourg, France - A model to predict sleep-wake changes induced by aberrant light dark cycles.
14:10 - 14:50	Ludovic Mure, PhD, Regulatory Biology Laboratory, The Salk Institute for Biological Studies La Jolla, USA - Inputs and outputs of the diurnal primate clock
14:50 - 15:30	Jamie Zeitzer, PhD, Stanford Center for Sleep Sciences and Medicine, Palo Alto, USA – Less is more: ultrashort light flashes for resetting the human circadian clock
15:30 - 16:00	Coffee Break
16:00 - 17:00	<u>Oral Session I</u>
16:00 - 16:10	
16:10 - 16:20	
16:20 - 16:30	
16:30 - 16:40	
16:40 - 16:50	
16:50 - 17:00	
17:00 - 17:30	Datablitz with short poster presentations
17:30 - 20:30	Welcome Reception and posters

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Friday, June 21st	
6:30 - 8:30	<u>SLTBR Board Meeting</u>
8:30 - 9:00	Registration and breakfast
09:00 - 10:00	Keynote: Phyllis Zee, MD, PhD. Northwestern University, Feinberg School of Medicine. - New ways to diagnose sleep and circadian rhythm disorders: a universal method to detect circadian state from gene expression.
10:00 - 10:30	Coffee Break
10:30 – 12:30	<u>SYMPOSIUM 2: Translational Chronobiology Research; Marijke Gordijn, PhD.</u>
10:30 - 11:10	Yvonne de Kort, PhD. Industrial Engineering & Innovations Sciences, Technical University Eindhoven, The Netherlands - A close look at acute diurnal effects of light exposure.
11:10 - 11:50	Hee-Kyung Hong, PhD. Northwestern University. Center for Diabetes and Metabolism, Chicago, USA - Changes in Clock Repression and Circadian Disruption in Response to Inflammation.
11:50 - 12:30	Charmane Eastman, Ph.D, Rush University Medical Center, Chicago, USA – Shift Work and Jet Lag: Management of circadian rhythm misalignment with bright light, dark and melatonin.
12:30 - 13:30	Lunch Break
13:30 - 14:30	<u>Oral Session II</u>
13:30 - 13:40	
13:40 - 13:50	
13:50 - 14:00	
14:00 - 14:10	
14:10 - 14:20	
14:20 - 14:30	
14:30 - 15:15	Luc Schlangen- Non-image forming responses to light: new light metrics and insights

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Saturday, June 22 nd	
13:30 - 14:15	Members Meeting
14:30 - 15:30	<u>ORAL Session III</u>
14:30 - 14:40	
14:40 - 14:50	
14:50 - 15:00	
15:00 - 15:10	
15:10 - 15:20	
15:20 - 15:30	
15:30 - 15:45	Awards, Closing

CONTINUING EDUCATION CREDITS.

Satisfactory Completion

Learners must complete an evaluation form to receive a certificate of completion. Your chosen sessions must be attended in their entirety. Partial credit of individual sessions is not available. If you are seeking continuing education credit for a specialty not listed below, it is your responsibility to contact your licensing/certification board to determine course eligibility for your licensing/certification requirement.

Physicians



In support of improving patient care, this activity has been planned and implemented by Amedco LLC and Society for Light Treatment and Biological Rhythms. Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Credit Designation Statement – Amedco LLC designates this live activity for a maximum of 16.25 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychologists

This course is co-sponsored by Amedco and Society for Light Treatment and Biological Rhythms. Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content. 16.25 hours.

The following state boards accept courses from APA providers for Counselors: AK, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, MD, ME, MO, NC, ND, NH, NE, NJ, NM, NV, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

AL / Counselors: Activities not providing NBCC approval may be approved by the Board for individual licensees upon receipt of acceptable documentation prior to the activity. Please send course details to your licensing board for approval BEFORE the event. No approvals afterward by the board.

MI: No CE requirements

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The following state boards accept courses from APA providers for MFTs: AK, AR, AZ, CA, CO, CT, DE, FL, GA, IA, ID, IN, KS, MD, ME, MO, NE, NC, NH, NJ, NM, NV, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, WA, WI, WY

The following state boards accept courses from APA providers for Addictions Professionals: AK, AR, CO, CT, DC, DE, GA, IA, IN, KS, LA, MD, MO, MT, NC, ND, NE, NJ, NM, NY (outstate held), OK, OR, SC, UT, WA, WI, WY

MA / MFTs: Participants can self-submit courses not approved by the MAMFT board for review.

The following state boards accept courses from APA providers for Social Workers: AK, AR, AZ, CA, CO, DE, FL, GA, ID, IN, KY, ME, MN, MO, NE, NH, NM, OR, PA, VT, WI, WY