

## Course Unit: **413002 – Community Change and Empowerment**

Year 1

Semester 1

ISCED Code: 0313

ECTS: 5

**Type of Course Unit:** Compulsory **Delivery Mode:** Face-to-face

**Language of Instruction:** Portuguese

**COURSE COORDINATOR:** Maria Teresa Pereira dos Santos

### HOURS OF WORK

TOTAL HOURS	Contact Hours								Hours in autonomous work
	Theory	Theory and practice	Practical and laboratory work	Field work	Seminar	Internship	Tutorial guidance	Other	
125		27						8	90

Prerequisites (if applicable): Not applicable

### LEARNING OUTCOMES (knowledge, skills and competence)

It is expected that students are able to:

1. Understand the concepts of change and empowerment within different theoretical approaches;
2. Analyse the attitudes that can promote change and empowerment at individual, organizational and community level;
3. Relate processes of change at individual with collective changes;
4. Know strategies that promote mediation and conflict solutions and sustain community dynamics through the involvement and participation of local agents;
5. Use techniques at the service of community development.

### CONTENTS

1. Change
  - 1.1. Theoretical approaches
  - 1.2. Change Factors
    - Personal
    - Social
  - 1.3. Change types
    - Attitudes
    - Social
2. Empowerment
  - 2.1. Concept and Theoretical framework
  - 2.2. Individual, organizational and community Empowerment
3. Group Dynamics and Community Change
  - 3.1. Group Dynamics and communication processes
  - 3.2. Social Conflicts and mediation mechanisms

### 3.3. Individual and Group decisions and change

#### **DEMONSTRATION OF THE CONTENTS COHERENCE WITH THE COURSE UNIT'S LEARNING OUTCOMES**

##### 1. Change (Obj. 1, 2, 3)

###### 1.1. Theoretical approaches

###### 1.2. Change Factors

- Personal
- Social

###### 1.3. Change types

- Attitudes
- Social

##### 2. Empowerment (Obj. 1, 2, 3)

###### 2.1. Concept and Theoretical framework

###### 2.2. Individual, organizational and community Empowerment

##### 3. Group Dynamics and Community Change (Obj. 4, 5)

###### 3.1. Group Dynamics and communication processes

###### 3.2. Social Conflicts and mediation mechanisms

###### 3.3. Individual and Group decisions and change

#### **TEACHING METHODOLOGIES**

- Moments of lecturing by the teachers
- Short works in the sessions
- Case studies
- Problem solving situations
- Group dynamics exercises
- Debates and reflections in small and big group, based on readings and videos

#### **DEMONSTRATION OF THE COHERENCE BETWEEN THE TEACHING METHODOLOGIES AND THE LEARNING OUTCOMES**

- Moments of lecturing by the teachers (objs. 1 to 5)
- Short works in the sessions(objs. 1 to 5)
- Case studies (objs. 2, 3, 4)
- Problem solving situations (objs. 3, 4, 5)
- Group dynamics exercises (objs. 1 to 5)
- Debates and reflections in small and big group, based on readings and videos (objs. 1 to 5)

#### **EVALUATION METHODS**

The evaluation includes 2 modalities:

1. Continuous through the participation in the work developed during sessions (50%)
2. Individual Portfolio (50%)

#### **MAIN BIBLIOGRAPHY**

Alsop, R., Bertelsen, M.F., & Holland, J. (2006). Empowerment in Practice – from analysis to implementation. Washington: The World Bank.

Amaro, J. P. (2001). Liderança Comunitária: da margem ao centro. In J.Ornelas e Maria, S., Diversidade e Multiculturalidade - Actas da 2ª Conf. Desenvolvimento Comunitário e Saúde Mental (pp. 247-259). Lisboa: ISPA.

Manes, S. (Ed.) (2007). 83 Jogos Psicológicos para a dinâmica de grupos. 7ª. Ed. Lisboa: Paulus Editora.

Matos, M. (2004). Desenvolvimento e Cidadania: intervenção associativa e ação comunitária, in Cadernos ICE 7 - Inovação, Cidadania e Desenvolvimento Local (pp. 135-149). Setúbal: ICE.

Vargas-Moniz, M. & Morgado, J. (2010). Parcerias e coligações comunitárias: Potencialidades e desafios na criação de respostas articuladas. *Análise Psicológica*, 3 (XXVIII), 395-409.

Wolff, T. (Ed.) (2001) Community coalition building: Contemporary practice and and research [Special section]. *American Journal of Community Psychology*, 29, 165-329.

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