

## THE USES OF FAIRY TALES IN PSYCHOTHRAPY

**Elona Hasmuajaj<sup>1</sup> Shkelqim Osmani<sup>2</sup>**

University of Shkodra “Luigj Gurakuqi” Faculty of Educational Sciences  
hasmuajaj.elona@gmail.com

University of Shkodra “Luigj Gurakuqi” Faculty of Educational Sciences  
shkelqimosmani1@gmail.com

### **Abstract**

Storytelling has a rather strong impact in our lives. Through narratives, we gain a sense of ourselves, we do this by telling ourselves and others the stories that have happened to us. The recurrent storylines of the fairy tales which glorify the legends of one’s culture forge every individual’s identity by integrating personal and family stories with myths of the given nation. Hence, the importance that telling stories harbors in everybody’s life. However, at times everyone’s stories incline towards becoming sad, unyielding and tiresome, thus turning into the focus of the therapy session. Considering that fairytales also tend to go through episodes of darkness to transformation, they can be used to facilitate the restoration of a more vibrant functioning of the client. Nowadays the psychology of counseling is practicing one of the art therapy directions “Fairytale Therapy”. This therapeutic method has been employed to work with children of all ages as well as with adults. A systematic literature research was conducted from many recent studies, and it was concluded that among many other ways, fairy tales are helpful because they help the client to work with the inner psyche, because the clients can take the role of the hero or heroine of the fairy tale and work their way through the difficulties they face. Furthermore, it was found that fairy tales have therapeutic value in the way that they can open a window to the past, revealing patterns of human behavior by emphasizing the human encounters and difficulties, however, at the same time offering solutions for these problems. Likewise, this systematic study found that fairy tales are not only about the past, they can offer a mirror to the contemporary concerns, as well as providing a revelation for the future. The provision of the contemporary concerns and the revelation for the future are provided through the ability of folk stories to touch many individuals on a profound emotional level, and by allowing these people to depersonalize and universalize their issues. Moreover, by encouraging creative thinking, folk stories help clients to find new solutions which gives them hope for their future.

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