

Foundations of Lifestyle Redesign® Course Series



WHAT IS THE COURSE SERIES?

The *Foundations of Lifestyle Redesign Course Series* is designed to fulfill several requirements for *Lifestyle Redesign Certification*. The Course Series is offered in a distance-learning/online format.

The Course Series consists of THREE Core Courses (total 46 hours) taken sequentially, FOUR Special Topics courses (total 12 hours), and a Mentored Practicum (OT638) (synchronous, 15-week course).

WHO SHOULD TAKE THE COURSE SERIES?

Occupational therapy practitioners who want to develop advanced knowledge and skills to support people living with or at risk for developing chronic conditions.

WHAT IS THE COST OF THE COURSES?

Registration costs for the courses are as follows:

- Core Course 1: US \$400
- Core Course 2: US \$860
- Core Course 3: US \$265
- 4 Special Topics Courses: US \$100 each (US \$400 total)
- Mentored Practicum (OT 638): 2 units of USC tuition; \$2,244 per unit as of March 2024 (US \$4,488 total)

Organizational group discounts are available; inquire for details.

WHAT ARE THE COURSE FORMATS?

Core Courses & Special Topics Courses:

- Paced asynchronous format; course assignments will have set deadlines
- 2-4 hours each week for reviewing course lectures and completing assignments
- Synchronous ("live") participation is not required
- Eligible for continuing education (CE) credit

Mentored Practicum (OT 638):

- 2 hours/week of synchronous ("live") class sessions
- 2 hours/week of assignments outside of class

WHEN WILL COURSES BE OFFERED?

The 2024-2025 cohort will begin on September 9, 2024. Courses are taken sequentially; each course is a pre-requisite to the next.

Prospective course dates:

- Core Course 1: September - October 2024
- Core Course 2: November 2024 - March 2025
- Core Course 3: April 2025
- Special Topics: May 2025
- *Mentored Practicum: May - August 2025

**12 hours of motivational interviewing training is a pre-requisite to this course; to be completed independent of the Course Series.*



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VISIT THE COURSE SERIES PAGE TO LEARN MORE.

Lifestyle Redesign® Certification



WHAT DOES CERTIFICATION MEAN?

A Lifestyle Redesign Certification (LRC) indicates that an occupational therapy practitioner (OTP) has demonstrated competence in applying the *Lifestyle Redesign* intervention framework in their practice (inclusive of direct patient care, consultation, research and education activities).

LRCs have received advanced training and mentored practice in guiding clients through the process of orchestrating occupations, habits, and routines to enhance health and well-being. They flexibly draw from a range of evidence-based therapeutic techniques to address the needs of people with or at risk for chronic conditions.

WHO IS ELIGIBLE FOR CERTIFICATION?

All licensed (or internationally equivalent) OTPs who have completed certification requirements.

LRC OTAs will need to partner with a LRC OT to fully integrate *Lifestyle Redesign* into their treatments, as the OT evaluation and treatment plan needs to be informed by *Lifestyle Redesign* principles and clinical reasoning.

WHAT ARE THE CERTIFICATION REQUIREMENTS?

OTPs who hold a *Lifestyle Redesign Certification* have fulfilled the following requirements:

1. Active OT Licensure
2. Education: Completed Didactic Coursework
 - Foundations of Lifestyle Redesign Course Series
 - Motivational interviewing training
3. Experience: Mentored and independent practice hours
4. Evaluation: Successfully completed the *Lifestyle Redesign* certification exam
5. Maintain Certification

There is a 7-year window for completing #2 & #3 above.

WHAT ARE THE BENEFITS OF CERTIFICATION?

Lifestyle Redesign Certified OTPs are eligible to:

- Use LRC credentials after their name
- Market their services using the *Lifestyle Redesign* service mark
- Access the *Lifestyle Redesign* resource database
- Join the publicly searchable *Lifestyle Redesign* Provider Database



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VISIT THE CERTIFICATION PAGE TO LEARN MORE