

## 26033 - Leadership techniques and group dynamics

### Syllabus Information

**Academic year:** 2023/24

**Subject:** 26033 - Leadership techniques and group dynamics

**Faculty / School:** 127 - Facultad de Ciencias de la Salud

**Degree:** 276 - Degree in Occupational Therapy

**ECTS:** 5.0

**Year:**

**Semester:** Second Four-month period

**Subject type:** Optional

**Module:**

### 1. General information

The general objective of this subject is for the student to know the most relevant definitions, dimensions, structures and processes of group dynamics and work teams from a theoretical-applied psychosocial perspective.

Issues related to communication, social influence, group performance and conflict resolution are addressed. It raises the improvement of teamwork and the corresponding development of social skills. It brings critical elements to the analysis of social interaction and to our psychosocial needs from a scientific perspective. In short, it facilitates tools for reflection and intervention in our group functioning.

These approaches and objectives are aligned with the following Sustainable Development Goals (SDGs) of the United Nations Agenda 2030 ( <https://www.un.org/sustainabledevelopment/en/>) so that the acquisition of the learning results of the subject provides training and competence to contribute to some extent to their achievement: Goal 3: Health and Wellness; Goal 16: Peace, Justice and Strong Institutions.

### 2. Learning results

1. To know the definitions, dimensions, typologies and basic psychosocial processes integrated in the study of groups. (SDG Goal: 3 health and wellness)
2. Analyse and infer applications of the knowledge of group dynamics and leadership in the practice of occupational therapy. (SDG Goal: 3 health and wellness)
3. Examine the factors involved in teamwork, identifying communication barriers and facilitators of group performance. (SDG Goal: 16 peace, justice and solid institutions).
4. Study and manage a set of group techniques in conflict resolution, investigation, and psychosocial, organizational innovation, etc. in relation to groups. (SDG Goal: 3 health and welfare; 16 peace, justice and strong institutions).

### 3. Syllabus

#### 1. GROUP DYNAMICS. GENERAL AND HISTORICAL CONCEPTS

- 1.1. Definition of group dynamics
- 1.2. Historical evolution of its study

#### 2. MULTIDISCIPLINARY TEAMS

- 2.1- Characteristics and diversity
- 2.2- Structure and process
- 2.3- Intervention

#### 3. THE GROUP PROCESS IN OCCUPATIONAL THERAPY, HUMANIST APPROACH

- 3.1- Basic theoretical principles
- 3.2- Perception and attribution
- 3.2- Perception and attribution
- 3.2- Group treatment

#### 4. THE ROLE OF THE OCCUPATIONAL THERAPIST IN GROUP DYNAMICS

- 4.1- Therapist roles
- 4.2- Therapist skills:
  - 4.2.1. Definition and learning
  - 4.2.2. Communication styles: laissez faire, aggressive, assertive
  - 4.2.3. Evaluation and training

## 5. GROUP TECHNIQUES: DESCRIPTION, ANALYSIS AND TYPOLOGY

- 5.1- Group initiation and presentation exercises
- 5.2- Group structuring and group dynamization exercises
- 5.3- Self-knowledge exercises
- 5.4- Creativity exercises

## 4. Academic activities

- 1.- Theoretical face-to-face classes. Participative master classes (25 hours).
- 2.- Practical face-to-face classes. Group dynamics developed and evaluated in class (25 hours).
- 3.- Student group work. Elaboration and presentation of a work of application of the contents. Resolution of problems and cases (47.5 hours).
- 4.- Evaluation and autonomous work of the student (52.5 hours).

## 5. Assessment system

**Knowledge acquired in the theoretical area (70% of the total grade of the subject). Individual written test** This test will be a three-choice test. Every two incorrect answers will be discounted by one correct answer . Blank answers will not be penalized.

### **Tutored group work and presentation in class (30% of the total grade of the subject)**

Research work/intervention in two-person teams: a group technique and/or an analysed aspect will be explored in depth by means of

- The development of a continuous work process committed to experience. Learning within teamwork dynamics: phases, communication, task distribution, creativity, etc.
- The application of the technique to the occupational therapist's environment, teamwork, social participation, variety and appropriateness of the resources used and structuring, argumentation.
- The presentation and oral expression of the work done in class, showing: knowledge of the subject and the context, precision in language, facility, resources, etc.
- Continuous participation in the practical sessions of the subject.

It is necessary to pass the written test and the practices independently in order to average the final grade.

The student who has not been able to complete the group practices, may take a single written test, in which both theoretical and applied elements will be integrated, coinciding with the date of the official call.