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## **Abstract of the bachelor work**

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**The title of the bachelor work:** Psychotherapeutic Use of Altered States of Consciousness in the Addiction Treatment

### **Abstract:**

The desire to reach altered states of consciousness is a natural human feature, which we can find through the history, various cultures and among drug users as well. The intention to get the altered states of consciousness and having a spiritual experience is one of the reasons why they are using drugs and afterwards they develop addiction. Spirituality is one of the relevant parts of the bio-psycho-sociospiritual model of addiction and it is important not to forget about it in the addiction treatment and even in the prevention of addictive behaviour.

This essay is based on a study of academic texts. I chose the most relevant examples, which already have been revealed in available academic literature. The other source of information was the personal interview with Dr. Stanislav Kudrle, who organized sessions of holotropic breathing in the therapeutic community Němčice (Czech Republic).

The target of this paper is to describe different ways leading to altered states of consciousness, which are used both internationally and in the Czech Republic and

also highlight the benefits of these findings on the field of addiction treatment. Although this essay is comparing different methods inducing altered state of consciousness, trying to prove their common therapeutic potential, which is to start recovery process included in every human.

In the Summary and part Discussion of this paper, I summarize the benefits of this technique, in which the principles of safe therapeutic framework and set and setting also offers comprehensive therapeutic options and focus on a client's personality.

**Key words:**

**Altered States of Consciousness – Addiction – Treatment -Spirituality -  
Psychedelics**