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Practical guide of  
**FAIRYTALE THERAPY**

Basic level

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# PRACTICAL GUIDE TO FAIRYTALE THERAPY

Basic level

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Practical guide to FairyTale Therapy – Basic level  
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On the cover *Bustling* Aquarelle by Vasilij Kandinskij 1923.

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## PRACTICAL GUIDE TO FAIRYTALE THERAPY

This short guide is intended to clarify and make immediately comprehensible the practical utility of fairy-tale therapy.

The course is aimed at those who have embarked on a personal journey driven by the desire or the need to learn more about whether themselves through new interpretations, and in the wellness consultants to acquire the basic skills designed to recognize the four macro trends behavioral, so as to be able to provide direct, unusual and effective information in a simple way.

The topic of FairyTale Therapy is human behavior, its conscious understanding and optimization.

Below is the definition of behavior taken from Treccani:

*Behavior sm [ der . to involve ]. - 1. In general, a person's way of behaving, especially in certain situations, in relations with the environment and with the people with whom he is in contact . In a broader sense, and referred to a single person or to groups of people, the way of conducting oneself with respect to decisions to be made, to solutions to be given to specific issues. -*

*2. a. In comparative psychology, the complex of attitudes that the subject (animal or man) assumes in reaction to certain environmental stimuli or presumed internal needs, or the global activity of a subject considered in its objective manifestations .*

*b. Psychology of the c., Another expression with which behaviorism or behaviorism is indicated.*

*c. Therapy of c. (or behavioral therapy), a set of techniques, based on the direct modification of behavior, which tend to reduce emotional suffering (anxiety, phobias, etc.) and the inadequacy of conduct in a large number of neuroses.*

The Fairy Tale therapy is therefore one tool at the service of self-knowledge, through observation and optimization of their behavior to achieve the best quality of life.

It is not intended to bring out or determine disorders to be treated, nor to give psychological comfort or to produce suggestions, even if positive.

In our experience it is the simplest and most direct way to get as close as possible to discovering the profound meanings that determine our actions. In this sense, various disciplines that study the functioning of the human mind have long since ascertained that actions, decisions and choices are not determined by exclusively rational reasons.

There is always a deeper and more complex reason that moves them.

To fully grasp the purpose of the basic course, it is necessary to remember that the first psychobiological imperative to which every human being must respond is survival and for this purpose it adopts a series of suitable operating methods .

Most individuals satisfy physiological and safety needs by learning behavioral patterns in a mostly automatic and unconscious way.

But like the force exerted by survival, satisfying the need for self- realization is equally imperative .

For the latter, it is necessary to become aware of the conduct scheme used, verify its effectiveness and otherwise optimize it.

But it is not common to train, that is to teach to know and consciously optimize behavior.

To achieve realization requires conscious training or preparation, a prospect for which the lucky few seem destined.

In reality, just by studying the fairy tales which in fact are the most popular narrative ever existed, it is evident how the need for realization is essential, like survival, and how it is a shared and not precluded perspective.

Fairy tales are a vehicle for satisfying the need for knowledge of behavior, because in a natural way they show it in the unfolding of the story.

And even if over time they have been repeatedly distorted in favor of this or that "politically correct" meaning, they have managed to keep their most precious treasure: optimized and complete behavioral dynamics.

As we said, as human beings we are subject to natural laws, but rarely we're brought to the awareness that the behavior patterns adopted determines not our well-being .

It is commonplace that psychological sciences are mainly concerned with this topic in a conscious way, analyzing and defining human behavioral typologies, and that often this knowledge is intended to diagnose pathologies or instrumental classifications (definition of the profile for selection in the workplace).

But what is there for all to see, and which usually does not receive adequate attention, is that we have a natural need to become aware and optimize the operating methods to achieve the best living conditions.

In this regard, it is now customary for a growing number of individuals participating in d events Mass in which successful people deliver their own recipes, regardless considered valid for all.

The proposed course distances itself from the way in use, certainly more accessible, of teaching by limiting itself to imparting and acquiring rules, rituals and precepts without awareness.

It aims to satisfy the established and ever-increasing need for training or self-training, necessarily including the active and conscious participation of the figures involved.

On this basis , it s ongoing basis is analyzed no dynamics expressed in four specific Tales in which are collected the general patterns of behavior optimized, inclusive of all humanity.

Exploring the unfolding of one's own or others' behavior in an essential way is otherwise very difficult.

The conscious investigation of a dynamic allows it to be refined and optimized with a view to a consistent improvement in interactions and relationships .

In the third pantry, the peculiar sequences told in the Tales of Cinderella, Snow White, Puss in Boots and Sleeping Beauty are exhibited.

The reading keys acquired allow to find in everyday life the typical movements of each Macro group to which they belong, and it will be

immediate to observe how each person expresses in his way of doing an Antagonist function, but also a Donor, a Gift, etc., based on the four patterns of conduct.

Tale knowledge is extremely useful for the understanding of their own way of behaving, it understood as the act on specific resources and capabilities, or to action / not act under the thrust of a specific conviction.

In the fairy tale, this latter movement is observed in the actions performed by the Antagonist.

For each of the four dynamics there is a specific function capable of stopping the spread of belief.

The function that initially requires more effort and attention is precisely the antagonistic function.

Each individual unconsciously tends to hide it to himself and others, but usually it is precisely that in excess.

Only by knowing the general dynamics of reference, will it be easy to solicit the function that naturally counterbalances it.

The FairyTale Therapy aims at the balanced recomposition of the seven components of behavioral dynamics.

This allows us to recover the best strategies of action that naturally belong to every dynamic, but of which we cannot see the maximum expression as long as the imbalance between functions persists.