

ABREACTION

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October 15, 2025

RECOMMENDED CITATION

mohammad looti (2025). *ABREACTION*. PSYCHOLOGICAL SCALES. Retrieved from <https://scales.arabpsychology.com/?p=47973>

noun. Therapy which pulls regressed and/or repressed memories into the forefront of one's consciousness in attempt to relieve pent up worry and anxiety.

ABREACTION: "Jonathan immediately felt as though a weight had been lifted off of him after his abreaction therapy session."

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