

Abstract

This bachelor thesis summarizes the current state of knowledge in the field of mindfulness-based relapse prevention. Over the last few decades, mindfulness has become part of several psychotherapeutic programs and has shown promising results in the treatment of a wide range of chronic diseases, including addiction. The starting point for writing this work is the absence of a document that would summarize the current state of knowledge in this field and the possibility of applying a relapse prevention program based on mindfulness in the Czech Republic. In the first part of the work, we briefly deal with cognitive-behavioral therapy and its relationship to the issue of addiction. Subsequently, we present the theory of relapse prevention according to Marlatt and Gordon, which is the most commonly used treatment intervention so far. The main part of the work is a description of the 8-week manualized program Mindfulness-based relapse prevention (MBRP) and a proposal for the implementation of this program in the system of care for addicts in the Czech Republic. The partial goals of the work are to describe the proposed psychological mechanisms of action. Methods of source analysis and semi-structured interviews were used to meet the objectives of the work. The result of the work is a survey that provides a theoretical overview of mindfulness-based relapse prevention and which can serve as a basis for creating a structured program in the Czech Republic.

An analysis of the available information suggests that the cultivation of a mindful attitude may be a protective factor in preventing relapse. The MBRP program includes techniques that cultivate the development of mindfulness in everyday life. By combining these methods with classical behavioral relapse prevention techniques, a new therapeutic approach is emerging. However, the exact mechanism of change needs to be further investigated. These findings encourage further research and expanded elaboration of the . For the validity of the results, it is necessary to use a uniform definition of mindfulness, a uniform conceptual framework of the program This work has a descriptive character.

Key words

mindfulness, mindfulness-based interventions, relapse, relapse prevention, mindfulness-based relapse prevention