

## Catharsis In Healing Ritual And Drama

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### Catharsis In Healing Ritual And

In this thoughtful study, Thomas Scheff defines catharsis clearly as a process that is signaled by certain kinds of laughing, crying, and analogous responses reflecting anger and fear. The main concept which provides a thread throughout the entire book is that of distancing, the balance between being a participant and an observer in the thoughts and feelings that bring on catharsis.

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### Catharsis in Healing, Ritual, and Drama by Thomas J. Scheff

The main concept, which provides a thread throughout the entire book, is that of distancing, the balance between being a participant and an observer in the thoughts and feelings that bring on catharsis. At optimal distance, the person has double vision, of being both participant and observer. This idea is applied to psychotherapy, ritual and drama.

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Catharsis (from Greek κάθαρσις, katharsis, meaning "purification" or "cleansing" or "clarification") refers to the purification and purgation of emotions—particularly pity and fear—through art or any extreme change in emotion that results in renewal and restoration.

### **Catharsis - Wikipedia**

The healing effect of catharsis has been portrayed in literature, theater, religion, cultural rituals, medicine, and psychology. Although it takes different shapes, the essence of catharsis remains the same: it is a release from some burden (either physical or mental) and furthers healing through its cleansing effect.

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R. S. Perinbanayagam, "Catharsis in Healing, Ritual, and Drama. T. J. Scheff," American Journal of Sociology 87, no. 6 (May, 1982): 1454-1456. [https://doi.org/10 ...](https://doi.org/10...)

### **Catharsis in Healing, Ritual, and Drama. T. J. Scheff ...**

This is why catharsis and ritual are natural companions, and why cathartic rituals can be an excellent joyful exercise. In many ways, a cathartic ritual is the very definition of JOMO: letting go is a vital, healing element of the essential "letting go" in JOMO. It gives us space to fill with joy. But we have to make that room for it first.

### **A cathartic ritual is the very definition of JOMO — JOMO**

Catharsis in Psychology is often referred to as a release of emotion, leading to powerful healing, recovery, or enlightenment. It is understood that in order for catharsis to occur, intensity in emotional experience must increase, hence the need for release. In the moment of release, one can feel profound relief.

### **What is Catharsis Psychology? | E-Counseling.com**

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