Practical methods for implementing light and wake therapy to fight depression

Anna Wirz-Justice, Francesco Benedetti, Michael Terman

Chronotherapeutics for Affective Disorders
A Clinician’s Manual for Light and Wake Therapy
2nd, revised edition

‘Light therapy’ is established worldwide as the treatment of choice for seasonal affective disorder. It is also successfully used in nonseasonal depression, as well as for many other psychiatric and neurologic illnesses, and in sleep medicine. ‘Wake therapy’ is the fastest antidepressant known. Imaging studies show that both methods share neurobiological substrates with antidepressants, but act much faster. ‘Chronotherapeutics’ – the combination of light and wake therapy – achieves rapid results and, by reducing residual symptoms, also minimises relapse. Written by three prominent clinical and research experts in biological rhythms, this manual aims to broaden knowledge and practical application of these non-pharmacologic interventions for bipolar and unipolar disorders. Clinical understanding is deepened by an explanation of the circadian timing system and sleep regulatory mechanisms which underlie the novel treatment strategy. The step-by-step guide and description of the interventions in centers throughout the world provides clear hands-on instructions, supported by a solid body of clinical research.

The first edition of ‘Chronotherapeutics for Affective Disorders’ has kindled a network of psychiatrists and psychologists who are actively introducing these treatments for their inpatients and outpatients. This manual is also essential reading for primary care physicians, sleep medicine specialists and health care administrators.

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For whom The conference is useful for anyone interested in the promotion of well-being and resilience at an individual, communal, and social level. For instance scientists, researchers, clinicians, business people, educators, policy makers and students.


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New scientific approaches and insights into children’s emotional development

Children and Emotion
New Insights into Developmental Affective Science

Editor
Kristin Hansen Lagattuta

This publication brings together leading emotion researchers whose work has pioneered new questions, methods, and levels of analyses for investigating development and individual differences in how infants and children attend to, categorize, understand, talk about, and regulate emotions. Topics include infant attention and processing of emotions, developmental affective psychophysiology, emotions in maltreated children, attention biases and anxiety, emotional competence and social interactions, cultural differences in emotion socialization, gender and parent-child reminiscing about emotional events, family emotion conversations and socio-cognitive development, and causal reasoning about emotions. These contributions lay a foundation for new scientific discoveries in developmental affective science, and they inform evidence-based practices and interventions aimed at promoting children’s emotional well-being. Given the centrality of emotions to children’s development, this volume provides a valuable resource for developmental researchers and clinicians, as well as for parents, educators, and policy makers.

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The hippocampus is one of the most intriguing structures of the human brain. Damage to this part causes symptoms ranging from transient disorders accompanied by tiny lesions to severely debilitating cognitive disorders with marked tissue loss. This publication provides a predominantly clinical approach to the complex workings of the hippocampus from different perspectives, ranging from basic principles to specific diseases. The first part of the book summarizes current knowledge regarding the structure and physiology of the hippocampus and establishes the ties to basic neuroscience. The second part deals with the function and assessment of the human hippocampus, including memory function, neuropsychological measures, and conventional and functional imaging studies. The chapters of the third part are devoted to the hippocampus in neurological disorders, e.g. the interaction between stress and memory function, and the pathological conditions of common as well as selected rare neurological diseases affecting the hippocampus.

The book is highly recommended to clinical neurologists who wish to gain a broad understanding of this complex and fascinating organ in terms of basic principles, modern imaging findings, and specific diseases.

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<td>Effects of Motive-Oriented Therapeutic Relationship in a Ten-Session General Psychiatric Treatment of Borderline Personality Disorder: A Randomized Controlled Trial</td>
<td>Kramer, U. (Lausanne/Windsor, Ont.); Kolly, S. (Lausanne); Berthoud, L. (Lausanne/Bern); Keller, S.; Preisig, M. (Lausanne); Caspar, F.; Berger, T. (Bern); de Roten, Y.; Marquet, P.; Despland, J.-N. (Lausanne)</td>
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<td>Affective Temperaments Contribute to Cardiac Complications in Hypertension Independently of Depression</td>
<td>Eory, A. (Budapest); Rozsa, S. (Budapest/St. Louis, Mo.); Torzsa, P.; Kalabay, L.; Gonda, X.; Rihmer, Z. (Budapest)</td>
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<td>Type D Personality in Never Depressed Patients at Their First Acute Coronary Syndrome</td>
<td>Marchesi, C.; Ossola, P.; Scagnelli, F.; Paglia, F.; Aprile, S.; Monici, A.; Tonna, M.; Conte, G.; Masini, F.; De Panfilis, C.; Ardissino, D. (Parma)</td>
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