

# ABREACTION

*Meaning: Abreaction is the process of expressing and releasing repressed emotions or memories, often in a therapeutic context.*

1. Abreaction can often lead to a cathartic release of pent-up emotions.
2. In therapy, the process of abreaction may help patients confront traumatic memories.
3. Some psychologists believe that abreaction is a crucial step in healing from past traumas.
4. During the session, the therapist encouraged the client to undergo an abreaction to process their grief.
5. The concept of abreaction has been debated in the field of psychological treatment for decades.
6. She experienced a powerful abreaction that left her feeling both exhausted and relieved.
7. Abreaction can sometimes occur spontaneously during intense discussions about past experiences.
8. Understanding the role of abreaction in therapy can enhance the healing process for many individuals.
9. He found that engaging in abreaction significantly improved his mental well-being.
10. Through abreaction, she was able to articulate feelings she had long suppressed.

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