

Fairy Tales: Implications in Family Dynamics and Visual Imagery
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Abstract

Fairy tales can be observed not only for their literary importance but also for their therapeutic value and significance as well. Although many may think that fairy tales and the messages within are for the young, they offer life lessons for adults also. Using Fairy tales in conjunction with art therapy invites individuals to connect to parts of themselves that may be difficult to identify otherwise.

When attempting to understand one's family dynamics, fairy tales serve as projective instruments for individuals to "speak through." When an individual is able to relate their feelings concerning his or her family by way of fairy tale-like characters, environments, and what may be too difficult for the client to verbalize may be communicated through the situations a "bridge" may be formed which he or she may be able to communicate their feelings. The visual imagery that fairy tales elicit can aid in client therapist communication. Artwork and then processed further within a therapeutic setting.

Fairy tales offer numerous contributions when coinciding with art therapy. The Fairy Tale Family Drawing Assessment asks the participant to "draw you and your family in a fairy tale-like setting." It is my hope that this directive will influence clients' insight into their psyche, while aiding them in achieving a comfort level that will aid them in verbalizing their personal struggles.