

Abstract

This thesis deals with the relationship between life satisfaction and the profession of psychotherapist. It discusses important personal and situational aspects that play a role in the life satisfaction of psychotherapist. It seeks to define the specific characteristics of the profession of psychotherapist which may effect his life satisfaction. It outlines the relationship between work and life satisfaction, burnout, career-sustaining behaviours, sense of control, work-family conflict, working conditions and personal accomplishment. Emphasizes the concept of awareness as a phenomenon that plays a vital role in the experience of a psychotherapist and can positively influence his life satisfaction. As the second specific factor playing an important role in the relationship between psychotherapist and life satisfaction, the thesis focuses on the phenomenon of gratitude. It sets out the concept of gratitude in existing literature and links gratitude to personal accomplishment. Through the positive intervention “Three Good Things” and the “Visit of Gratitude” the work examines whether the positive focus of awareness and cultivation of gratitude can improve the life satisfaction of psychotherapists.