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.

AOTA Classification Codes: Health & Wellness; Habits; Routines

.6 CEUs (6 contact hours)

Division of Occupational Science and Occupational Therapy at the Herman Ostrow School of Dentistry of USC
1540 Alcazar St., CHP 133 Los Angeles, CA 90089-9003
323.442.2850 Fax: 323.442.1540 www.usc.edu/otconted@usc.edu
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

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.

☐ Sign me up NOW for all 4 courses at a discounted price of $595!

Make check payable to USC OSOT and send check to:

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

Introduction to Lifestyle Redesign®