



# III INTERNATIONAL SEMINAR ON FAIRY-TALE AND STORYTELLING THERAPY

4<sup>TH</sup> - 8<sup>TH</sup> APRIL 2017

HOTEL TIVOLI SINTRA

+ INFO: [WWW.MOONLUZA.PT](http://WWW.MOONLUZA.PT) | [CONFERENCES@MOONLUZA.PT](mailto:CONFERENCES@MOONLUZA.PT)

SUPPORT AND PATRONAGE:



ORGANIZATION:



# Seminar Programme

## Tuesday, 4 April 2017

16h00 - 18h00	Registration and Welcome desk at Hotel Tivoli Sintra
19h00 - 20h00	<i>Speakers' Meeting</i>
20h00 - 22h30	<i>Welcome Dinner at Hotel Tivoli Sintra</i>

## Wednesday, 5 April 2017

9h00-10h00	<i>Registration and Welcome Desk (for participants without accommodation in Htl Tivoli)</i>
10h00 - 10h20	Seminar Opening <b>Adriana Jurczyk Duarte</b> , Director of Moonluzza <i>Representative of the Municipality of Sintra</i> <b>Ana Paiva Morais</b> Scientific Coordinator of the Institute for the Study of Literature and Tradition, Nova University of Lisbon <b>Lourenço de Almeida</b> Representative of National Center of Culture
10h20 - 12h15	Session I – Presentation & Workshop <b>The Storyteller's Voice -Strategies for comfort and health</b> <b>Katia Leonardo</b> , Singer, Composer, Art therapist, Music Therapist, Poet and Painter, Portugal
12h15 - 12h30	Questions & Answers
12h30 - 14h30	Free time
14h30 - 16h00	Session II - I Part– Presentation & Workshop <b>Finding the Story: Modern myths in creative talk-based therapy with adolescents</b> <b>Jenny Reid and Rosie Dymond</b> , Play Therapists, the Apple Tree Centre, UK
16h00 - 16h30	Coffee break
16h30 - 17h45	Session II – II part
17h45 - 18h00	Questions & Answers
18h00 - 21h00	Free time
21h00 - 22h30	<b>Storytelling Session</b>

## Thursday, 6 April 2017

10h00 -12h00	Session III Presentation <b><i>Investigating mental state terms in western and eastern fairy tales</i></b> <b><i>Nesrin Duman, Istanbul University, Forensic Medicine Institute, Turkey</i></b>
12h00 - 12h15	Questions & Answers
12h15 - 14h30	Free time
14h30 - 16h00	Session IV - I part – Presentation & Interactive workshop <b><i>Dramatherapy: Using Stories to Heal Ourselves</i></b> <b><i>Emma Rasalingam, Sesame Drama and Movement Therapist, UK</i></b>
16h00 - 16h20	Coffee break
16h20 – 17h30	Session IV - II part
17h30 - 17h45	Questions & Answers
18h45 - 22h30	<i>Gala Dinner</i>

## Friday, 7 April 2017

9h30 - 12h00	Session V –Presentation & Creative Component <b><i>New Fairy Tales from Old</i></b> <b><i>Sherryl Clark, writer, teacher, Victoria University in Melbourne, Australia</i></b>
12h00 - 12h15	Questions & Answers
12h15 - 14h00	Free time
14h00 - 14h20	<i>'Wasalisa the Beautiful' tale told by Laura Simms</i>
14h20 - 15h30	Session VI - I part - Workshop <b><i>The Inner Drama of Wasalisa the Beautiful: A Depth Psychological Reading of a Fairy Tale</i></b> <b><i>Alexandra Fidyk, Certified Jungian Psychotherapist, Certified Family Systems Constellation Facilitator, Integrated Body Psychodynamic therapist (in training), Canada</i></b>

15h30 – 15h50	Coffee break
15h50 - 17h30 17h30 – 18h00	Session VI - II part Questions & Answers
18h00 – 21h00	Free time
21h00 - 22h30	<b>Storytelling Session</b>

**Saturday, 8 April 2017**

10h00 - 12h00	Session VII– Presentation & Workshop <b><i>Green Wisdom: Stories of Spiders, Secrets of Survival</i></b> <b><i>Beatrice Bowles, storyteller, USA</i></b>
12h00 - 12h15	Questions & Answers
12h15 - 14h00	Free time
14h00 - 15h30	Presenters’ Panel with debate
16h00 – 19h00	Closing Session in Quinta da Regaleira -Workshop <b><i>Storytelling in Nature with Expressive Arts Therapy</i></b> <b><i>Boaz and Vered Zur, Expressive Arts Ireland</i></b>

**‘[SINTRA] WHERE NATURE AND ART COMPLEMENT  
EACH OTHER WONDERFULLY’**

**Hans Christian Andersen, A Visit to Portugal, 1866**

## Speakers & Presentations

### **Katia Leonardo**

Singer, Composer, Art therapist,  
Music Therapist, Poet and Painter,  
Portugal

[www.katialeonardo.com](http://www.katialeonardo.com)

Katia Leonardo embraces all arts to share her knowledge, weaving them in order to design programs for schools and corporations as well as individual sessions, guiding hundreds of people around the world to find their authentic voices both in speech and singing voice.

