

Summary

My bachelor's thesis deals with the issue of stress in caregivers who have been taking care of their family member for a long time, and its possible relief through any elements of art therapy. The theoretical part is based on the literature search focused on the concept of caregivers, stress and art therapy. It explains the concept of the caregiver itself and what are the most common stressful situations they are experiencing within the long-term care for a loved one. It also describes the terminology of stress, its sources, symptoms and prevention. The last part of the theoretical section deals with the concept of the art therapy, the relationship between art therapy and creativity, and different techniques suitable for stress relief for the caregivers. The practical part of the thesis is the detailed implementation description of the program for long-term caregivers in a group of five women. The aim of this program was to determine the possibility of relieved stress for the long-term caregivers through the elements of art therapy. The main program consisted of eight lessons and all of them are described in more details according to the individual procedures. The final part contains a summary of all individual art therapy lessons based on the acquired knowledge and experience, their contribution to the target group and possible proposals for the further use and work with people who take care of a family member for a long time.

Keywords

Caregiver, stress, art therapy, art/science, creativity, imagination.