

Barbara Tokarska

Specificity and determinants of the work situation of addiction therapists working with the therapeutic community method.

Abstract

The thesis describes the specific conditions of the work situation of addiction therapists working in inpatient addiction treatment centres. In the theoretical part, the therapeutic community method and the person of the therapist are described, taking into account risk factors and the support system for people providing assistance. Then, the issue of professional needs and value system as factors related to the choice of profession was discussed, as well as the matter of locus of control as a determinant of responsibility for the effects of one's actions. The research was conducted using heterogeneous multiple methods. In the quantitative part, occupational needs, value system and the locus of control were examined taking into account the experience of one's own therapy or lack thereof, gender and length of service. In the qualitative part, the motives for choosing the profession, work-related reflections and perspectives on the professional development of therapists were taken into account. The analyses presented allowed for a closer look at the profile of an addiction therapist indicating that the main motivation for the work of the people surveyed is the desire to help others, which is confirmed in both the nomothetic and

interpretative parts of the research. Therapists refer to teamwork as an important aspect of their work, while presenting high levels of internal control placement. The results indicate that the attitudes of the therapists surveyed are consistent with the principles of the therapeutic community method, which is important given the protective factors and risk factors for professional burnout in helping professions.