

## Summary

The bachelor thesis deals with the topic of abstinence and controlled drug use in former long-term users of illegal drugs who have terminated their drug use or made significant changes to their hitherto lifestyle while not being aided by an institutional or residential therapy. When it comes to the process of rehabilitation, the addiction and illegal substance abuse syndrome is associated with therapy conducted in brick-and-mortar institutions that specialize in the treatment of drug addiction. Research studies concerned with significant regulation or termination of drug use in long-time abusers broaden the little explored area that the self-regulated, minimum support transition is (abstinence, abuse control). A case study of long-term drug users presents a hands-on example of the possibility to achieve transitive change without the need to be stationed in an institutional facility. It also accentuates interpersonal differences, which are essential in the process of indication, diagnosis, and recommendation, according to addiction specialists. In particular, the study points out intervention possibilities of the low-threshold center, which constitute the default program that is employed when the client refuses professional help of any other sort. From the perspective of the bio-psycho-socio-spiritual model and the neurobiological addiction model, a possible framework for the consultation-therapeutic process is outlined, with a special regard for effective therapy factors, while taking into account the feedback that has been acquired about the consulting process from long-term illegal drug users by using cluster analysis. The topic of low-threshold centers as viewed by long-time users constitutes a significant goal of the case study. The most important topic of the thesis is risk factors in the transition process along with targeted determination of differences between the abstaining client and clients who are controlled users. Such differences produce knowledge that proves important in the process of planning intervention measures.

**Key words:** neurobiology of addiction - abstinence - controlled drug use - addiction counselling - low-threshold devices/services – motivation