

The question of a crisis, which can be understood in its original meaning as “a turning point, a judgment, or a decision,” constitutes the guideline of this work. The point is that a crisis represents a turning point in life and an existentially significant situation, which anticipates existential rise, or existential fall. An important part of this work consists in a text that deals with coping with a crisis, and the main protective factors. The theme of a crisis is further embedded into the specific context of domestic violence. Crisis is a very serious and ethically relevant theme; its occurrence and solving is related to the preferred values and the overall atmosphere within a society. The context of domestic violence is a good example to demonstrate some of the features valid for coping with a crisis in general. The releasing factor for solving domestic violence can be the limiting situation of a threatened person. People facing a limiting situation very often start to be more open, manage to make firm decisions, and are willing to sacrifice their current certainties. However, social support is necessary in this situation; its purpose rests in reducing psychological anxiety, avoiding dissociative reactions, and consequently improving the prospects for finding a successful solution. A specific role – as far as solving domestic violence is concerned – is played by the so-called “first contact specialists”, e.g. doctors. Why should doctors be aware of the basic principles of crisis intervention and consequently be able to help a threatened person to raise their hope for finding a solution? Is such knowledge related to the principles

of medical ethics? What is the deeper sense of the term “health” as far as the quality of life is concerned?

One part of this work also presents an inquiry survey focused on the theme of education and care for the doctor’s soul, accompanied by directed interviews made with specialists who are in touch with threatened people. Although these two parts do not constitute the focal point of this work, their aim is, however, to illustrate the thesis resulting from their work and feasibility in everyday life. The final part of the work presents a summary of the gained results, plus the consequences and suggestions for practical experience.