



# Catharsis in Theatre and Psychotherapy

*Dr. Eberhard Scheffele*

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## Abstract

Both Boal and Moreno have expanded the concept of catharsis from Aristotle. This article will begin with a brief overview of the ongoing dispute over the interpretation of Aristotle's original statement. Then we will look at how catharsis is applied in psychotherapy and theatre. Its use is still controversial; the debate as to whether to encourage or discourage catharsis continues. This article will compare Boal and Moreno's theories, techniques and goals; it will discuss the effects of catharsis on personal and social change. Both theorists talk of different forms of catharsis, which will be expounded.

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