OTA 202 Group Dynamics

COURSE LEARNING OUTCOMES (CLOs)

1. Analyze the features and developmental stages of groups and team process.
2. Conceptualize and debate the importance of communicating clearly and effectively in the rapport building stages of a relationship.
3. Critically evaluate and discuss the tools needed for effective communication in a variety of group scenarios.
4. Formulate an effective problem solving approach that assists practitioners toward enhancing communication skills as applied to group, team, and family relationship processes.
5. Analyze the needed components to develop a comprehensive group treatment protocol.
6. Design negotiation strategies when analyzing a conflict that may arise in the profession of occupational therapy, during group interactions, when navigating collaboration, or when working with families.
7. Analyze and discuss the importance of therapeutic use of self.
8. Articulate the fundamentals of interactive processes and communication in clinical interactions.
9. Identify and discuss group membership skills, including dyadic, small and large group skills.
10. Identify and articulate the roles and responsibilities of the OTA and group members.
11. Discuss the skills required in giving and receiving feedback.
12. Identify a clear understanding of self and how this affects ability to provide effective therapy groups.
13. Demonstrate awareness of diversity and how to provide therapy to diverse populations.
14. Articulate the components of effective interview skills.
15. Demonstrate the capacity to resolve a conflict or negotiate an agreement by role-playing a given circumstance.
16. Share reflections and analyses of interpersonal skills used during interviewing, and group processing with classmates and instructors.
17. Discuss application of groups to variety of disability groups is relevant to occupational therapy practice.
18. Discuss the role of personal interpersonal communication in interviews, groups and in navigating conflict resolution.
19. Demonstrate professional behaviors of preparedness for class, punctuality, class attendance, dress code, participation in class discussion and activities and unconditional positive regard for others and self.
20. Articulate problem-solving skills and higher level thinking strategies that occur in group setting in order to understand the occupational therapy process used with clients.

Course Outline

I. History of OT and Groups

II. Therapeutic Use of Self

III. Interpersonal Communications Skills
A. Giving and getting feedback  
B. Professional behaviors  

IV. Value of Group Work  

V. Group Dynamics Concepts and Developmental Formation of Groups  
   A. Group conflict resolution skills  

VI. Group Joining Techniques  

VII. Client-centered Principles  

VIII. Implementing Group Treatment Protocol  
   A. Psychodynamic Approach  
   B. Behavioral/Cognitive Approach  
   C. Allen's Cognitive Approach  
   D. Developmental & Sensorimotor Approach  
   E. Human Occupation Approach  

IX. Planning an OT Group  

X. Leading Groups  

XI. Effective Interview Skills  
   A. Cultural competence  
   B. Working with families and teams  
   C. Task groups  
   D. Life skills group