

## 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.



The assignment of AOTA CEUS does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

AOTA Classification Codes: Health & Wellness; Habits; Routines

**.6 CEUs (6 contact hours)**

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# USC Chan Division of Occupational Science and Occupational Therapy



## ▶ Life Management Series

## Biopsychosocial Dimensions of Creating Life Balance

Available Distance Learning

## 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 client 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.

## Learning Objectives

### Participants will:

- ◆ Describe the physiological, psychological and behavioral impacts of stress
- ◆ Design occupational therapy interventions for patients experiencing excess stress, including how to alleviate stress through the body, mind and behavior
- ◆ Define the role of occupation in a stress management intervention
- ◆ Utilize treatment activities and content provided in the course with various client populations
- ◆ Identify relevant models of life balance from occupational therapy and other related professions
- ◆ Analyze relevant documentation, billing and reimbursement issues when doing stress management/lifestyle balance treatment

## 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 in the Life Management Series:

- ◆ Weight Management, Diabetes and Related Co-morbid Conditions
- ◆ Lifestyle Redesign® for Chronic Pain and Headache Management
- ◆ Lifestyle Redesign® for Individuals with Multiple Sclerosis
- ◆ Lifestyle Redesign® for Individuals with Autism Spectrum Disorder

## 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:

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Total Amount: \_\_\_\_\_

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

Biopsychosocial Dimensions of Creating Life Balance