### ***Workshop's title: The Storyteller's Voice -Strategies for comfort and health***

A healthy voice will have a positive impact both on the listener and the communicator. A strong presence, a safe tone, a well sang melody and phrases that don't finish with a suffocating breath intake do make a difference in the work of a professional who depends on his/her voice. The story teller will catch the listener's attention only if the story is breathing, singing and taking the many roads of fantasy that include sounds of nature, sounds of different voice characters and the sound of the Narrator.

This Session will offer useful tools for storytellers, therapists, students and teachers to explore the many possibilities of their own voices as well as gather information about different vocal personalities and their effect on listeners. The exercises shared will focus on subjects such as vocal health - prevention and cure of voice issues; breathing - improving the lung capacity and consequent clarity in the sound of the voice; improving our individual vocal palette, making sound effects safely;singing and improvising melodies that can enrich your story and finding vocal comfort both on the speech and the singing voice.

### **Jenny Reid and Rosie Dymond**

Play Therapists  
The Apple Tree Centre, UK

<http://appletreecentre.co.uk>

Jenny and Rosie both trained in Non-Directive Play Therapy at the University of York, UK. They have several years' experience of supporting children and young people through local charities, including domestic abuse services, a cancer support centre, and a Rape Crisis centre.

They now co-own The Apple Tree Centre, a dedicated children and young people's therapy service in Sheffield, offering Play Therapy and creative counselling to children and young people up to the age of 24, as well as Child-Parent Relationship Therapy groups for parents and carers.

**Workshop's title: Finding the Story: Modern myths in creative talk-based therapy with adolescents**

Adolescent clients draw on a range of cultural narratives and modern fairy tales to understand their experiences. Recent Young Adult films and literature have offered young people new characters with whom they can identify, and a fantasy setting which appeals to the modern imagination.

Using narrative within talking therapies can help to reduce resistance, build trust, and support young people to access a creative therapeutic space. As non-directive therapists, we will discuss how to find opportunities to engage imaginatively and empathically with clients in their own narrative landscapes, allowing them to expand on the metaphors which they introduce spontaneously to their sessions.

We will explore the themes of popular franchises such as Twilight, the Hunger Games, Star Wars, and the Divergent trilogy, comparing these to popular retellings of traditional fairy tales. We will consider the developmental needs and social context of adolescent and young adult clients, in order to explore the role which modern fantasy stories might play in their therapeutic journeys.

**Nesrin Duman**

Istanbul University, Forensic Medicine  
Institute, Turkey

Psychologist, Lecturer, PhD Student in Forensic Medicine Institute of the Istanbul University, Turkey. Nesrin started her professional career as psychologist at the Special Education and Psychological Consulting Centre in Turkey. After that she worked for the Ministry of Justice for the Children and Youth Prison and Probation service. Since 2014 she has been collaborating with the Faculty of Humanities and Social Sciences at the Maltepe University in Istanbul.

**Presentation's title: Investigating mental state terms in western and eastern fairy tales**

Mentalisation is a form of imaginative mental activity about others or oneself, namely, perceiving and interpreting human behavior in terms of intentional mental states (e.g. needs, desires, feelings, beliefs, goals, purposes, and reasons). The 'as if' mode in fairy tales allows children to have new experiences and it also provides imaginary which they can use in their lives. For this reason, fairy tales, the perfect starting point for children's imaginative world, have crucial role in mentalisation process. In this study, the mental state terms in well known eastern and western fairy tales will be investigated from the context in order to determine their contribution to mentalisation level.

### **Emma Rasalingam**

Sesame Drama and Movement  
Therapist, UK

<http://emmadramatherapy.co.uk/>

Emma designs dramatherapy programmes that give vulnerable children the space to process problems, be seen, achieve literacy goals and to grow to work harmoniously within a group. Before training in Integrative Arts Psychotherapy and specialising as a Sesame Drama and Movement Therapist she was a primary school teacher for many years. With her insight and experience of both primary education and therapy she developed the dramatherapy company Storyworks which focusses on fundraising and putting these projects and therapists into as many schools as possible throughout the UK.

