Course Schedule

8–8:30 am: Registration
8:30 am–5 pm: Course

Important Registration Information

- Registration begins at 8:00 am, and the course will start promptly at 8:30 am.
- Breaks: There will be two 15 minute breaks, one in the morning and one in the afternoon, at appropriate times. There is a one hour lunch period, with lunch on your own.
- Participants must sign in and out. Participants must complete a post test and course evaluation in order to receive a certificate of completion. Certificates will be available at the end of the course. Participants not fulfilling these requirements will not receive a certificate.
- Keep a copy for your records.
- Cancellation Policy: A refund, less $50 administrative fee, will be made if a cancellation notice is received 10 business days prior to the workshop date. Cancellation by instructor will result in full refund.

Special Needs Requests

If you require ADA accommodations, please contact Jackie Mardirossian at 323-442-2811 at least two weeks before the seminar date so that arrangements can be made.

About the Presenter

Camille Dieterle, OTD, OTR/L received her BA in English and Dance from the University of Georgia and her MA and OTD degrees from USC’s Division of Occupational Science and Occupational Therapy. She is currently the Director of the USC Occupational Therapy Faculty Practice. She also works as a consultant for the USC Executive Health and Imaging Center in downtown Los Angeles where she completes Lifestyle Risk Assessments for executive clients. Camille is a certified yoga instructor and was featured in MindBodyBalance on msn.com.

Audience

This course is designed for OTs, OTAs, and others as an introductory to intermediate level course.

AOTA Classification Codes: Health & Wellness; Habits; Routines

USC Division of Occupational Science and Occupational Therapy

Introduction to Lifestyle Redesign®

November 16, 2012
Course Description
This course provides you with the skills and methodology of the Lifestyle Redesign® approach to address chronic diseases associated with lifestyle choices. Learn about the increasing need for treatment of chronic conditions associated with lifestyle, the history of Lifestyle Redesign®, and the occupational therapy skills needed to use this approach across all settings. This course is the baseline for the entire series, where you will learn how the Lifestyle Redesign® process works, gain skills and tools to implement in your practice, and understand the documentation and billing issues involved in this practice area.

Program Content
The program will concentrate on the methodology of the Lifestyle Redesign® approach and will include:

- Skills and Tools required for Lifestyle Redesign® treatment:
  - Occupational Self-Analysis
  - Motivational Interviewing
  - Narrative Reasoning
  - Facilitation of problem solving and critical coaching skills
  - Accountability Training
  - Health and Symptom Management Training

- How to make a Lifestyle Redesign® "Module" for both group and individual sessions including:
  - How to facilitate better client education for lifestyle changes
  - How to facilitate better client problem solving for lifestyle changes
  - How to set meaningful lifestyle goals

- Case Studies:
  - Extensive case studies will be presented and discussed

Future Courses in the Life Management Series:
- Weight and Diabetes Management—January 2013
- Chronic Pain and Headache Management—February 2013
- Psychosocial Dimensions of Creating Life Balance—March 2013

Registration
Name: _____________________________
Title: _____________________________
Address: ____________________________________________
City: ___________________ Zip: _____________
State: ___________
E-mail: _____________________________
Phone: _____________________________
AOTA #/Yr. graduated: ________________________

Fee: $179 (regular) or $160 for AOTA members, USC OSOT alumni, and early registration (4 weeks prior to course date).

Sign me up NOW for all 4 courses at a discounted price of $595!

Make check payable to USC OSOT and send check to:
Jackie Mardirossian, USC OSOT, 1540 Alcazar St., CHP 133, Los Angeles, CA 90089-9003.

To pay by credit card:
- MasterCard
- Visa
- Discover

Total Amount: __________________________
Card #: _____________________________
Card Expiration: ____________________
CCV Code: __________________________
Signature: ____________________________

I will be attending
- live in Los Angeles.
- via distance learning.

Go to http://ot.usc.edu/academics/continuing-education for additional information.