

ABSTRACT:

The topic of my bachelor thesis is Hagiotherapy and its benefits regarded by women who underwent institutional alcohol addiction treatment in Psychiatric hospital Bohnice and who abstain now. Hagiotherapy is a psychotherapeutic method, its name comes from Greek “therapeia” – care, treatment and “hagios” – saint, pure, holy. Hagiotherapy is a form of bibliotherapy which uses Holy Scripture as a mirror. Unlike the speech-based therapy ordinarily used among psychological means it carries a strong expressive context consisting in parallels from chosen biblical stories and the therapy is also based on the therapist himself who uses those stories and appropriate situational rituals.

The aim of my thesis is to find the possible benefits of hagiotherapy for alcohol addicted women during their institutional treatment and our aim is to determine whether the women consider the method beneficial and effective in relation to their life in abstinence.

In the theoretical part we first clarify some basic terms connected with addiction and its treatment. Then we treat therapeutic methods in alcohol addiction treatment, including hagiotherapy, which makes part of the process of treating alcohol addicted women in Psychiatric hospital Bohnice for a quarter century.

The practical part describes the research process. It is a qualitative study based on semi-structured interviews and the results are processed by the method of open coding. This way we obtained four categories: 1. Hagiotherapy vs. other therapies in the course of the treatment; 2. Effective factors of hagiotherapy; 3. The benefits of hagiotherapy for the life in abstinence. The interviews were performed in the period from October 2017 to May 2018 with eight women who underwent alcohol addiction treatment in Psychiatric hospital Bohnice and whose opinions and feelings we consider relevant. All respondents were prior to the interviews informed about anonymity and the purpose of the interviews.

The research part confirms that hagiotherapy is an important part of the complex process during addiction treatment, that is to say in institutional treatment and the everyday life afterwards. It is possible to say that this method can be considered an instrument which, by the means of a shared biblical story, can help structure and verbalize not only a current problem, but also its roots and possible solutions. This can have a supportive impact on motivation for a life in abstinence after completing the treatment.

KEYWORDS

Hagiotherapy, alcohol, addiction treatment, women, abstinence