

Each person has an experience with crisis, it is a natural part of human life. A crisis has an inner potential in the form of a challenge and it brings a new possibility for people in perceiving reality and themselves. In this thesis I focus on possibilities which open for those people who seek a professional advice. I suppose that crisis is a part of the process of personal growth. Therefore the main theoretical chapters refer to these four themes: crisis, personal growth, posttraumatic growth and metaphor. First I define what a crisis is including its course and various types. Then I place crisis into the context of difficult life situations including coping strategies. Personal growth is defined in the view of development and change. Both are focused on the process. The goal of personal growth is described in a subchapter on optimal personality. The following chapter is on positive psychology which pays attention to the quality of life and perceiving benefits. Out of psychotherapeutic schools I have chosen existential-humanistic tradition which corresponds to my research question the most. I put attention to the founders of main schools – V. E. Frankl's logotherapy, A. Maslow's humanistic psychology, C.R. Rogers's client-centred therapy and F. Perls's gestalt therapy. The chapters about crisis and personal growth integrate the chapter about posttraumatic growth. The founders of this phenomenon are P. T. P. Tedeschi and L. G. Calhoun, who constructed post traumatic growth inventory (PTGI) for quantitative measurement perceiving benefits of crisis. I also add a chapter on metaphor which completes the empirical part and gives suggestions for its practical use. I think that work with metaphor is the biggest original contribution of this thesis. However, the main goal was to map which possibilities are opened by a crisis. To find out the answer to this question I chose the qualitative method of interviews elaborated by Grounded theory.