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 (current version 6.1.21). 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

USC Chan Division of Occupational Science and Occupational Therapy

Available Distance Learning

Life Management Series
Introduction to Lifestyle Redesign®
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

Learning Objectives

Participants will:
- Recognize the critical need for increased prevention and wellness services to address the most prominent health issues of the 21st century and how the Lifestyle Redesign® approach addresses this societal need
- Summarize the history of wellness and prevention in Occupational Therapy and the ways that the Lifestyle Redesign® 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® approach
- Describe the steps of the Lifestyle Redesign® process and be able to create and implement treatment plans using this approach across settings
- Demonstrate practical uses for the Lifestyle Redesign® treatment approach in various settings through case studies including the following issues: obesity, diabetes, chronic pain, chronic stress, mental health and aging
- Define the role of occupational therapy in prevention, wellness and lifestyle issues
- Develop experience in documenting this type of practice and knowledge about reimbursement
- Other Courses in the Life Management Series:
  - Weight and Diabetes Management
  - Chronic Pain and Headache Management
  - Biopsychosocial Dimensions of Creating Life Balance

Registration

Name: ____________________________
Title: ____________________________
Address: ____________________________
City: ____________________________ State: _______ Zip: ____________
E-mail: ____________________________
Phone: ____________________________
AOTA #/Yr. graduated: ____________

Fee: $179 (regular) or $160 for AOTA members and USC OSOT alumni.

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Go to chan.usc.edu/academics/continuing-education/life-management-series for additional information.

Introduction to Lifestyle Redesign®