

Bibliotherapeutical or Cathartic Effects through Reception of Drama „Sunrise at Campobello” by Dore Schary

Abstract

The purpose of this paper is to show that the reception of contemporary American biographical drama „Sunrise at Campobello” by Dore Schary produces cathartic (bibliotherapeutic) effects on contemporary recipients.

Bibliotherapy is renowned as the sociological method of „curing through reading” and our research shows that some basic elements of „Sunrise at Campobello”, such as universal themes, situations and characters correspond with key bibliotherapeutic goals: identification, projection, catharsis and insight.

The research was conducted through the surveying of 30 participants, divided into two groups: readers and viewers of screen adaptation of the aforementioned drama. Apart from describing the key theoretical concepts of bibliotherapy and catharsis, this paper provides a descriptions of the methodology and results of the research.

Key words: *bibliotherapy, catharsis, American drama, recipients, readers/viewers*