### ***Presentation and Interactive workshop's title: Using Stories to Heal Ourselves***

Stories and fairy tales are at the heart of Storyworks Movement and Dramatherapy sessions for groups of children in mainstream primary schools in the UK. Experience how the structure of the session, like the story itself, becomes a holding container for participants. The emphasis is on process so warming up the psyche to ensuing themes and metaphors through concise games and Bridge-In activities invites participants to become more receptive to the chosen tale. After listening and working with the story, participants are given space and helpful activities to aid a reflective process. Join us in this interactive workshop which offers participants the experience of enactments and a flavour of how it feels to work with story to rebalance unconscious processes.

### **Sherryl Clark**

Writer, teacher, Victoria University in  
Melbourne, Australia

[www.sherrylclark.com](http://www.sherrylclark.com)

Sherryl Clark has published more than 65 children's and YA books, in Australia and countries around the world. She writes for all ages, from picture books to young adults novels. Her books have won awards and been on many Notable reading lists. She is currently undertaking a PhD at Victoria University in Melbourne, Australia, on the topic of writing new fairy tales for today's children. As well as an exegesis, she is also writing six new fairy tales and a middle grade novel. She has been teaching creative writing to people of all ages for more than 30 years.

## ***Presentation & Creative component's title: New Fairy Tales from Old***

Forty years ago, psychologist Bruno Bettelheim wrote *The uses of Enchantment*, about children's unconscious responses to fairy tales, in particular to tales that helped them deal with trauma and abuse. Recent studies show fairy tales have also helped children with war trauma and terminal illnesses.

Whether through therapy, art, drama, writing or simply reading, fairy tales enable recovery, healing and the growth of courage and resilience. My aim during my PhD was to write new fairy tales that would resonate and enable in the same way.

But first I needed to find out why fairy tales have had this entrancing effect on us for hundreds of years. From my research, I'm convinced it's the themes deep below the surface of the tales that we respond to. Or more precisely, that our unconscious responds to. But the unconscious is, by definition, inaccessible.

Children's writer Susan Cooper calls it the unbiddable door. She says the writer needs to find a way to open it just enough for the images to fly out, like birds. My way was to read many fairy tales and fill my conscious brain with them, then free write as soon as an idea struck me.

During this session I will describe my writing processes, show how different 'sparks' have led to my stories, and look at the themes my unconscious has produced in the form of fairy tales. This methodology would be useful in a range of settings and this session could include creative writing by participants.

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### **Alexandra Fidyk**

Certified Jungian Psychotherapist,  
Certified Family Systems Constellation  
Facilitator, Integrated Body  
Psychodynamic therapist (in training),  
Canada

Alexandra Fidyk, PhD, poet, philosopher, pedagogue, and psychotherapist, serves as Associate Professor in the Department of Secondary Education, University of Alberta, Edmonton, AB, Canada. Here she teaches curriculum studies, teacher education, advanced research, and post-/Jungian studies. Her work draws deeply upon her prairie roots and the fields of process philosophy, Buddhist thought, hermeneutics, and transgenerational studies. She has a private psychotherapeutic practice in Edmonton and consults and teaches with the Portuguese Center of Jungian Studies, Lisbon.



**Workshop's title: *The Inner Drama of Wasalisa the Beautiful: A Depth Psychological Reading of a Fairy Tale***

Fairy tales expose the archetypal realm, inviting us to see our individual stories as always already universal. In their “once upon a time” reality, fairy tales illustrate the ways the personal and the impersonal (or transpersonal) worlds weave in and out of each other uniting the past, present, and future. Marie-Louise von Franz said that fairy tales are “true and untrue,” “neither and both,” and “can never be resolved intellectually.”

As powerfully demonstrated during the closing workshop of the 2015 Sintra gathering, everyone identifies with some aspect of the fairy tale, *Wasalisa the Beautiful*. In the psychodrama conducted, we were invited to “play the role” of the figure with whom we identified. In this dramatic enactment, we witnessed various interpersonal dynamics constellated across players. In a 2-hour workshop, I propose to use a depth psychological approach to revisit *Wasalisa the Beautiful* as a personal, cultural, and archetypal story which constellates not only outer relations but also our inner ones. Only by becoming conscious of our inner figures and recognizing them as unseen parts of ourselves (splinter psyches) are we able to address them and their intra-psychic dramas. In this psychodynamic process, we can initiate a healing process. Attention to such splinters is also known as re-membering our pasts and our wounds so to engage in re-collecting the parts of ourselves that we have left behind. In this way, we are able to break the unconscious hold of a repetitious story that directs our lives and prevents us from living more consciously and fully. In addition to depth psychological engagement with these figures through the frame of the fairy tale, relevant concepts and theories will be shared for ongoing exploration both personally and professionally.

