

OTAC 2026 1ST Annual HEALTH & WELLNESS SYMPOSIUM VIRTUAL • AUG 22 •

VIRTUAL

Participate from anywhere you have a strong internet connection.

Recording will be available by September 1, 2026 for registrants.

Event Date and Time
Saturday, August 22, 2026
9:00am – 2:45pm
Pacific Standard Time

Register By
Thursday, August 20, 2026

Register Online Here
<https://otac.site-ym.com/events/EventDetails.aspx?id=2066719&group=>

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



Cancellation/Refund Policy

\$35 is retained to cover processing costs.

Cancellation policy and disclaimers on page 5.

SCHEDULE

Saturday, August 22, 2026 – 9:00am to 2:45pm (earn 5 PDUs)

9:00am – 9:15am	Welcome and Introduction
9:15am – 10:15am	Meaning, Purpose, and Spirituality in Lifestyle Medicine: An Occupational Therapy Perspective
10:15am – 11:15am	Identity-Affirming Structure Building: Benefits of Time Management for Health Promotion
11:15am – 11:30am	Break
11:30am – 12:30pm	Optimizing Sleep Environments
12:30pm – 1:30pm	Food as Medicine: Daily Habits for Inflammation and Blood Sugar Health
1:30pm – 1:45pm	Break
1:45pm – 2:45pm	Built to Last: Using Boundaries to Sustain Our Work
2:45pm – 3:00pm	Q&A; Wrap-Up

REGISTRATION FEES

	OT/OTA MEMBERS	OT/OTA NONMEMBERS	STUDENT MEMBERS	STUDENT NONMEMBERS
EARLY BIRD REGISTER BY JULY 31	☐ \$79	☐ \$109	☐ \$49	☐ \$79
REGULAR REGISTER BY AUGUST 20	☐ \$109	☐ \$139	☐ \$69	☐ \$99

EDUCATION/MEMBERSHIP SPECIAL

ARE YOU A NONMEMBER WHO WANTS TO JOIN OTAC?
AND A NONMEMBER WHO WANTS TO ATTEND THE SYMPOSIUM?
YOU CAN JOIN OTAC AND ATTEND THIS SYMPOSIUM AT A DISCOUNT.

- ☐ OT: SYMPOSIUM AND MEMBERSHIP - \$239
- ☐ OTA: SYMPOSIUM AND MEMBERSHIP - \$219
- ☐ STUDENT: SYMPOSIUM AND MEMBERSHIP - \$119

EMAIL SHANNON@OTAONLINE.ORG TO REGISTER/RECEIVE THE EDUCATION/MEMBERSHIP SPECIAL.

EDUCATION/WORKPLACE SPECIAL

3 OR MORE (SAME PHYSICAL WORKPLACE) EARN A 10% DISCOUNT.
CANNOT BE COMBINED WITH EDUCATION/MEMBERSHIP SPECIAL DISCOUNT PACKAGE.

EMAIL SHANNON@OTAONLINE.ORG TO RECEIVE THE DISCOUNT.

REGISTER HERE ONLINE

Schedule, Topic Descriptions, and About Our Presenters

SCHEDULE

9:00am – 9:15am

Welcome and Introduction

This introduction will set the stage for the day.

9:15am – 10:15am

Meaning, Purpose, and Spirituality in Lifestyle Medicine: An Occupational Therapy Perspective (1 PDU)

Christy Billock, PhD, OTR/L, DipACLM

Meaning, purpose, and spirituality (MPS) can catalyze positive health outcomes by anchoring into a client's fundamental "why". This session will examine the integration of MPS within a lifestyle medicine framework and highlight how occupational therapy can bridge the gap between a client's values and beliefs and health-promoting habits, routines, and occupations to support sustainable change.

10:15am – 11:15am

Identity-Affirming Structure Building: Benefits of Time Management for Health Promotion (1 PDU)

Nora Dixon, OTD, OTR/L, LRC;

Tracy Jalaba, OTD, OTR/L, LRC

Supporting clients in making sustainable changes to habits and routines can be challenging due to low follow-through, executive function challenges, and contextual barriers. Lifestyle Redesign® is an occupational therapy intervention framework that supports clients in managing their health and wellness through the orchestration of occupations, habits, and routines (Pyatak et. al 2022). Being able to manage time well is a critical component to being able to create sustainable, health management routines. This session will explore Lifestyle Redesign® and time management interventions to support clients in achieving their health-related goals.

