Abstract

The bachelor thesis describes the degree to which mindfulness therapy influences the psyche of a child diagnosed with twice exceptionality. The goal of my thesis is to prove positive effect of mindfulness therapy on gifted girl suffering with ADD syndrome. Theoretical part of the thesis presents the issue of being gifted form historical, neurological, cognitive and social viewpoint altogether with the means of identification, forms of education and typology of gifted individuals. Second part deals with principles and influence of the mindfulness therapy on health of a human. Practical part is presented in a form of case study describing psychic condition of the girl for a period of three years preceding the therapy. Further a detailed analysis of eight-week therapy. The last part of the study includes observation of mental conditions during two months long period following the end of the therapy primarily focusing on reduction of anxiety and improvement of concentration.