

THE FAIRY TALE JOURNEY



A JOURNEY OF INDIVIDUATION THROUGH
THE SYMBOLISM OF WONDER TALES



Introduction: The Call to Adventure

Can you hear the call to embark on a mythical, transformative journey?

For a year and a day, we will explore the symbolism and deep wisdom of 12 fairy tales. Each month we delve into one of the tales and reflect on how this story and its symbolic language resonates with our personal journey towards individuation. And in this uncharted territory, we hope to gain a deeper insight into our individual journeys of self-discovery.

As we interact with our fellow travellers, we become aware that the symbolism in the tales works on multiple levels. And we discover the hidden treasures waiting to be revealed in these timeless stories.

Hopefully they will help us find meaning in these uncertain times and develop the resilience we need for the future.



Contents

We will explore the Fairy Tales with creative tools from the Story Arte toolbox, which includes Humanistic art therapy, Symbolic Psychodrama, journaling, ecotherapy and expressive movement.

The Fairy Tales:

1. The Seven Little Goats and the Wolf
2. Little Red Riding Hood
3. The Three Little Pigs
4. Hansel and Gretel
5. Molly Whuppie
6. The Queen Bee
7. The Ugly Duckling
8. Pinocchio
9. Cinderella
10. The Sleeping Beauty
11. Snow White
12. Beauty and the Beast

Technical Information

Facilitator: Jennifer Ramsay

Public: Teachers, educators, storytellers, therapists or anyone who is interested in exploring the symbolic language of fairy tales.

Languages: English or Spanish.

In- person:

Duration: 12 monthly sessions of 3 hours.

Requirements: An open-plan space, chairs and a surface to write on for the participants.

Online:

Duration: 12 monthly sessions of 2 hours

Requirements: Zoom application available and a good Internet connection.

JENNIFER RAMSAY



Profesional storyteller since 2004.

Member of AEDA, the Spanish professional storytelling association.

She is trained in Gestalt therapy, Humanistic Art therapy, Ecotherapy and Psychodrama.

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