

# The Fairy Tale Journey



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## A Creative Exploration of the Process of Individuation through 12 Fairy Tales for a year & a day

Since 2022 I have been travelling on various Fairy Tale Journeys, each lasting a year and a day. Through expressive art, journaling and psychodrama we explore what the symbolism of the stories reveal for us. Please get in touch if you are interested in finding out more. we journey with the following tales::

The Wolf and the 7 Little Goats

Little red riding Hood

The Three Little Pigs

Hansel and gretel

Molly Whoopie

The queen Bee

The Ugly duckling

Pinochhio

Cinderella

The sleeping Beauty

Snow white

Beauty and the Beast

# The Fairy Tale Journey to the Centre of Self



Stories have been with us since the very beginning of humanity when we gathered around the fire to listen to myths of creation to connect us with our inner selves, our clan and the universe. Stories have accompanied us through dark times, of war and plague and they are here to accompany us now, with their medicine, in this time of uncertainty.

Fairy tales have survived the test of time because they speak of essential human experience which touches us on a subconscious level. The fairy-tale journey into unexplored worlds is paralleled by an inner journey into unexplored regions of the self. As we travel in the shoes of the characters, we observe how they resolve conflicts and overcome obstacles in their paths, and this can help us do the same in our everyday lives.

If you would like to use fairy tales with your clients, you may be interested in the 2- part workshop “The Fairy Tale Journey to the Centre of Self” I facilitated on Online Events:

[Part 1](#)

[Part 2](#)

# Recordings: Working Creatively with Fairy Tales workshops on Online Events



A Christmas Carol  
Beauty and the Beast  
Blue Beard  
Cinderella  
Godfather Death  
Hansel and Gretel  
Jack and the Beanstalk  
Little Red Riding Hood  
Messengers of Death  
Peter Pan  
Rapunzel  
Sedna  
Selkies  
Snow White  
The Crescent Moon Bear  
The Dream Makers  
The Fisher King and Eco Anxiety  
The Goose Girl & The Heroine's Journey  
The Handless Maiden  
The Juniper Tree  
The Little Mermaid  
The Little Match Girl  
The Red Shoes  
The Skeleton Woman  
The Snow Queen  
The Twelve Dancing Princesses  
The Ugly Duckling  
The Wizard of Oz  
Vasalisa and the Heronine's Journey

# Weaving the symbolism of fairy tales into your practise

If you are interested in weaving the symbolism of fairy tales and myths into your individual therapy or you are a practitioner interested in using them with your clients, please do get in touch.

