Weill Cornell Medicine Wellness Series

Seasonal Affective Disorder

Friday, November 6, 2026

11AM - 12PM Floor 3, Room 303

Join us for a discussion with
William Lamson, Ph.D.
including common symptoms, factors that may contribute to seasonal changes in mood, and strategies for managing symptoms and supporting mental and emotional well being during the winter months.



William Lamson, Ph.D.

Assistant Professor of Psychology in Clinical Psychiatry

Weill Cornell Medicine

Adults 18+

Weill Cornell Medicine

all programs subject to change or cancellation

New York Public Library

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More About Seasonal Affective Disorder

Seasonal Affective Disorder is a type of depression that occurs at certain times of the year, most commonly during the fall and winter months. Changes in daylight and seasonal routines may affect mood, sleep, energy, and daily functioning. Understanding the signs and symptoms of Seasonal Affective Disorder, as well as available treatment and management strategies, can help individuals recognize when seasonal changes may be affecting their wellbeing and identify approaches to support their mental health.

More About the Presenter

Dr. William Lamson is a licensed clinical psychologist with expertise in cognitive behavioral therapy for adults and adolescents with anxiety and mood disorders. His clinical specialties include exposure-based therapies for obsessive-compulsive disorder, phobias, and social anxiety disorder. Dr. Lamson provides diagnostic evaluation, consultation, and psychotherapy and serves as an administrative and clinical supervisor for postdoctoral fellows. His research interests include how social anxiety impacts threat detection and the impact of character strengths and virtues on impression formation.