Important Information

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

- 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 6.0). To be able to view course materials, you'll need to use a computer that meets certain requirements. Go to ot.usc.edu/academics/continuing-education/life-management-series to view the requirements. You can also 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 Division of Occupational Science and Occupational Therapy. She is currently the Director of the USC Occupational Therapy Faculty Practice. She also works as a consultant for the USC Executive Health and Imaging Center in downtown Los Angeles where she completes Lifestyle Risk Assessments for executive clients. 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)
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:
- Understand the physiological, psychological and behavioral impacts of stress
- Be able to provide occupational therapy interventions for patients experiencing excess stress, including how to alleviate stress through the body, mind and behavior
- Understand the role of occupation in a stress management intervention
- Be able to utilize treatment activities and content provided in the course with various client populations
- Understand relevant models of life balance from occupational therapy and other related professions
- Understand 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

Registration
Name: __________________________
Title: __________________________
Address: ________________________
City: ____________________________
State: __________ Zip: ____________
E-mail: _________________________
Phone: _________________________
  USC alumni  AOTA #: ____________

Fee: $179 (regular) or $160 for AOTA members and USC OSOT alumni.
  Sign me up for the series (4 courses*) at a discounted price of $595!

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*Other Courses Available on-line:
- Introduction to Lifestyle Redesign® (Preerequisite to other courses in series)
- Weight and Diabetes Management
- Chronic Pain and Headache Management

Go to http://ot.usc.edu/academics/continuing-education/life-management-series for additional information and system requirements.

Biopsychosocial Dimensions of Creating Life Balance