

## **Summary**

This thesis explores the possibilities for social workers to apply the contemplative approach. It mainly uses the methods of literary research and critical reflection.

It describes the identity of social workers, their competences and personal prerequisites, where the need for an inner world is emphasized. It defines spirituality as a component of personality and presents a variety of contemplative techniques applicable in social work. Mindfulness training, the most research-based of all the techniques in practice, has shown positive results. In the application of contemplative techniques to practice, the institutional role appears to be crucial, which determines whether social workers' training in self-care and spiritual growth is also supported.

The findings presented in the thesis show that it is advisable for social workers to practice some of the wide range of contemplative techniques. They appear to be a suitable tool for developing the spiritual component of the personality, which has a positive impact on the professional competence of social workers.