

Important Information

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.

Take the course on your own time!

Participants have 7 days to complete a course once receiving access.

Prerequisite

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

CEU Credit

Participants must complete a post test and course evaluation in order to receive a certificate of completion. Certificates are sent after the course materials are returned. Participants not fulfilling these requirements will not receive a certificate. Keep a copy of the brochure and certificate for your records.

System Requirements

Courses are presented online using Mediasite technology. To be able to view the course, you'll need to use a computer that meets certain requirements. You can test whether your computer meets the Mediasite viewing requirements at the Mediasite website: <https://support.sonicfoundry.com/Training/ViewingRequirements>

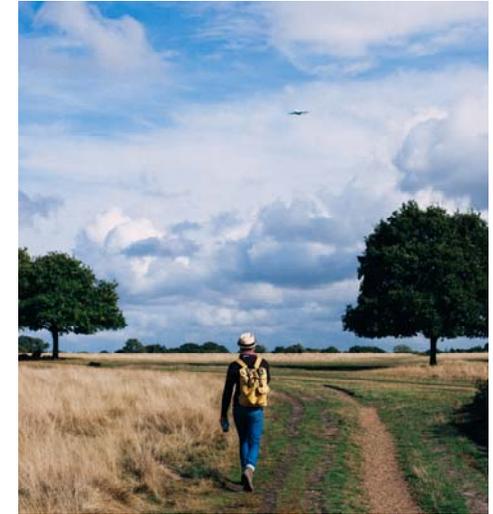
About the Presenter

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®, she works predominantly with Lifestyle Redesign® 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.



USC Chan Division
of Occupational Science
and Occupational Therapy



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)

USC Mrs. T.H. Chan Division of Occupational Science and Occupational Therapy

1540 Alcazar St., CHP 133 Los Angeles, CA 90089-9003

323.442.2850 Fax: 323.442.1540 chan.usc.edu
otconted@usc.edu

Life Management Series

Introduction to Lifestyle Redesign®

Available Distance Learning



Course Description

This course provides you with the skills and methodology of the Lifestyle Redesign[®] 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[®], 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[®] 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 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 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[®] approach and will include:

- ❖ Skills and Tools required for Lifestyle Redesign[®] 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[®] "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[®] for Chronic Pain and Headache Management
 - ♦ Biopsychosocial Dimensions of Creating Life Balance
- ♦ Lifestyle Redesign[®] for Individuals with Multiple Sclerosis
- ♦ Lifestyle Redesign[®] for Individuals with Autism Spectrum Disorder

Registration

Register on-line at <https://uscot.regfox.com/intro-to-lifestyle-redesign> or complete this form.

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).

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

Introduction to Lifestyle Redesign[®]