

Abstract:

The aim of this thesis is to determine the importance and limits of family therapy in treatment of persons with dependence in Center of Psychotherapy and Family Therapy at Apolinář through two basic research questions: 1. How does the family therapy help in the treatment of drug dependence? 2. Which specific factors have contributed to improving the client's situation? The research sample and the object of analysis have become clients attending family therapy in the above mentioned institution. The results were obtained through a qualitative approach and based on content analysis of text documents following the chosen phases of family therapy. The obtained outcomes of the research shows that the greatest significance of family therapy lies in the improved communication, leading to better interpersonal relationships and thereby to create the appropriate environment to maintain abstinence and to prevent relapse as well. Among the detected limits, which determine the effectiveness of treatment, appears as the most important aspect the personal approach and the willingness of client to transform own ordinary behaviors. A key benefit of this thesis is the possibility of application of the resulting knowledge in the practice of the institution, especially when they could be used to increase the efficiency of the service.