

Abstract

Introductions: The main reason for working on this topic is to introduce other treatment possibilities for drug addicted patients/clients, should they refuse standard psychiatric treatment. The part of theoretical background deals of counselling/therapeutic relations and its boundaries, the recovery principle, patient's motivation and the case management method. Further, an overview of selected psychotherapeutic approaches that may be suitable for treating drug addicted clientele is given by the author.

Empiric part of the work summarizes the story of one client and development of his relations with the counsellor in a period of two years. Besides many authentic interviews, the part also provides the description of changes in client's motivation to abstain and focuses on key factors that might affect his decision making. Furthermore, the topics of ethics and boundaries, which are in counselling/ therapeutic relation very often discussed, are included.

Aim and research tasks: The main goal of this thesis was to describe a case of conducting client in a low-threshold treatment facility using the case management method and to point out how the quality of relations with the counsellor affects his path to abstinence. In addition, the aspects that are important for the client during the collaboration were studied and the success rate of set goals was evaluated.

Methods: The data was collected primarily by non-structured interviews between the client and the counsellor or other employee of the contact center. The interviews were, consequently, written down and recorded with the organization's internal system and reobtained to create the full story for purposes of this work. Moreover, one questionnaire was also carried out. The client's casuistry was chosen by method of ultimate selection, as it was the only case of long-term working collaboration at the time.

Results and conclusion: The results interpret the answers on three research questions. Studying the qualitative relation and its effects on client's transformation progress, it may be concluded that several significant events occurred in the active transformation period and client's positive relation with the counsellor could imply their occurrence. Further, aspects that are important for the client during the collaboration were examined. The one-counsellor relation was found out to be of utmost importance for the client, simply because he does not need to go through his story all over again with different people. The last part contains the evaluation of the success rate of set goals. According to the data obtained, the client managed to successfully meet around half of set goals. The work has, nevertheless, its limits, because it is a subjective observation of only one case, which cannot be generalized.

Key words: case management – therapeutic relation – recovery – low-threshold treatment facility - addiction