11:15am – 11:30am - BREAK

11:30am – 12:30pm

Optimizing Sleep Environments (1 PDU)

Jean Koketsu, OTD, OTR/L

Occupational therapy practitioners will be challenged to consider looking at sleep environments from the angle of optimizing sleep when assessing or when working in homes. Via case study and interactive discussions, attendees will learn to broaden their questioning when discussing optimal sleep environments.

12:30pm – 1:30pm

Food as Medicine: Daily Habits for Inflammation and Blood Sugar Health (1 PDU)

Elena Colussi-Pelaez, MD

This presentation will discuss simple and realistic nutrition and lifestyle habits that may help reduce inflammation, improve energy, and support healthy blood sugar levels. Attendees will learn practical tips for meal planning, grocery choices, balanced eating, and building sustainable daily routines for better overall health and wellness.

1:30pm – 1:45pm - BREAK

1:45pm – 2:45pm

Built to Last: Using Boundaries to Sustain Our Work (1 PDU)

Jessica De Brun OTD, MOT, OTR/L;

Erin McIntyre, OTD, MA, OTR/L

This presentation will explore how intentional boundaries support resilience and well-being in occupational therapy. Attendees will learn practical strategies to prevent burnout, sustain ethical practice, and foster longevity in their professional journey.

2:45pm – 3:00pm

Q&A; Wrap-Up

About Our Presenters



Christy Billock, PhD, OTR/L, DipACLM, is a licensed occupational therapy practitioner and holds a PhD in occupational science from the University of Southern California, where her dissertation explored women's experiences of spirituality in everyday life.

With 24 years of experience as a professor, her teaching and scholarship have been deeply shaped by questions of meaning, the science of well-being, and their connection to daily life. As a founding program director for an occupational therapy doctoral program, Billock secured grant funding to develop an innovative curriculum integrating lifestyle medicine and occupational therapy. Now an independent scholar, educator, and consultant, she also maintains a private practice focused on conscious living and dying and offering services in psychedelic-assisted therapy preparation and integration. Billock is a board-certified diplomate of the American College of Lifestyle Medicine and holds certifications as a Psychedelic Coach, Conscious Dying Coach, and Death Doula. She recently completed the UC Psychedelic Facilitation Certificate Program at the UC Berkeley Center for the Study of Psychedelics. An accomplished speaker, Billock has presented at numerous state, regional, national, and international professional conferences. Her scholarly contributions span a range of topics, including spiritual care and lifestyle medicine, with multiple publications to her credit. As the founder of the American Occupational Therapy Association's Lifestyle Management Community of Practice, she has demonstrated leadership in advancing the profession and has received numerous awards recognizing her contributions.



Elena Colussi-Pelaez, MD, is the chief resident of the Preventive Medicine Residency Program at Loma Linda University Health with a passion for lifestyle medicine, nutrition, functional and integrative medicine, and community health. She is actively involved in medical education, research, and community outreach

initiatives focused on chronic disease prevention and whole-person care. Her interests include lifestyle medicine and the role of nutrition, wellness, and integrative approaches in improving long-term health outcomes.



Jessica De Brun, OTD, MOT, OTR/L, is an assistant professor of occupational therapy at the University of St. Augustine for Health Sciences, San Marcos, CA. De Brun completed her BS, MOT, and post-professional OTD at Loma Linda University. She has a wide variety of experience as a mental health occupational

therapy practitioner working in emerging practice, community-based pediatric, and adult mental health services. De Brun's clinical practice experience includes pediatric trauma intervention centers, domestic violence shelters, substance use and recovery services, local school districts, and regional centers. Her research and scholarly interests have focused on emerging practice, program development, trauma-informed education, secondary trauma and burnout, early childhood trauma, the maternal-child co-occupational experience, and occupational justice. She has served as a fieldwork educator in various emerging practice and community-based settings including mental health programming for children, survivors of domestic violence, and for individuals with co-occurring mental health and substance use disorders.

Ist Annual Health & Wellness Symposium -- VIRTUAL



Nora Dixon, OTD, OTR/L, LRC, received a bachelor's in kinesiology and Spanish from Elmhurst University and completed master's and doctorate degrees in occupational therapy at the University of Southern California (USC). During her

clinical doctoral residency at the USC Occupational Therapy Faculty Practice (OTFP), Dixon supported the research, development, and launch of the Practice's gender affirmation program. As a clinical faculty member, she works with clients in the OTFP college student, gender affirmation, mental health, chronic headache, autism spectrum, mast cell activation syndrome (MCAS) and dysautonomia, ergonomic, and life coaching Lifestyle Redesign® programs.



