

Abstract:

Bases: In institutional care, the clients are taken out of their natural ambient. In safe institutional ambience, the abstinence is easier. During the institutional treatment, the client should get new overview of his addiction, enforce his decision for a change and reevaluate his lifestyle. The clients often return back to their unsatisfying living conditions. The addiction influences all domains of human existence, therefore it is important that clients get the care in accordance with their needs during and after the institutional treatment.

Aims: The main aim of this thesis is to find how the alcohol addicted clients, the clients repetitively hospitalized for the relapses, lived through the retrieve into the normal life after the institutional treatment. The other aim is to find usual problems that arise after the treatment and reasons for the relapse. Moreover, the question is what the experience with the aftercare care is and what is the main support on their way to recovery. I have focused on the period between the first and the last treatment.

The principal research questions:

Which factors influenced the relapse of the clients?

Other research questions:

What are the experiences with the aftercare programs?

Which factors do the clients feel as supporting on their way to recovery?

Theoretical part: This part deals with the addiction, its treatment and the aftercare. The topic of relapse and also the factors of recovery are described.

Practical part: In this part of the thesis, a qualitative research was performed. It is based on the unstructured interviews. Respondents were clients, who were recently treated from the alcohol addiction and who were treated at least once in the past and they came back to the treatment because of relapse.

Results: The clients finished the previous treatments without the inner motivation and responsibility for their life. These two factors are the most important in case the clients were or were not able to abstain after the treatment. The clients were not prepared for the life without the alcohol after the treatment and were not able to find the help. Nearly half of the clients did not take the advantage of the aftercare programs. Most of the other clients had experience with the antabus and group therapy. The greatest support for the clients was the human understanding. In their lives, they have been missing close relationships.

Key words:

Alcohol – addiction – after care – addiction treatment – relapse – motivation – institutional treatment - recovery