

# THE USES OF FAIRY TALE IN PSYCHOTHERAPY

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## **Abstract**

Storytelling has quite a strong impact in our lives. We gain a sense of what we are through narratives, telling others about what has happened to us, and through it we get a better understanding for ourselves. We form our identities through integrating our personal and family histories with legends of our culture. However, when our stories become consistently sad, rigid and repetitive, they may become the subject matter of the therapy session. Nowadays the psychology of counseling is practicing one of the art therapy directions “Fairytale Therapy”. It is connected with the fact that a fairy tale is understood on two levels at once, the conscious and subconscious level. Fairytale Therapy can be used in work with children of the preschool age, juveniles and adults. Practice of the therapeutic fairy tale allows to surpass the psychological resistance of the client and even to work with the problem which the client is not ready yet to articulate it clearly for any reason whatsoever. Similar to the fairy tale protagonists, psychotherapy clients often begin a journey from a black mood of depression or personal crisis towards a new path. In due course, through encounters with significant others and confrontation of challenging circumstances, both protagonist and therapy client may be led to a higher progress. A systematic literature research was conducted from many recent studies. This paper will explore why therapeutic work with fairy tales may be appropriate for clients with psychological problems, where catharsis might be found in such work, and what roles catharsis may play when fairy tales are used with this population.

**Key words:** *Fairy Tale, psychotherapy, catharsis, psychological resistance*