

## Abstract:

The aim of the thesis was to describe the experience of the return of patients of the psychotherapeutic department of PL Šternberk to everyday life. The theoretical part focuses on the definition and classification of anxiety disorders according to ICD10 and on the pharmacological and psychotherapeutic treatment of these disorders. The theoretical part also focuses on the history of psychotherapy research, the process of change in psychotherapy and the effective and common factors of psychotherapy. The research part is carried out in the form of qualitative research. Within three months of returning from the therapeutic program, semi-structured interviews with 5 participants took place. The data were analyzed using interpretive phenomenological analysis and the results are presented as case studies. The research part also contains a thematic analysis that describes most common themes for all participants. The most common emotions recorded were happiness, relief, anxiety and shock. The common themes identified were: Own space and the space of others; community and group psychotherapy; process and change; regime and regularity.

**Keywords:** community psychotherapy, group psychotherapy, anxiety disorders, process and change.