Course Schedule

8–8:30 am: Registration
8:30 am–4 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.

Division of Occupational Science and Occupational Therapy at the Herman Ostrow School of Dentistry of USC
1540 Alcazar St., CHP 133 Los Angeles, CA 90089-9003
323.442.2850 www.usc.edu/ot otconted@usc.edu

.6 CEUs (6 contact hours)

March 8, 2012
Course Description
This course provides you with the tools and knowledge to implement an occupational therapy intervention for stress management that can be applied to many different patient populations. Emphasis will be given to the following populations: adults receiving occupational therapy for other goals, but have stress as a significant barrier, executive or workplace health and wellness participants, adults with behavioral health diagnoses or symptoms and high functioning young adults on the autism spectrum. This course provides detailed intervention materials and case studies to use in conjunction with the Lifestyle Redesign® Intro methodology course.

Program Content
- **What is Stress?**
  - Overview of the physiological, psychological and behavioral impacts of stress
- **How to alleviate stress on the body from a physiological perspective**
- **How to alleviate stress behaviorally/psychosocially**
- **What is Life Balance?**
  - Overview of several models
  - Is life balance possible?
- **Application to Practice**
  - How to incorporate stress management into occupation-based interventions
  - Intervention activities for treating excess stress and life imbalances
  - Case Examples
    - When stress is a significant barrier for adults receiving occupational therapy for various diagnoses
    - Executive Health/Lifestyle Risk Assessment/Stress Management in the workplace
    - Adults with Mental Health Sx and/or Dx
    - Young Adults on the Autism Spectrum

*Other Courses Available:
- Introduction to Lifestyle Redesign® (Pre-requisite to other courses in series)
- Weight and Diabetes Management—January 25, 2013
- Chronic Pain and Headache Management—February 22, 2013

Learning Objectives
Participants will:
- Understand the physiological, psychological and behavioral impacts of stress
- Be able to provide occupational therapy interventions for patients experiencing excess stress, including how to alleviate stress through the body, mind and behavior
- Understand the role of occupation in a stress management intervention
- Be able to utilize treatment activities and ideas given in the course for this population
- Understand relevant models of life balance from occupational therapy and other related professions
- Understand relevant documentation, billing and reimbursement issues when doing stress management/lifestyle balance treatment

Registration
Name: ____________________________
Title: ____________________________
Address: ____________________________
City: __________________ Zip: __________
State: __________ E-mail: ____________________________
Phone: ____________________________
- USC alumni
- AOTA #: __________

Fee: $179 (regular) or $160 for AOTA members, USC OSOT alumni, and early registration (4 weeks prior to course date).
- Sign me up for the series (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: ___________________________

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

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