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Bibliotherapy and the psychoanalytic criticism in the context of the system theory

Bibliotherapy is a systematic method for “practical application of literature”, and for the understanding of the emotions within a literary work. Literary bibliotherapy uses the medium of literature and language and the interpretation of thought, emotional and physical events within the so-called “The MED cycle”. It reveals how emotions are created in society, and how they use language to be incorporated into a literary work.

Key words: bibliotherapy, MED cyclus, system theory, psychoanalytic criticism