

**catharsis**

[kəˈθɑːsɪs]n (pl -ses)

1. *филос.* катарсис
2. *мед.* очищение желудка, лечение слабительными
3. катарсис, отреагирование (*в психиатрии*)

**catharsis**

Oxford Advanced Learners Dictionary 8th Ed.

**cath·ar·sis** [catharsis catharses] *BrE* [kəˈθɑːsɪs] *NAmE* [kəˈθɑːrsɪs] **noun****uncountable, countable** (pl. **catharses** *BrE* [kəˈθɑːsɪz] ; *NAmE* [kəˈθɑːrsɪz] )(technical)

the process of releasing strong feelings, for example through plays or other artistic activities, as a way of providing relief from anger, suffering, etc.

Derived Word ↑cathartic

Word Origin:

early 19th cent. in the sense purification: from Greek **katharsis**, from **kathairein** ‘**cleanse**’, from **katharos** ‘**pure**’. The notion of “release” through drama derives from Aristotle's *Poetics*.

**catharsis**

Longman DOCE 5th Ed. (En-En)

**ca·thar·sis** /kəˈθɑːsɪs/ *BrE* *AmE* **noun** [uncountable]

[**Date:** 1800-1900; **Language:** Modern Latin; **Origin:** Greek, from **kathairein** ‘*to make clean or pure*’, from **katharos** ‘*pure*’]

**formal** the act or process of removing strong or violent emotions by expressing them through writing, talking, acting etc:

“Music is a means of catharsis for me.”

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