

ABSTRACT

Background: Jaroslav Skála was a Czech physician, psychiatrist, and, as he later stated, an alcoholologist. He specialized not only in the field of alcoholism treatment but also in curing addictions to other substances. He graduated The Faculty of Medicine of Charles University and later devoted his life to helping and healing alcohol addicts and the ones addicted to other substances. He is a co-founder of KLUS and in 1948 he founded Apolinar anti-alcoholic division in Prague. Later, in 1951, he founded detoxification (sobering-up) centre. Throughout his whole life, he focused on psychotherapy and education in the field of medicine and psychotherapy.

Aim: Aim of this thesis is to abundantly study and describe life and professional career of doc. Skála. Focusing especially on the beginnings of Apolinar centre and Apolinar treatment model. Furthermore, the aim is to focus on therapeutical treatment methods – their beginnings and development with implications towards present. The thesis focuses on innovations he brought into the study of addictology, innovations regarding attitude towards patients and addictions treatment holistically. In the last part, this thesis focuses on legacy he left and how doc. Skála contributed towards the development of addictology in addition to information about which methods of his are being used in present times.

Methods: For the gathering of data, a qualitative study was used. It is a content analysis from resources that are public and easily accessible.

Results: The result of my work is rigorous description of Skála's life. It was shown that his methods were breakthroughs. Nevertheless, as well as the world around us, the field of addictology constantly changes. Because of that, we can be certain that some of Skála's methods, as revolutionary as they might have been, wouldn't work nowadays.

Conclusion: Some experts still refer to the work of Jaroslav Skála. Some, on the other hand, perceive his work as irrelevant for today's practice. Many of his methods cannot be used in modern addictology because needs of patients, that benefit from modern addictology, have to be taken into account.

KEY WORDS

Jaroslav Skála – Apolinar treatment model– therapy – psychotherapy – addictology