

Abstract

This work deals with the importance of psychodynamic approaches in practice of a day care center for an addictological treatment. The research core of this thesis are qualitative case analyses with a comment on the etiology of the dependency problem (anamnestic analysis revealing uncontrolled or conflicting developmental stages according to E. H. Erikson) and at the same time on the accentuation of the importance of psychodynamic approaches in routine clinical practice, which focuses primarily on good nonverbal interventions (i.e. an authentic technique using stones, an art therapy, nonverbal techniques) and transference phenomena. The aim of this thesis is to understand an individual case through selected psychoanalytic theories and to describe the key therapeutic interventions leading to curing an addicted person using an ambulant addiction treatment. For this particular research I chose a qualitative approach. I processed five clients' life stories into a set of case studies. Several methods were used to obtain the needed data. The crucial one was a semi-structured interview, then a life curve and a projective method. In each case study, I explained one developmental stage by E. H. Erikson, which I interpreted as crucial for creating and developing an addiction. For the data analysis, I used a narrative analysis and a method of recording patterns. The survey results suggest that, thanks to the psychoanalytic theories, the life story of an addicted client can be seen in a unique context, which enables us to search for ways to help the client to understand his/her addiction within his/her unique story. The psychoanalytic theories of addictions are recurring in the life stories of clients addicted to alcohol, drugs or pathological gambling. By identifying the problematic developmental stage (or other psychoanalytic theory) at the individual clients, it is possible to delimit the causes of their addictions. Thanks to their interpretation and putting them on a conscious level, it is possible, by using psychotherapeutic work, to be heading for a particular aim and for a change on the personality level, including more adequate perception and reflection, which will also enable a change in one's behavior. Based on the presented results of the work, it is possible to generally recommend an integration of psychodynamic approaches to the complex spectrum of therapeutic methods (including behavioral approaches). A number of clients, who seem to be otherwise resistant to other therapeutic methods, can benefit from such a comprehensive therapeutic approach.

Key words: psychoanalytic theories- treatment of addictions- day care center- therapeutic interventions- case study