

The diploma thesis focuses on one of the most difficult factors of human life: facing a fatal situation, such as a personal loss and/or serious psychic problems. These situations fall into category of existential trauma. Firstly, the thesis deals with the existential trauma from a theoretical point of view. Examples of different types of crises and appropriate therapies are given. Most of them are well-known and documented, therefore more space have been given to two not such widespread approaches. Namely, The In-depth Aberactive Psychotherapy and The Return along the Trace of Time.

The second part of the thesis is practical, consisting of five case studies. In the form of dialogue, the trauma of individual persons is introduced, followed by the description of particular solutions. First two clients have not undergone any therapy, the second two have solved their situation with the help of the two methods mentioned above. The last chapter of the thesis contains the comparison, summary and evaluation of all cases.