Testimonials:

“I learned an enormous amount of life-changing information in an atmosphere of acceptance, humor, and professionalism.”

“I was surprised that by making small changes consistently I could achieve big results.”

“The changes and improvements made have drastically reduced anxiety, stress, and emotional swings. My life is much more full, calmer, and manageable! No more anxiety attacks! I’m very grateful.”

USC Occupational Therapy Faculty Practice
Tel: 323-442-3340 | Fax: 323-442-3351
chan.usc.edu/otfp | otfp@med.usc.edu
We can help you with:

* Implementing structure into daily routines
* Habit reformation
* Stress management
* Anxiety management
* Depression or mood management
* Learning relaxation techniques
* Decreasing substance abuse
* Time management
* Organization
* Setting realistic goals and expectations
* Vocational exploration
* Lifestyle balance
* Meaningful activity engagement to improve emotional health

What is Lifestyle Redesign®?
Our occupational therapists use Lifestyle Redesign® to help people better manage their lives and create health-promoting habits and routines.

How much time will this take? I’m so busy already…
Sessions are typically held for 30-60 minutes, one time per week. However, every person is different, so ask your OT about what frequency of sessions will work best for you.

How much will this cost?
We can do a complimentary insurance benefits check to tell you if OT sessions are covered by your plan, and if any co-pays or co-insurances apply. You may need a referral.
Private pay options are also available.

So how do I sign up?
1. Phone
   323-442-3340
2. Email
   oftp@med.usc.edu
3. In-Person
   Health Sciences Campus
   1640 Marengo Street, Suite 500
   Los Angeles, CA 90033
   University Park Campus
   Engemann Student Health Center
   1031 W. 34th Street, Suite 452
   Los Angeles, CA 90089
   Telehealth
   Sessions also available online. Please inquire if interested.

For more information, visit our website:
chan.usc.edu/otfp