

## **Rational analyzes of meaningful factors implicating therapeutic effect of self-supportive fellowship Alcoholics Anonymous**

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### **Key words:**

Alcoholics Anonymous (AA) – AA meeting – AA program – factors constituting therapeutic effectiveness of AA.

### **Abstract:**

Our paper deals with Alcoholics Anonymous (AA), a self-supportive fellowship of men and women. In the first section of the paper we briefly define the principles of AA, its history and recent state-of-art worldwide, in Czech Republic and in Ceske Budejovice. We analyze the form and content of the meetings of AA groups; we also comment some aspects of the basic principle of AA – the twelve-steps program. Second part of the paper attempts for rationale analyzes of some of the therapeutic recommendations that help involved alcoholics to stay sober. Consequently, we analyze therapeutic mechanisms that have positive impact in the AA group meetings. In the conclusion we discuss relapses of some AA members; we also bring some information related to participation of clients addicted to illegal drugs or pathologic gambling in the AA meetings.