

VIRTUAL

THIS SESSION WILL BE
RECORDED AND AVAILABLE TO
REGISTRANTS APPROXIMATELY
14 BUSINESS DAYS FOLLOWING
THE EVENT.

DATE AND TIME
Tuesday, November 18,
2025
6:30pm – 7:30pm

REGISTER BY
Monday, November 17, 2025

Register Online
[HERE](#)



QUESTIONS?

Contact OTAC staff:
Email staff@otaonline.org
Call toll-free (888) 686-3225

FREE. OTAC MEMBERS ONLY.

Tuesday, November 18, 2025 | 6:30pm to 7:30pm

Paradox of Joy: Navigating the Self-Care Challenges of the Holidays (1 PDU)

Presenter Christy Billock, PhD, OTR/L, DipACLM

The holidays can be a time of both joy and stress which can be disruptive and challenge well-being. This presentation will provide strategies for navigating this paradox by offering a deeper understanding of self-care, a lens on occupational calibration, and practical tools to support a sense of well-being through the holiday season. **Let's all commit to supporting our well-being this holiday season.**

About Our Presenter

Christy Billock, PhD, OTR/L, DipACLM, holds a PhD in occupational science from the University of Southern California, where her dissertation explored women's spirituality experiences in everyday life. With 24 years of experience as a professor, her teaching and scholarship were deeply shaped by questions of meaning, the science of health and well-being, and their connection to daily life. With a board certification in lifestyle medicine, Billock advocates for occupational therapy in lifestyle-based services and as an independent scholar, educator, and consultant. She also maintains a private practice focused on conscious living and dying.

ABOUT THE OTAC EDUCATION PASSPORT

A member-only benefit/program

Earn all the PDUs needed annually (12 FREE PDUs) to renew your license. (Licenses are renewed every two years on your birthday.)

FREE. 12 monthly 1-hour virtual webinars.

Check out our online events calendar [here](#).

FREE. 5+ virtual on-demand learning webinars.

Find them [here](#).

FREE. 2 sessions at the OTAC Annual Pre-Conference Institute.

Check out the 2025 Annual Conference program [here](#) (page 18, sessions 11 & 12).

PLUS, discounted PDUs. Annual Conference, Special Topic Forums, and symposia throughout the year.

Check out our online events calendar [here](#).

BONUS! Includes PDU tracking in your account.

ABOUT SPECIAL TOPIC FORUMS (STF)

Why OTAC Special Topic Forums? To support OTAC Core Value 7 – Professional Development: To provide quality education and resources to advance the knowledge, skills, and continued competence of occupational therapy practitioners.

To earn PDUs. Registrants must complete the post event survey that is emailed out within one week following the event.

Event Disclaimer.

This event is sponsored by OTAC for the purpose of professional development. The material presented is not intended to represent the only or the best methods appropriate for the occupational therapy and/or medical condition, or professional development issues being discussed, but rather is intended to present the opinions of the presenters, which may be helpful to other health care professionals at arriving at their own conclusions and consequent application. Attendees participating in this professional development education program do so with the full knowledge that they waive any claim they may have against OTAC and its representatives for reliance on any information presented during this educational event.

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About OTAC. OTAC is a nonprofit, 501c6. This means that end-of-year net revenue is retained for operations and benefit of the members and is not distributed to private owners. It is governed by an elected, noncompensated Board of Directors and hires a professional association management team.

OTAC Mission Statement. OTAC is the collective voice that serves, promotes, and supports the profession of occupational therapy and its practitioners.

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