

Abstract

The presented work examines adolescents who come to day care centre at hospital in the context of community psychotherapy. The aim of the work is to understand the individual psychological aspects involved in the change of behavior, experience and thinking from the perspective of adolescents who is using the services of a day hospital based on the principles of community psychotherapy and describe them. The research question we will try to answer is: How do adolescent clients of the Denní stacionář pro adolescence at Všeobecná fakultní nemocnice in Prague experience and understand the process of change? And what aspects of treatment do they consider to be involved in change or, conversely, hindering the process of change?

In the theoretical part we try to gather psychological knowledge in the field of psychotherapy of adolescents in a community setting. Closer attention is paid to the possibilities of psychotherapeutic work with adolescents, as well as aspects supporting change in the process of psychotherapy. In conclusion, attention is paid to the period of adolescence, which is itself associated with a number of changes at the biopsychosocial level.

Eight adolescents with diverse psychiatric diagnoses shared their experiences with psychotherapy, art therapy, occupational therapy, and with community regime, during the focus group and semi-structured individual interviews. Data were analyzed by grounded theory and coding methodology (open, axial and central). The analysis resulted in three topics representing changes in the level of communication, affectivity and behavior. The aspects of community psychotherapy that adolescents described as involved in these three areas were organized into categories and then into the resulting model. Each thematic category and topic is described in detail, including literal quotations from individual interviews with adolescents. The findings are linked to the scientific literature and the implications of research for further research and practice are discussed at the end of the work