Important Information

- Take the course on your own time! Participants have 7 days to complete a course after receiving access.

- This course includes a brief learning activity required to complete to receive CEUs.

- Participants must complete a post test and course evaluation in order to receive a certificate of completion. Certificates will be sent once the course materials are returned. Participants not fulfilling these requirements will not receive a certificate.

- The Introduction to Lifestyle Redesign® is a pre-requisite to the other courses in the series, and must be completed first.

System Requirements

Courses are presented online using Mediasite technology. To be able to view course materials, you’ll need to use a computer that meets certain requirements. You can test whether your computer meets the Mediasite requirements at the Mediasite website: http://www.sonicfoundry.com/site-requirements.

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 Chan Division of Occupational Science and Occupational Therapy. She specializes in the Lifestyle Redesign® intervention process for wellness and prevention of chronic diseases. Camille teaches in the division’s Occupational Science Minor program, as well as the master’s and OTD programs. 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

0.6 CEUs (6 contact hours)

Available Distance Learning
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

Registration


Name: ____________________________
Title: ____________________________
Address: ____________________________
City: ____________________________ State: ____________________________ Zip: ____________________________
E-mail: ____________________________
Phone: ____________________________

- [ ] USC alumni  [ ] AOTA #: ____________

Fee: $180 (regular) or $162 for AOTA members and USC OSOT alumni.

Make check payable to **USC Chan OSOT** and send check to:

Jackie Mardirossian, USC Chan OSOT, 1540 Alcazar St., CHP 133, Los Angeles, CA 90089-9003.

To pay by credit card:

- [ ] MasterCard  [ ] Visa

Total Amount: ____________________________

Card #: ____________________________
Card Expiration: ____________________________
CVV Code: ____________________________
Signature: ____________________________

For more information go to [chan.usc.edu/academics/continuing-education/life-management-series](https://chan.usc.edu/academics/continuing-education/life-management-series)

**Biopsychosocial Dimensions of Creating Life Balance**