Tracy Jalaba, OTD, OTR/L, LRC, completed her doctoral residency at the University of Southern California (USC) Occupational Therapy Faculty Practice (OTFP), where she focused on expanding and improving the Lifestyle Redesign® program for adults

and adolescents with autism spectrum disorders (ASD). As an associate professor of clinical occupational therapy, Jalaba continues to work at the OTFP primarily within their ASD, college student, mental health, sleep disorders, and health coaching programs. She has completed the training course for Cognitive Behavioral Therapy for Insomnia and is a PEERS® Young Adult Certified Provider. Jalaba serves as a professional development coordinator for the AOTA Mental Health Special Interest Section's steering committee. In addition to her work at OTFP, she represented occupational therapy in the USC Office for Student Accessibility Services for seven years.



Jean Koketsu OTD, OTR/L, was born and raised in Los Angeles in the Westside/Venice area. She received her undergraduate degree at the University of California Los Angeles (UCLA), MS in occupational therapy at San Jose State University (SJSU), and OTD at Eastern Kentucky

University. Koketsu has over 30 years of experience in occupational therapy (OT) traditional healthcare settings in acute care, inpatient rehab, outpatient hand therapy, and in community settings. She currently works as an OT at On Lok PACE with older adults, and she has a private practice as a sleep coach with national and international clients. Koketsu has been a lecturer at SJSU since 2009 and has taught on a variety of topics. She has presented on the topic of sleep and sleep routines at OTAC conferences, at the Society for the Study of Occupation (SSO) conference, at SJSU special events, and with community-dwelling older adults. Her interest in sleep started 17 years ago when she worked as an OT in a home health setting when all her clients had sleep issues. This started her on a path to research the topic of sleep. She authored or co-authored chapters on sleep and rest and activities of daily living (ADL) in three editions of Pedretti's Occupational Therapy: Practice Skills for Physical Dysfunction and co-authored a chapter on sleep in an upcoming edition of a pediatric occupational therapy textbook. She co-authored an article on sleep routines in the Journal of Occupational Science in 2023. Her vision is that all practitioners in all practice settings can help people across the lifespan with sleep. Her mission is to educate occupational therapy practitioners and students about sleep so that they can help more people with this important restorative occupation.

Ist Annual Health & Wellness Symposium -- VIRTUAL



Erin McIntyre, OTD, MA, OTR/L, is an assistant professor of occupational therapy at the University of St. Augustine for Health Sciences, San Marcos, CA campus. McIntyre's career has focused on working with adults labeled with serious mental illness in a range of service settings, both inpatient

and community-based, nationally and in the United Kingdom, where she spent six years working in London. Her primary practice interest is working with adults experiencing psychosis in community-based mental health settings. Her scholarly work has focused on occupational therapy's role in trauma-informed education, secondary trauma, the experience of hoarding disorder, psychosis as a human experience, and the inclusion of experts by experience in academic settings. McIntyre has served as a fieldwork educator in various emerging mental health practice settings, including a variety of services for individuals experiencing homelessness, as well as substance use and recovery settings. She co-facilitates the AOTA Psychosis Community of Practice and serves as the OTAC representative for the California Coalition for Behavioral Health.

About This Virtual Symposium

This Symposium Will Be Recorded

Participate virtually and then re-watch at your convenience for the life of the recording on OTAC's platform. Recordings are generally available 14 days following the conclusion of the event.

System Requirements. OTAC webinars are broadcast through Zoom. A broadband internet connection is required. For minimum system requirements, visit the following page:

Zoom - <https://support.zoom.us/hc/en-us/articles/201362023-System-Requirements-for-PC-Mac-and-Linux>

Professional Development Units (PDUs) Tracking

PDUs will be entered into your OTAC account.

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

Symposium Disclaimer

This Symposium 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.](#)

Cancellation/Refund Policy

\$35 retained to cover cancellation/refund processing costs. Written notice must be received in OTAC office by **August 20, 2026** to be eligible for refunds. No refunds after this date. *Disclaimer: OTAC reserves the right to make changes to the program. No refunds will be made based on these changes.*

Why OTAC Symposia? 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.

About OTAC. OTAC is a nonprofit, 501c6. This means that end-of-year net revenue is retained for operations and for the 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.



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ONLINE EVENTS CALENDAR**

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