

COURSE OUTLINE COUNSELING AND COMMUNICATION IN OCCUPATIONAL THERAPY

1. GENERAL

SCHOOL	SCIENCE OF PHYSICAL EDUCATION, SPORTS AND OCCUPATIONAL THERAPY		
DEPARTMENT/MSc	OCCUPATIONAL THERAPY		
LEVEL OF STUDY	MSc - LEVEL 6		
COURSE CODE		SEMESTER OF STUDIES	7o
COURSE TITLE	COUNSELING AND COMMUNICATION IN OCCUPATIONAL THERAPY		
INDEPENDENT TEACHING ACTIVITIES <i>in case the credits are awarded to distinct parts of the course, e.g. Lectures, Laboratory Exercises, etc. If the credits are awarded uniformly for the entire course, indicate the weekly teaching hours and the total credits</i>	TEACHING WEEKS	CREDITS	
	3	6	
<i>Add rows if needed. The organization of teaching and the teaching methods used are described in detail in 4.</i>			
COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skills Development</i>	Background		
PREREQUISITE COURSES:	NO		
LANGUAGE OF INSTRUCTION AND EXAMINATIONS:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ONLINE COURSE PAGE (URL)	https://eclass.duth.gr/courses/1021376/		

2. LEARNING OUTCOMES

<p>Learning Outcomes</p> <p><i>The learning outcomes of the course are described, the specific knowledge, skills and abilities of an appropriate level that students will acquire after the successful completion of the course.</i></p> <p><i>Consult Appendix A</i></p> <ul style="list-style-type: none"> <i>Description of the Level of Learning Outcomes for each cycle of study according to the European Higher Education Area Qualifications Framework</i> <i>Descriptive Indicators of Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning</i> <p><i>and Annex B</i></p> <ul style="list-style-type: none"> <i>Summary Guide to Writing Learning Outcomes</i>
<p>Upon successful completion of the course, participants will be able to:</p> <ul style="list-style-type: none"> <i>Know and understand the changes in the behavior of people suffering from musculoskeletal or other problems during their occupational therapy.</i> <i>They participate, through the application of techniques to manage people reactions and enhance their motivation throughout their occupational therapy.</i> <i>Design and implement techniques to enhance those factors that can positively</i>

influence the behavior of the patient belonging to the general population.

- *Know and understand changes in patient behavior due to pain or other symptoms that accompany a musculoskeletal disorder*
- *Know and understand changes in patient behavior due to pain or other symptoms that accompany a neurological disease*
- *Design and understand the basic principles of applying pain management techniques to chronic musculoskeletal disorders of the neck and back*
- *They participate in the application of techniques to enhance the motivation of athletes throughout their rehabilitation program until their reintegration into active action.*

General Competencies

Taking into account the general competencies that the graduate must have acquired (as listed in the Diploma Supplement and listed below), which / which of them is the course aimed at?.

Search, analyze and synthesize data and information, using the necessary technologies

Adapting to new situations

Decision-making

Autonomous work

Teamwork

Working in an international environment

Working in a multidisciplinary environment

Generating new research ideas

Project planning and management

Respect for diversity and multiculturalism

Respect for the natural environment

Demonstrate social, professional and ethical responsibility and gender sensitivity

Criticism and self-criticism

Promoting free, creative and inductive thinking

- *Search, analyze and synthesize data and information, using the necessary technologies*
- *Generating new research ideas*
- *Project planning and management*
- *Promoting free, creative and inductive thinking*

3. COURSE CONTENT

1. *Thoughts and behaviors of a patient during Occupational Therapy – possibilities of intervention by the specialist*
2. *Effective interaction between the specialist and the patient during Occupational Therapy*
3. *Behavioral Enhancement Techniques in Occupational Therapy*
4. *Reinforcing factors of motivation and engagement during Occupational Therapy - the role of information*
5. *The social environment as a factor for reinforcing behavior in Occupational Therapy*
6. *The Psychological Benefits of Exercise/Occupational Therapy in Clinical Populations*
7. *The perception of pain as a factor that differentiates participation in Occupational Therapy programs - ways of management and control*
8. *Attention and Concentration in Occupational Therapy*
9. *The use of relaxation techniques in Occupational Therapy*

10. Back pain – changes in behavior and techniques to enhance it in order to motivate in Occupational Therapy
11. Techniques for managing the challenges arising from a chronic musculoskeletal problem – application to chronic neck pain
12. Motivation of patients suffering from chronic diseases in order to integrate them into exercise programs - application to people with cognitive problems
13. Techniques for managing the challenges arising from a chronic neurological problem

The practice based learning method will also be applied, in which students will have the opportunity to interact with beneficiaries from wider areas, apply their theoretical knowledge in real clinical settings and perform occupational therapy tasks under supervision.

4. TEACHING AND LEARNING METHODS - EVALUATION

DELIVERY METHOD <i>Face-to-face, Distance learning, etc.</i>	Face to face	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES <i>Use of ICT in Teaching, Laboratory Training, Communication with Students</i>	Use of ICT in Teaching and Communication with Students <ul style="list-style-type: none"> • Digital slides • video • MsTeams/ e-class, webmail 	
TEACHING ORGANIZATION <i>The way and methods of teaching are described in detail.</i> <i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Study & Analysis of Literature, Tutorial, Practice (Placement), Clinical Exercise, Art Workshop, Interactive Teaching, Educational Visits, Project Preparation, Writing a Paper / Paper, Artistic Creation, etc.</i> <i>The student's study hours for each learning activity as well as the hours of non-guided study are indicated so that the total workload at semester level corresponds to ECTS standards</i>	Activity	Semester Workload
	Lectures	39
	Work	60
	Literature study and analysis	78
	Examination	3
	Total Course	180
STUDENT EVALUATION <i>Description of the evaluation process</i> <i>Assessment Language, Assessment Methods, Formative or Conclusive, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Paper, Report/Report, Oral Examination, Public Presentation, Laboratory</i>	Homework (compulsory) 30% Written exam 70%	

Work, Clinical Examination of a Patient, Artistic Interpretation, Other/Other

Explicitly defined evaluation criteria and whether and where they are accessible by students are mentioned.

5. RECOMMENDED BIBLIOGRAPHY

1. Malliou P., (2015) *Sports injuries and rehabilitation*
https://repository.kallipos.gr/bitstream/11419/207/7/00_master_document_KOY.pdf chapter 8: *Techniques for counseling the injured athlete* 9789606030048 Kallipos Publications
2. Ray R., Wiese-Bjornstal D. (1999) *Counseling in Sports Medicine* Human Kinetics Publishers ISBN 9780880115278
3. Heil J. (1993) *Psychology of sport injury* Human Kinetics Publishers ISBN 9780988356313
4. Crossman J. (2001) *Coping with sports injuries: Psychological strategies for rehabilitation*. Oxford University Press Inc., New York, ISBN 9780192632159
5. Theodorakis G., Goudas M., Papaioannou A. (2001) *The psychology of injuries in sports*.