

Abstract

Background: The diploma thesis deals with the method of equine facilitated psychiatry and psychology and its use in the treatment of addictions. The theoretical part is the starting point of the whole work. It presents the basic methods of treatment used, the method of Equine facilitated activities and therapies itself and its inclusion in traditional methods of addiction treatment. The research part is based on qualitative data collection.

Aims: The aim of the diploma thesis is to describe the use of equine facilitated activities and therapies in residential addiction treatment. Find out how patients and therapists evaluate this method, what areas of life are affected by equine facilitated activities and therapies and how it fits into current treatment methods.

Data: The research group consists of eight patients from the addiction treatment department at a psychiatric hospital who met the selection criteria. And two therapists who work with the method of equine facilitated psychiatry and psychology in addicted clients / patients and met the selection criteria.

Methods: The chosen type of research was process evaluation. Patients were focused on the focus using a semi-structured interview and a semi-structured interview on the therapists.

Results and Conclusion: Research has shown that horses have a huge positive effect on patients in residential addiction treatment. Especially in the mental, emotional, physical and social. Patients described mental relaxation, rest, relaxation. From an emotional point of view, the most significant aspect seems to be calming and stabilization of emotions. There is also an undeniable positive effect on the physical condition of patients. The very environment of the stable and its surroundings arouses a good mood in patients. From the point of view of the social horse, they help to improve communication, group cooperation and social functioning. A unique equine facilitated psychiatry and psychology is that the horse is a co-therapist in therapy.

Key words: Addiction, Equine Facilitated Activities and Therapies, Equine Facilitated Psychiatry and Psychology, Treatment, Psychiatric Hospital, Treatment Methods, Zootherapy, Addictology, Horses