

**ÁTJÁRÓK****2022-1-HU01-KA210-ADU-000083157****Case study 1****Passionate poet****Short summary**

Csaba is a 45-year-old single addict.

He came to the Magyarózd Therapeutic Home for therapy in an extremely weak physical condition (152 cm height, 40 kg body weight). His appearance indicated great modesty and poverty.

He was diagnosed with chronic alcoholism (delirium tremens in 2019), associated with alcoholic hepatitis and TB (currently asymptomatic), mild depression, chronic insomnia.

We have been in contact with Csaba since 2013 when he first applied for short-term therapy at the Bonus Pastor Foundation. After that he was abstinent for two years. After relapsing, he enrolled in long-term therapy in 2019. He lived in an unfinished house, followed by another relapse.

In June 2022, he decided to enter a long-term therapy again. In addition to weekly individual counselling, it was group therapy, the therapeutic community and all its activities that helped the recovery process.

During the mentoring sessions we worked through his life story. We used a genogram, a life path map, a personal life wheel. He had a very loaded paternal heritage. Alcoholism runs through the family tree as a coping strategy and then as a way of being. Almost all of his paternal ancestors were alcoholics, many of whom committed suicide. It took Csaba years to come to terms with his bad relationship with his father and to forgive him. This, like all the other important events in his life, was expressed in poetry. On her mother's side, he has precious memories of events that shaped his character. The loss of his mother affected him so deeply that it practically shattered his professional career. Csaba was in his final year of sociology, preparing for his final exams, when he received the news of his mother's death. He did not finish university.

In the process of processing her life story, Csaba realised that her relationship with her only relative, her sister in her hometown, would not improve. He mourned this.

An analysis of his relationships confirmed his belief that his self-worth problems and feelings of inferiority had always driven him to substance abuse. This prevented him from creating a lasting relationship.

The responsibilities and human values he took on in the therapeutic home, and the discovery and strengthening of these values led to the fulfilment of his personality. He has been strengthened in competences that are essential for a sober life.

During individual consultations, financial, health, relationship and moral damage assessments were carried out.

Csaba is making good progress on his journey of self-awareness, consciously struggling with the deficiencies he carries. He is learning to manage his material assets responsibly. He is working on a new relationship system.

In the last third of the therapy Csaba was looking for a job and housing.

He is currently living in what could be described as an experimental 'half-finished house', where he is working on a trial basis alongside a local master organ builder and repairer. At the same time, he is enrolled at university to continue his studies. His aim is to help his fellow human beings so that his life of recovery can be a testimony to others.

In the meantime, he pays great attention to his daily routine and does not neglect to record the small and significant events of his life in poems. He takes advantage of every aftercare opportunity he has. We keep in touch on a weekly basis.

Éva Adorján

social worker