

## Abstract

**Background:** The Czech addiction treatment system is closely connected with the creation and development of the Apolinar model and with the name of Jaroslav Skála. Without a doubt, other people from the team around Jaroslav Skála had a great influence on the form of treatment and the entire treatment model, especially Skála's long-time work and life partner Arnoštka Mařová.

**Targets:** Create a basic overview of Arnoštka Mařová's professional life and her contribution to the treatment of alcohol addiction.

**Methodology:** A content analysis of written materials from publicly available sources and some publicly available audio-visual recordings was carried out.

**Results:** Arnoštka Mařová was one of the founders of the systematic treatment of alcohol addiction in the Czech Republic. She worked at Apolinar since 1950, i.e. almost from the very beginning, and undoubtedly participated in the creation and development of the Apolinar model of addiction. The main professional topics on which she particularly focused were: partner therapy in the treatment of alcoholism, the involvement of partners in the outpatient program and in the after-care phase, the after-care system, the development of the self-help movement, records and statistical processing of data on the treatment of alcoholism and its success, linking therapeutic work with public education and prevention. Through her close work and life partnership with Jaroslav Skála, she had a significant influence on him as well. With her kind and human personality, she had the opportunity to correct Skála's directive and strict approach.

**Conclusion:** Arnoštka Mařová was a key person in the formation of the current Czech addiction treatment model. The influence on the development of the Apolinar treatment model (which was also a model for other facilities in the republic) was manifested by: a) a focus on specific topics or therapeutic elements that later became a routine part of the treatment system, b) a complementary and corrective influence on Jaroslav Skála, and c) with his own human approach to patients. Her approach, as a necessary complement to the Skála approach, deserves more intensive attention.

**Keywords:** addiction treatment, addiction, addictology, Apolinar model, Skála, Mařová

