

# Abstract

**Background:** The cornerstone of addiction care in Czechoslovakia was the Apolaniar Model of Addiction Treatment, which was developed and progressively refined by Jaroslav Skála and his team. The Apolaniar Model was based on specific therapeutic methods, such as aversive therapies (including emetine sessions), group psychotherapy, and the engagement of patients in structured activities. It emphasized a combination of biological, psychological, and social interventions that complemented one another. Understanding the evolution of the Apolaniar Model is crucial for comprehending the historical foundations of contemporary addiction practice. A deeper understanding of these historical contexts can help identify effective practices that could be reintroduced or further developed in modern treatment approaches.

**Objective:** The aim of this research is to elucidate how the Apolaniar Model of Addiction Treatment evolved between 1948 and 1989. The study focuses on mapping the gradual formation of this specific therapeutic concept and its practical application during the stated period.

**Methods:** In the study is used qualitative content analysis focusing on historical literature related to the development of the Apolaniar Model of Addiction Treatment from 1948 to 1989, specifically on the male inpatient ward. In the initial phase, key terms will be defined to delineate a comprehensive universe of sources. Based on these keywords, relevant historical texts will be identified in the Medvik, Kramerius, and EBSCOhost databases. An additional resource will be a review by Klimešová (2017). There will be focus in data analysis to identify patterns related to therapeutic methods, their development, and potential changes. The identified patterns will be merged into broader categories. These categories will represent key research areas: the origin and evolution of methods, their potential discontinuation, the length of patient stays, and external activities of the Apolinar institute.

**Conclusion:** The Apolaniar Model of Addiction Treatment underwent significant development of therapeutic methods between 1948 and 1989. Initially dominated by aversive therapies and later psychotherapeutic approaches gradually gained prominence. These methods were implemented within a strictly structured daily regime, which was flexibly adapted to current needs and innovations. New methods were progressively incorporated into the regime, while less effective or outdated ones were discarded. This adaptability and continual evolution reflect the dynamic nature of the model's treatment approaches.

**Keywords:** Jaroslav Skála, Apolaniar Model, addiction treatment, alcoholism, Apolinar