

This thesis presents a qualitative research on contextual theory and therapy according to Ivan Boszormenyi-Nagy. It encompasses a reconstruction of contextual theory, an analysis of contextual therapy practice.

Practices of both Ivan Boszormenyi-Nagy and current contextual therapists were analyzed in order to determine how contextual theory is applied to the practice of contextual therapy.

The findings of the research above are used for developing a model for applying contextual therapy. The model structures and gives direction to a contextual therapy process, without claiming to be a prescriptive model. It aims to assist family therapists and other professionals in integrating the core element of this approach, relational ethics.

Finally, the core of this family therapy approach appears to be true to its axiom: people are interconnected because of their being human, including their innate sense of justice and care. This sense is considered the strength and resilience of people and thus 'the motivational layer in which hope resides for repairing the hurt human justice'.