**Beatrice Bowles**  
Storyteller, USA

[www.beatricebowles.com](http://www.beatricebowles.com)

Beatrice Bowles, MFA, is a storyteller whose first mentor was mythologist Joseph Campbell. Beatrice has researched, retold, and recorded five CD/audiobooks of world wonder tales with original musical settings.

She tells her stories in schools, museums, and botanical gardens across the country and on the radio. Her 2014 CD/audiobook, *Cloudspinner and the Hungry Serpent*, won a Storytelling World award in 2015. Beatrice is a Voting Member of the Grammy's Recording Academy.

***Presentation and Workshop's title: Green Wisdom: Stories of Spiders, Secrets of Survival***

In ancient cultures, Nature's wise little weaver told stories that helped to guide young people away from evil and towards survival. Now the human race has made such "a queer mess of the planet," wrote EB White, author of 'Charlotte's Web,' that new survival strategies are needed urgently. But seeds of goodness are in us, too, waiting to sprout in the right conditions! So let's explore spider stories from various traditions in hopes of weaving a web of wisdom wise enough--and wide enough--to connect us all. Nature's secrets of survival are hidden all around us, in spider webs and superstrings and within us, too.

Using storytelling and movement, together we will engage the healing powers of this witty little wisdom teacher.

**Boraz and Vered Zur**  
Expressive Arts Ireland

<http://www.expressiveartsireland.com/>

Boraz Zur holds a Masters Degree in Expressive Arts Therapy from the European Graduate School and Lesley University. He facilitates group work and individual sessions for therapy and professional development, using an intermodal approach. He holds a B.E.d in Special Education. He is a qualified Teacher of Special Education, with many years of experience. Boaz is a writer and storyteller, organizing storytelling events in Ireland and abroad. He integrates the art of storytelling in his work as an expressive arts therapist. Boaz is a father to four grown up children and likes to travel and explore the magic of nature around the world, gather new inspiring stories to share. He is currently completing his P.h.D. in Expressive Arts Therapy and is a member of I.A.C.A.T.

Vered Zur Vered is qualified in Expressive Arts Coaching, Consulting and Education. She delivers, teaches and facilitates both professional and personal development workshops for groups and individuals. She holds a B.E.d in Education and Literature. Vered is an intermodal artist working with arts, nature and community. Vered is a mother; to four children and a role model of Mother Nature

who nurtures each person that chooses to grow themselves. She is committed to building community by mirroring, building strengths, sharing creative experience and including difference. Currently Vered is completing her P.h.D., working with Eco Psychology/Eco Therapy - using Expressive Arts and Eco-Therapy to deepen community engagement with the natural world. She is a member of I.E.A.T.A. Executive Council in I.A.C.A.T.

***Workshop's title: Storytelling in Nature with Expressive Arts Therapy***

The workshop will focus on the encounter between human and nature; integrating with the surrounding landscape. The process will welcome stories that emerge from the environmental experience that combines with artistic experiential. We will work through movement, writing, story, drama, sound and visual arts. The workshop will enable sensory experience.

Workshop participants will come prepared to be outside, wear comfortable casual clothes, shoes to enable working with nature materials. Bring with you pen and notebook that you can write. The workshop will offer individual sensory experience of nature. It will open us to Sintra magical landscape.

In this workshop we will start together by walking in silence as a group. (15-20min) Each person will find a place in nature that calls him. Give yourself time to relax and experience the land. Collect few objects that you can find around you. Touch, smell, feel the objects and create your space. Let the experience inspire you to write a short story or poem. We offer some ways to begin "Once upon a time...", "A long long time ago...", "This is a tale about...", "In the time of...", "One morning...", "This is...". "What a surprise...". (20-30 min).

Engage with a partner and share your experience and your stories. (20 min) Engage with another 3 partners to create a group of 8. Share the essence of your stories (20-30 min) and together create one experiential storey with sound, movement, and the objects of your group. (30 min) Use the different arts to experience empowerment, beauty and joy, that emerge from being together in a creative process and you will show it in a few minutes performance (2-4 min) in a place that you choose. The large group will come together to walk around to see the different performances.

Ending the workshop with a reflection and discussion. (15 min)

Materials for the workshop: Participants will work with natural materials from the environment.

# Organization:

Moonluza, Unipessoal Lda



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