

## **Abstract**

This Bachelor thesis deals with the characteristics of domestic violence and maps out individual therapeutic and counseling approaches for female victims of domestic violence. The theoretical part of the thesis focuses on psychological aspects of domestic violence – on its definition, signs, impact, and most importantly its main types. It also describes the domestic violence cycle and various models for female reactions to it. Furthermore, it outlines the principles of communication with victims of domestic violence as well as the process of breaking away from violent relationships. Selected therapeutic and counseling methods of dealing with victims of domestic violence are presented, e.g. crisis intervention, couples' therapy, counseling, cognitive-behavioral based therapy, eye movement desensitization and reprocessing therapy, and self-help support groups. Czech institutions that help victims of domestic violence are also mentioned. In relation to that, a research project is proposed. Its aim is to reduce negative symptoms related to the experiences of domestic violence victims. Reduction of such symptoms would be the result of a specific psychotherapeutic program.

## **Keywords**

domestic violence, victim, violent partner, therapy, counseling