

**Abstract:**

**BACKGROUND:** Increased health, social and economic risks related to alcohol consumption affect almost a fifth of the population of the Czech Republic, while the availability of outpatient professional care in particular is insufficient. Controlled alcohol consumption can expand the spectrum of treatment interventions. However, its current spread is not mapped.

**AIMS:** To map and analyze the current expansion and form of use of the therapeutic method of controlled alcohol consumption in outpatient facilities in the Czech Republic.

**METHODS:** Semi-structured interviews with 10 communication partners working in outpatient facilities and their thematic analysis in MAXQDA software. Subsequently, the creation of hypotheses, followed by an online questionnaire survey with the resulting set of 85 respondents from outpatient facilities. Hypothesis testing in Statistica

**MAIN RESULTS:** Controlled alcohol consumption is most often described in the form of a set of rules and used as an intermediate step towards an abstinence, with which 69 % of respondents agreed. 53 % of respondents agreed with the concept in a form of alternative to abstinence. 64 % of respondents consider the approach suitable especially in low-threshold services. The majority (64 %) of the involved outpatient facilities allow their clinicians to try Controlled alcohol consumption, more often in outpatient addiction-specific non-medical health services (in 72 % of them) and in social services (71 %). The interviewees consider the approach suitable for people who use alcohol hazardously or harmfully, and as a harm reduction approach for individuals dependent on alcohol.

**CONCLUSION:** Most participating outpatient facilities allow clients to pursue a non-abstinent therapeutic goal. For clients with alcohol addiction, the approach is primarily to establish a therapeutic relationship and motivation for abstinence. Most of the interviewees would welcome more information and an open professional discussion in this area.

**Key words:**

Controlled alcohol consumption, controlled drinking, alcohol, alcohol addiction, non-abstinence treatment, outpatient addiction treatment