

## About this Course

### Prerequisite

The Introduction to Lifestyle Redesign<sup>®</sup> is a prerequisite to the other courses in the Life Management Series, and must be completed first.

### Schedule

Sign-in begins 30 minutes before the start of the course (8:30 am sign in, 9:00 am course).

### Breaks

There are two 15 minute breaks, one in the morning, one in the afternoon, at appropriate times. There is a one hour lunch period, with lunch on your own.

### CEU Credit

Participants must sign in and out. Participants must complete a learning outcomes 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 of the brochure and certificate 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 first course date. Cancellation by instructors will result in full refund.

### Special Needs Requests

If you require ADA accommodations, please contact us at (323) 442-2811 at least two weeks before the course date for arrangements.

## About the Presenter

**Chantelle Rice, OTD, OTR/L, CDE** is the director of the USC Occupational Therapy Faculty Practice, the USC Chan Division's private clinic where occupational therapists deliver lifestyle-based interventions to patients with a variety of medical diagnoses and conditions. A Certified Diabetes Educator<sup>®</sup>, she works predominantly with Lifestyle Redesign<sup>®</sup> Weight Management and Diabetes Management clients while also managing the practice's administrative operations.



Dr. Rice received her bachelor's and master's degrees in occupational therapy from USC in 2008, and earned her Doctorate of Occupational Therapy degree from USC in 2009.

### Audience

This course is designed for OTs, OTAs, and others as an introductory level course; however, all levels of experience are welcome as are all areas of practice.



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

### Introduction to Lifestyle Redesign<sup>®</sup>

October 6, 2017

8:30 am—4pm

University of Southern California  
Health Sciences Campus  
Center for Health Professions  
1540 Alcazar St., Room 106  
Los Angeles, CA 90033

## Course Description

This course provides you with the skills and methodology of the Lifestyle Redesign<sup>®</sup> approach to address chronic diseases that either result from or impact lifestyle choices. Learn about the increasing need for lifestyle interventions in chronic conditions management, the history of Lifestyle Redesign<sup>®</sup>, and the occupational therapy skills needed to use this approach. This course is the baseline for the entire series, where you will learn how the Lifestyle Redesign<sup>®</sup> process works, gain skills and tools to implement in your practice, and understand the documentation and billing issues involved in this practice area.

## Learning Objectives

### Participants will:

- Recognize the critical need for increased prevention and wellness services to address the most prominent health issues of the 21<sup>st</sup> century and how the Lifestyle Redesign<sup>®</sup> approach addresses this societal need
- Summarize the history of wellness and prevention in Occupational Therapy and the ways that the Lifestyle Redesign<sup>®</sup> approach is currently being used and can be used in the future
- Identify when a client is or is not appropriate for the Lifestyle Redesign<sup>®</sup> approach
- Describe the steps of the Lifestyle Redesign<sup>®</sup> process and be able to create and implement treatment plans using this approach across settings
- Demonstrate practical uses for the Lifestyle Redesign<sup>®</sup> treatment approach in various settings through case studies including the following chronic diseases: obesity, diabetes, chronic pain, chronic stress, mental health and aging
- Define the role of occupational therapy in prevention, wellness and lifestyle issues
- Apply basic principles for documenting this type of practice and knowledge about reimbursement

## Program Content

The program will concentrate on the methodology of the Lifestyle Redesign<sup>®</sup> approach and will include:

- ❖ Skills and Tools required for Lifestyle Redesign<sup>®</sup> treatment:
  - ♦ Occupational Self-Analysis
  - ♦ Motivational Interviewing
  - ♦ Facilitation of problem solving and critical coaching skills
  - ♦ Accountability Training
  - ♦ Health and Symptom Management Training
- ❖ How to make a Lifestyle Redesign<sup>®</sup> "Module" for both group and individual sessions:
  - ♦ 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

### Other courses in the Life Management Series:

- ♦ Weight Management, Diabetes and Related Co-morbid Conditions
- ♦ Lifestyle Redesign<sup>®</sup> for Chronic Pain and Headache Management
  - ♦ Biopsychosocial Dimensions of Creating Life Balance
- ♦ Lifestyle Redesign<sup>®</sup> for Individuals with Multiple Sclerosis
- ♦ Lifestyle Redesign<sup>®</sup> for Individuals with Autism Spectrum Disorder

## Registration

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

AOTA #: \_\_\_\_\_  Chan Alumni

## Fees and Discounts

\$180 (regular) or \$162 for AOTA members and USC Chan OSOT alumni.

Sign me up now for the complete series for \$720 (20% off regular fees).

## Ways to Register

### To pay by check:

Make check payable to **USC Chan OSOT** and mail to: Jackie Mardrossian, USC Chan OSOT, 1540 Alcazar St., CHP 133, Los Angeles, CA 90089-9003.

**To pay by credit card:**  MasterCard  Visa

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

Card #: \_\_\_\_\_

Expiration: \_\_\_\_\_

CVV Code: \_\_\_\_\_

Signature: \_\_\_\_\_

Mail to the address above or fax to (323) 442-1540, attn.: Jackie Mardrossian.

You will receive an email confirmation upon receipt of registration.



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

Introduction to Lifestyle Redesign<sup>®</sup>