

Abstract

The thesis “Middle-Age Crisis: Psychological and Spiritual Guide” contains a synthesis of knowledge about middle-age crisis from the interdisciplinary point of view of psychology and spiritual theology in its first part. The fundamental opinion declares that middle-age crisis is not something to be suffered through but, in spite of all its demands, it is an opportunity and challenge for fuller and more authentic life, for maturation of a man and for getting closer to oneself and to God.

In the second part of the thesis, knowledge and procedures of psychotherapy, crisis intervention and pastoral theology are used to concretize and extend the conclusions of the first part in a more practical way; hence, the paper can be used as a guide for those who are undergoing this period of life or those who want to accompany someone else on this way.

The thesis is intended primarily, but not exclusively, to Christians who lack education in the psychosocial area and who is middle-age crisis a personal topic of themselves or of people around them for—be it their relatives or friends, or, in case of pastoral workers, clients in their professional care. This work is rather singular in the Czech language due to its conception, scope and synthesis of the starting points as well as their elaboration.

Keywords

middle age, crisis, maturing, pastoral theology, psychology