

Catharsis Definition Psychology

Catharsis Definition Psychology - Catharsis. Catharsis is a psychodynamic principle that, in its most basic sense, is simply an emotional release. Further, the catharsis hypothesis maintains that aggressive or sexual urges are relieved by "releasing" aggressive or sexual energy, usually through action or fantasy. For example, a young male may watch a film in which an attractive woman...Catharsis involves both a powerful emotional component in which strong emotions are felt and expressed, as well as a cognitive component in which the individual gains new insights. The purpose of such catharsis is to bring about some form of positive change in the individual's life.CATHARSIS. n. in psychoanalytic therapy, refers to the therapeutic discharge of all affects connected with grief, loss, or any traumatic event. It returns these events back into one's consciousness, while allowing the release of strong yet long pent-up emotions which may have been previously repressed. CATHARSIS: "Giving in to laughter can...Catharsis is the Greek word for cleansing and is used in psychology to explain the process of rapidly releasing negative emotions. In this lesson, you will learn about catharsis theory and take a quiz. Definition of Catharsis. Catharsis is the process of venting aggression as a way to release or get rid of emotions.