

Abstract

The aim of this qualitative study was to map the preparation and process of relapse prevention programs in therapeutic community for treating addictions in Czech republic called Magdaléna o.p.s.. The next aim was to describe the specifics of these programs and analyse methods that are mostly applied.

For fullfilling these aims, four methods were chosen: analisys of documents, semistructured interviews with the members of the team of therapists, observation of the researcher in the specific relapse prevention program during her internship and one semistructured interview with client of this therapeutic community.

The final number of respondents for this research was four therapists and one client. Three metodic relapse prevention documents were analysed and for setting the final outcomes of this research were also used the outputs from the observation of the researcher from the specific relapse prevention program.

Based on this research it was found out, that the specific relapse prevention programs in Magdaléna have been part of the long-term structured schedule of the treatment. This program is on the schedule once per week in duration of one hour and it is managed by one of the therapists. The program have been carried out in group and it is always based on one specific topic. Educational and mostly cognitive-behavioral therapeutical methods have been combined. Any evaluation of these programs has been realized.

Beside these specific programs relapse prevention methods can be also found in different areas of the schedule. Relapse prevention methods are also applied in family therapy, group therapy, individual therapy, lesure time activities and occupational programs. Either specific or global strategies for relapse prevention are used. Re/lapse is a frequent topic in Magdaléna. There is the aim of the safe enviroment for the treatment ruled by specific rules, so re/lapse of client during the time of treatment means, that he/she can't continue in the treatment in the same facility.

Key words

relapse, lapse, relapse prevention, relapse prevention methods in the addiction treatment, cognitive-bahavioral therapy, therapeutic community