

Summary

This thesis *Influence of SASA group on treatment and integration of rape trauma* deals with specific contributions of self-help group seen from the viewpoint of its members as it brings healing to their experience with sexual abuse. The work can be helpful for people, who personally experienced sexual abuse or rape or other kinds of sexual assaults and also for people, who are dealing with such a victim personally or professionally. The goal of the thesis is to view the healing aspects of the SASA group contributing to recovery from rape - what specifically helps and thanks to what factors. It also shows what obstacles the group can bring about and how its members deal with a concept of 12 steps. Theoretical part explains basic terms and up-to-date situation in the matter. In a nutshell it shows posttraumatic experience of the rape victim in feelings, behavior and needs. It looks upon the trauma how it results in the mental state. Also it shows the self-help groups phenomenon and its role in the system of help as a complementary human care possibility describing particularities of a specific spiritual self-help SASA group (Sexual Assault Survival Anonymous) based on 12 steps program inspired by Alcoholic Anonymous. Practical part shows data confirming the goals of the work gained by qualitative methods - observation, focus groups and individual interviews. Texts are supplemented by personal field worker notes. Respondents are women participating in Prague SASA group. Results of the research are put together and reflected in final conclusions. On the basis of research data it is concluded that self-help groups can be a benefit in effectiveness of trauma treatment where combination of self-help and professional help results as the best.