

## **BACHELOR THESIS ABSTRACT**

**Name, Surname:** Kateřina Kotrbová

**Supervisor:** Mgr. Jana Pluhařiková-Pomajzlová

**Title:** Occupational Therapy Group Work in Psychiatric Hospital

### **Abstract:**

The bachelor thesis studies occupational therapy group work for patients with mental illness during hospitalization in a psychiatric hospital. It focuses on leading aimed group activity in occupational therapy and offers specific therapeutic units usable in practise that have been designed as a part of this paper and most of them have been verified in practice. Another outcome of the work is a workbook on the topic of time management which occupational therapists may use to manage group therapy and individual therapy as well.

It also describes the role of occupational therapy in mental health care, its therapeutic benefits, and recommendations for working with a group. It aims at adult hospitalized patients with serious mental disorders (schizophrenia, bipolar disorder, etc.) who often receive aftercare as a part of their hospitalization. A total of 12 therapies performed in the aim group were described in the form of case reports with their preparation, course, conclusion, and reflection.

The conclusion of the work summarizes and evaluates the practical experience with the created follow-up program on a selected topic within hospitalization in a psychiatric hospital. The resulting patients' feedback confirmed the benefits of the therapeutic unit in acquiring the issue.

**Key words:** occupational therapy, psychiatric hospital, hospitalization, group work, group leadership, group dynamics, mental health, schizophrenia, day structure, time management