

Abstract

This thesis is a discussion of the possibilities of using movement therapy as a complementary method within the context of medium-term or long-term institutional treatment of addictions. It is divided into 3 parts. The objective of the first part is to describe the basic concepts and to disseminate the information regarding addiction consequences and its causes. It also includes epidemiological data, a deconstruction of the system of medical care, and the basic tools used in the substance abuse treatment. Complementary to this, special parts map the possibilities of the use of physical activity involving body-oriented methods. Its objective is to detail the effects of these methods on patients. The positive effects highlighted by my thesis are the reason why the movement interventions should be used as a part of the complex treatment. In the second part, common illnesses that lie among addicted people are further examined, mapping the treatment of these diseases through the use of physical therapy. The practical, third part involves the qualitative data and contains the case report of a patient who is dependent on several addictive substances and is currently undergoing the treatment in a psychiatric hospital. Her medical and drug history, individual therapy, including kinesiological analysis, therapeutic plans and final evaluation, as well as the variations of group movement activity, which the patient has the opportunity to participate in, are widely described within.