

My work deals with the satitherapy - a psychoterapy in which western psychotherapy and abhidhammic principles (based on Buddha's teaching) are combined. In the first chapter I define the central theme and the content of my work. I also take account of Mirko Frýba - the original creator of satitherapy. The second chapter comprise the factual core of my work. In this part some basic conceptions of abhidhamma and satitherapy are given. The third chapter contains the evaluation of the satitherapy analysis.