

VIRTUAL

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

DATE AND TIME
Tuesday, December 2, 2025
6:30pm – 7:30pm

REGISTER BY
Monday, December 1, 2025

Register Online
[HERE](#)



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

FREE. OTAC MEMBERS ONLY.

Tuesday, December 2, 2025 | 6:30pm to 7:30pm

Living with Chronic Pain: OT Lifestyle Redesign® Pain Management Program (1 PDU)

Presenter Lindsey Shomer, OTD, OTR/L, CEAS, LRC

Chronic pain affects over 50 million adults in the U.S., leading to significant healthcare use, reduced quality of life, and comorbid conditions such as anxiety and depression. This presentation will highlight the role of occupational therapy and the Lifestyle Redesign® framework in addressing chronic pain through a holistic, biopsychosocial approach. Attendees will learn about evidence-based behavior modification and self-management strategies, hear directly from an individual living with chronic pain about their treatment experience, and explore advocacy efforts and resources for both clinicians and clients.

About the Presenter

Lindsey Shomer, OTD, OTR/L, CEAS, LRC, is an associate professor of clinical occupational therapy and clinical manager of the USC Occupational Therapy Faculty Practice. She specializes in pain management, chronic headache, MCAS and dysautonomia, and sleep disorders, using a Lifestyle Redesign® approach. Shomer is a certified ergonomic assessor and recognized leader who has presented nationally and internationally on occupational therapy's role in chronic pain management.

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. Sessions 11 and 12 at the OTAC Annual Pre-Conference Institute.

Check out the 2025 Annual Conference program [here](#) (page 18).

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.

[Click here for OTAC's complete disclaimer/terms. You must agree to these disclaimers/terms. Please don't register if you do not.](#)

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.

FIND OTHER SPECIAL TOPIC FORUMS and SYMPOSIA [HERE](#) THROUGH OUR ONLINE MASTER CALENDAR

OTAC Annual Conference & Innovation Expo is a chance to make connections in person! See you in Pasadena!

