

Abstract

BACKGROUND. Alcohol consumption is increasing worldwide. The Czech Republic is constantly holding onto the first rungs of the world's biggest drinkers. There is a tradition of treatment based on strict abstinence. Possibility of choosing controlled drinking, in some cases, would expand the therapeutic options for working with clients affected by alcohol.

AIMS. This theses deals with the theme of controlled drinking. The main aim is to present the current knowledge of the issue and to describe impementation in practise. The other aim is to describe type of client for whom this strategy could work, and also to present some methods used abroad.

RESEARCH QUESTIONS. Research questions are dealing with the type of clientele for which controlled drinking could present the right choice, and also with the type of methods used in work with this clientele.

METHODS. To meet the aims, there was made an analysis of scientific literature reached by research made throug international scientific databases in period of October 2014 to July 2015.

RESULTS. By the analysis of available literature, it was found that there is a type of users for which may controlled drinking be appropriately chosen goal, at least according to current research findings. Selected sources also contain a description of methods of work with clients.

IMPLICATIONS. Findings in this issue may be helpful for extension of therapeutic options in work with selected clients. They can also serve as a basis for further research.

Key words

- alcohol – harm reduction – controlled drinking – abstinence – therapeutic goal-