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 Presenters

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 (OSOT). She is currently the Director of the USC Occupational Therapy Faculty Practice (OTFP). 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.

Susan McNulty, OTD, OTR/L, received her MA and OTD degrees from USC’s Division of OSOT and specializes in the Lifestyle Redesign® pain management and behavioral health services at the USC OTFP. Susan is a part of the USC Chronic Pain Management Interdisciplinary Team and in 2010 created the USC Lifestyle Redesign® for Chronic Headaches program. Before coming to USC she was Director of Occupational Therapy Services at Mariposa Women and Family Center of Orange, CA, where she provided occupational therapy for women struggling with domestic violence, addiction and mental health concerns, and was a Senior Occupational Therapist for community and inpatient psychiatric services in Mullingar, Ireland.

Other Courses in the Life Management Series:

Weight and Diabetes Management
Biopsychosocial Dimensions of Creating Life Balance
Program Content

The course will address the following questions:

- How do I, as an OT practitioner, provide successful occupation-centered interventions for clients with chronic pain?
- How does occupational therapy interface with other health professions when treating patients with these diagnoses, such as physicians, psychiatrists, pain psychologists and PT?
- What causes chronic pain and how does it progress in common diagnoses?
- How do I build a caseload of patients with chronic pain?
- How can a Telehealth format impact interventions for chronic pain?

The greatest portion of the program will concentrate on how to implement successful interventions, including treatment activities and resources on the following topics:

- Etiology and physiology of chronic pain
- Ergonomics
- Lifestyle balance, pacing and energy conservation
- Stress management for chronic pain
- Daily rhythms and routines to improve sleep, energy levels and mood
- Sensory issues for adults with chronic pain
- Assertive communication about pain
- Recognizing and managing symptoms of depression and anxiety that often accompany chronic pain
- Extensive case studies of varied chronic pain diagnoses including migraine headaches, RSD, and back, neck and face pain

Audience

This course is designed for OTs and OTAs as an introductory to intermediate level course.

Registration

Name: _____________________________
Title: ______________________________
Address: ___________________________
______________________________
City: __________________ Zip: ___________
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!

Make check payable to USC OSOT and send check to:
Jackie Mardirossian, USC OSOT,
1540 Alcazar St., CHP 133
Los Angeles, CA 90089-9003.

To pay by credit card:
☐ MasterCard ☐ Visa

Total Amount: _______________________
Card #: _____________________________
Card Expiration: _____________________
CCV Code: __________________________
Signature: __________________________

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

Lifestyle Redesign® for Chronic Pain and Headache Management