

Course Instructors



Chantelle Rice Collins

Director

USC Occupational Therapy Faculty Practice

Current instructors of the USC Life Management Series continuing education courses are all occupational therapists who have been trained at the USC Occupational Therapy Faculty Practice:

- Chantelle Rice Collins, OTD, OTR/L, CDE
- Rebecca Cunningham, OTD, OTR/L, MSCS
- Tracy Jalaba, OTD, OTR/L
- Marissa Marchioni, OTD, OTR/L, CEAS
- Lindsey Reeves, OTD, OTR/L
- Ashley Uyeshiro Simon, OTD, OTR/L, MSCS
- Samantha Valasek, OTD, OTR/L, TTS

The USC Occupational Therapy Faculty Practice is the birthplace and home of Lifestyle Redesign®.

Lifestyle Redesign® is an innovative intervention model built upon the USC Well Elderly Study, which showed that preventive occupational therapy slows the declines associated with typical aging and improves health, functioning and life satisfaction and reduces health care costs (doi.org/10.1001/jama.1997.03550160041036).

Occupational therapists at the USC Occupational Therapy Faculty Practice utilize Lifestyle Redesign® interventions to treat a variety of populations. They work with clients to improve their health and wellness by preventing and managing chronic conditions through building healthier lifestyles.



Online Learning

Take each course on your own time.

Participants have **7 days** to complete a course after receiving access to the course.

Taking the series? Customize it to fit your schedule by choosing the dates you want to receive the course link, Monday – Friday (for staff support). After taking Introduction to Lifestyle Redesign®, all other courses can be taken in the order you want.

For system requirements, learning objectives, and to register for courses, please visit:

chan.usc.edu/lms



USC Chan Division of Occupational Science and Occupational Therapy

Life Management Series

ONLINE
Continuing Education

Online courses are ongoing.
Please visit our website to enroll.

chan.usc.edu/lms



AOTA Classification Codes:

Health & Wellness; Lifestyle Redesign®; Quality of Life

The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Up to 3.3 CEUs (33 contact hours)

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Audience

These courses are designed for OTs, OTAs, and others as introductory level courses; however, all levels of experience are welcome as are all areas of practice.

Course Descriptions

The Life Management Series consists of seven courses designed to prepare you to work with clients to better manage chronic health and medical conditions such as obesity, diabetes, chronic pain, multiple sclerosis, stress, behavioral health, and autism spectrum disorders. Take as many courses as you desire.

Introduction to Lifestyle Redesign® is a required pre-requisite for the other courses. The pre-requisite is waived for anyone who has taken the USC OT583 Lifestyle Redesign® course or the AOTA Lifestyle Redesign® Webcast Series, Units 1-6.

Introduction to Lifestyle Redesign® (6 hours)

presents 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.

Lifestyle Redesign® for Weight Management, Diabetes and Related Co-morbid Conditions (6 hours)

provides you with the knowledge and tools to implement an occupational therapy intervention for the prevention and/or management of overweight/obesity, bariatric surgery, diabetes/pre-diabetes, hypertension, hypercholesterolemia and other related diagnoses.

Lifestyle Redesign® for Chronic Pain and Headache Management (6 hours)

prepares you with the skills and knowledge to implement an occupational therapy intervention for the prevention and management of chronic pain and chronic headaches.

Sleep Deficits and Disorders (6 hours)

addresses interventions for persons experiencing sleep deficits, in order for practitioners to empower clients with self-management strategies for daily life.

Lifestyle Redesign® for Mental Health (3 hours)

provides you with the skills to implement lifestyle-based occupational therapy interventions to address the needs of clients with stress, anxiety, depression and other diagnoses.

Lifestyle Redesign® for Individuals with Multiple Sclerosis (3 hours)

offers background and training in Lifestyle Redesign® occupational therapy interventions for persons living with Multiple Sclerosis (MS), so that practitioners can empower their clients with self-management strategies for daily life.

Lifestyle Redesign® for Individuals with Autism Spectrum Disorders (3 hours)

addresses the increased risk of chronic health conditions for adults and adolescents with Autism Spectrum Disorders and provides tools to implement an occupational therapy intervention for prevention and management of these conditions.



Course Costs

All costs are listed in US Dollars. Register for the series at once for a 20% savings, using the Introduction to Lifestyle Redesign® registration form on our website.

Course	Regular	AOTA members and USC Chan alumni
Introduction to Lifestyle Redesign®	\$180	\$162
Lifestyle Redesign® for Weight Management, Diabetes and Related Co-morbid Conditions	\$180	\$162
Lifestyle Redesign® for Chronic Pain and Headache Management	\$180	\$162
Sleep Deficits and Disorders	\$180	\$162
Lifestyle Redesign® for Mental Health	\$90	\$80
Lifestyle Redesign® for Individuals with Multiple Sclerosis	\$90	\$80
Lifestyle Redesign® for Individuals with Autism Spectrum Disorders	\$90	\$80
Total price if you register for all 7 courses (20% savings)	\$792	\$792