

## COURSE OUTLINE GROUPS IN OCCUPATIONAL THERAPY

### 1. GENERAL

<b>SCHOOL</b>	SCIENCE OF PHYSICAL EDUCATION, SPORTS AND OCCUPATIONAL THERAPY		
<b>DEPARTMENT/MSc</b>	SCIENCE OF PHYSICAL EDUCATION, SPORTS AND OCCUPATIONAL THERAPY		
<b>LEVEL OF STUDY</b>	MSc - LEVEL 6		
<b>COURSE CODE</b>		<b>SEMESTER OF STUDIES</b>	7o
<b>COURSE TITLE</b>	GROUPS IN OCCUPATIONAL THERAPY		
<b>INDEPENDENT TEACHING ACTIVITIES</b> <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>		<b>TEACHING WEEKS</b>	<b>CREDITS</b>
Theory		3	6
Laboratory		2	
Add rows if needed. The organization of teaching and the teaching methods used are described in detail in 4.			
<b>COURSE TYPE</b> <i>Background, General Knowledge, Scientific Area, Skills Development</i>	Background		
<b>PREREQUISITE COURSES:</b>	NO		
<b>LANGUAGE OF INSTRUCTION AND EXAMINATIONS:</b>	GREEK		
<b>THE COURSE IS OFFERED TO ERASMUS STUDENTS</b>			
<b>ONLINE COURSE PAGE (URL)</b>			

### 2. LEARNING OUTCOMES

<p><b>Learning Outcomes</b></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"> <li>● <i>Description of the Level of Learning Outcomes for each cycle of study according to the European Higher Education Area Qualifications Framework</i></li> <li>● <i>Descriptive Indicators of Levels 6, 7 &amp; 8 of the European Qualifications Framework for Lifelong Learning</i></li> </ul> <p><i>and Annex B</i></p> <ul style="list-style-type: none"> <li>● <i>Summary Guide to Writing Learning Outcomes</i></li> </ul> <p>Upon successful completion of the course, participants will be able to<sup>1</sup>:</p> <ul style="list-style-type: none"> <li>● <i>Define group therapy and explain its importance in occupational therapy.</i></li> <li>● <i>To recognize the main pillars of group therapy and to understand their theoretical basis.</i></li> </ul>
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<sup>1</sup> This is the correct wording for learning outcomes.

- *Present the main theories and models that support group intervention (e.g., psychodynamic, behavioral, humanistic).*
- *Analyze how these theories apply to group therapy practice.*
- *Describe the different roles of the members of a therapeutic team.*
- *Analyze the dynamics of the teams and the factors that affect their cohesion and effectiveness.*
- *Implement strategies to enhance a team's positive dynamics.*
- *To plan and implement group activities and exercises that promote the achievement of therapeutic goals.*

### **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*
- *Promoting free, creative and inductive thinking*
- *Criticism and self-criticism*

### **3. COURSE CONTENT**

- 1. Introduction to Group Therapy: Definition and Meaning in Occupational Therapy.*
- 2. Basic Principles of Group Therapy: Theories and models that support group intervention.*
- 3. Team Roles and Dynamics: Structure and functions of groups in occupational therapy.*
- 4. Benefits of Group Therapy: Psychological and social benefits for participants.*
- 5. Different Approaches to Group Therapy: Cognitive-Behavioral, Humanistic, etc.*
- 6. Intervention Strategies: Techniques and activities for group sessions.*
- 7. Group Conflict Management: Approaches and Resolution Techniques.*
- 8. Evaluation of Group Therapy: Evaluation methods and tools.*
- 9. The Importance of Communication: Techniques for effective communication in the team.*
- 10. Ethical Issues and Challenges: Ethical Aspects of Group Intervention.*
- 11. Adaptation of Interventions: Adaptation of activities for different population groups.*
- 12. Applications of Group Therapy in Various Difficulties: E.g., mental disorders, disabilities.*

### 13. Future Directions in Group Therapy: Innovations and trends in the field.

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

<b>DELIVERY METHOD</b> <i>Face-to-face, Distance learning, etc.</i>	Face to face																		
<b>USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES</b> <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"> <li>• Digital slides</li> <li>• video</li> <li>• MsTeams/ e-class, webmail</li> </ul>																		
<b>TEACHING ORGANIZATION</b> <i>The way and methods of teaching are described in detail.</i> <i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Study &amp; 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>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;"><i>Activity</i></th> <th style="text-align: center;"><i>Semester Workload</i></th> </tr> </thead> <tbody> <tr> <td>Lectures</td> <td style="text-align: center;">39</td> </tr> <tr> <td>Work</td> <td style="text-align: center;">60</td> </tr> <tr> <td>Literature study and analysis</td> <td style="text-align: center;">78</td> </tr> <tr> <td>Examination</td> <td style="text-align: center;">3</td> </tr> <tr> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> </tr> <tr> <td><b>Total Course</b></td> <td style="text-align: center;"><b>180</b></td> </tr> </tbody> </table>	<i>Activity</i>	<i>Semester Workload</i>	Lectures	39	Work	60	Literature study and analysis	78	Examination	3							<b>Total Course</b>	<b>180</b>
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<b>STUDENT EVALUATION</b> <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 Work, Clinical Examination of a Patient, Artistic Interpretation, Other/Other</i>  <i>Explicitly defined evaluation criteria and whether and where they are accessible by students are mentioned.</i>	Individual or group work at home (mandatory) 35% Final written exam 65%																		

## 5. RECOMMENDED BIBLIOGRAPHY

*Greek-speaking*

1. *Georgiou, A. (2019). Group therapy and psychodynamic approach: Theory and applications. Papazisis Publications.*
2. *Papadopoulou, M. (2009). Group psychotherapy with children and adolescents: Applications and techniques. Hellenic Letters Publications.*
3. *Hadjiantoniou, G. (2007). Therapeutic relationship and group therapy: Processes and approaches. Gutenberg Publications.*

*Foreign language*

4. *Corey, G. (2016). Theory and practice of group counseling (9th ed.). Cengage Learning.*
5. *Yalom, I. D., & Leszcz, M. (2020). The theory and practice of group psychotherapy (6th ed.). Basic Books.*