

Abstract

This thesis is an introduction to sophia-analysis and deals with the concepts and methods it offers the individual for the purpose of personal growth.

The theoretical part of the thesis is devoted to defining the sophia-analytical psychotherapeutic school. It presents the conceptual references of sophia-analysis, its metapsychology and works through its theoretical underpinnings and specific anthropological concepts. It further describes the applied therapeutic forms as well as presents the organization and specifics of its training system. It concludes with a brief history of sophia-analysis and a short biography of its founder.

The applied section of the thesis deals with the identification, classification and selection of the most distinctive psychotherapeutic processes found in 21 individual sessions of sophia-analytical therapy, using "psychotherapy process Q-test" methodology. The applied section also describes in detail the methodology used and the results of its application to sophia-analytical material. The applied methodology serves two purposes. First, it provides a picture of sophia-analytical practice from the point of view of psychotherapeutic process in the context of actual sophia-analytical sessions and so complements the introduction of this psychotherapeutic branch in the theoretical part of the thesis. Second, it presents a methodology not yet found in the Czech psychology environment, opening new perspectives for quantitative research in psychotherapy.

Keywords – Antonio Mercurio, sophia-analysis, psychotherapy, psychological wound, human spirit, concept of Person, destructiveness, creativity, psychotherapeutic processes.