

## Abstract

**BACKGROUND:** Research shows that people addicted to alcohol have less ability to control emotions, empathy and responsibility. Self-awareness and work on personality is an integral part of the recovery process and return to a satisfying life. Aftercare goals are to reduce or eliminate the risks leading to relapse and also to strengthen the factors to maintain abstinence, which also include emotional stability, insight and self-awareness.

**AIMS:** The main aim is to describe the importance of aftercare in the field of emotional intelligence for two clients of the opposite gender attending to group therapy in the organisation Anima in year 2016. Describe their perception of emotions, addressed topics, goals and focus on relationships.

**METHODS:** The study is conducted qualitatively, in the form of a case study, for deeper exploration of clients. Information has been obtained by semi-structured interview, where I focused on emotions, relationships, goals and topics dealt with in the group and the role aftercare played in these areas. The interview was supplemented with written records that are kept every session by a reflective worker in the group therapy.

**RESULTS:** The results of both clients agree on the fact that aftercare is helpful with emotional skills, especially in the sense of self-awareness, behavior training, emotional control and developing communication skills.

**CONCLUSION:** The study may be useful feedback to therapists that lead the group. Despite the fact, that it is not possible to generalize the results due to the scale and depth of the study for a bachelor thesis, it can at least provide insight on in which direction the emotional skills of selected individuals attending the group therapy are formed. There is no doubt that emotions, as a part of the human experience can not be forgotten and work with them should be placed in the therapy.

**KEY WORDS:** *alcohol – emotional intelligence - aftercare*