

## **Abstract**

Bachelor thesis thematizes the strengths and assets of people with severe mental disorders, their abilities and skills in the process of recovery from their disease. It accentuates the importance of the intervention of the social worker and his or her professional helping relationship as support for the client coping with obstacles on his life journey. The work also notices the lay support of the client's social surroundings and contacts with people with similar experiences, which are an integral part of his or her recovery.

The client's motivation and offer of a therapeutic alliance, as well as the development of his or her personal identity, increasing the quality of the client's life and his or her social status in society are the result of adopted coping mechanisms of change. Another factor with positive influences on finding of a new meaning in the client's life is social and material support in the areas of housing, education and employment.

The story of recovery consists of processing the client's experiences of the preceding illness and, after a person is able to cope with the consequences of the disease, of incorporating a new purpose of life into his or her idea of the future. Necessary knowledge and skills are acquired by the client of rehabilitation services during the recovery process. He or she, in turn, is able to offer them immediately to people in a closer as well as in a more distant community. He or she thus creates supportive social relationships in self-help peer groups. The clients then are able to cope with disabilities and are developing their independence. Conducive to it is the approach of empowerment used at work as the main starting point for social work with people with mental illness.

Self-awareness acquired by the client during psychotherapeutic work accompanying psychiatric treatment is a step that already transcends the treatment of the disease. It helps to successfully navigate the life crises connected with the disease. A social worker equipped with professional skills in the field of psychotherapy and psychology of the crisis helps to create an environment of rehabilitation, a protected background. From it, the client, accompanied by peer consultants and peer lecturers, takes the first steps independently into everyday life. The rehabilitation goal can simply be expressed as the success and satisfaction of a person in the environment he or she has chosen for his or her life.

Foreign schools of psychiatric and psychosocial rehabilitation, especially in our well-known Dutch methodology CARE carefully document the path of change, its need and the client's decision to change the detection and support of the client's own motivation in all areas of his or her life. Losses, painful experiences and crisis of life goals, together with active acceptance of the disease, belong to the framework of helping relationship to the process of growing and changing personality. A well-built working community brings deep satisfaction and motivation for further development even among social workers.