



IV International Seminar on Fairy-tale and Storytelling Therapy

20-24 March 2018

Venue: Hotel Tivoli Sintra, Portugal

Organization: Moonluza, Unipessoal, Lda.



Pre-Seminar Programme

Tuesday, 20 March 2018

9h00 - 9h30	Registration
	Two Parallel Workshops
	I Pre-Seminar Workshop
	<i>Sandplay Therapy: Introductory Training</i>
	<i>Olga Lipadatova, Phd, Registered Psychotherapist, Certified Teacher and Supervisor, Canada***</i>
	<i>Conference room: Eça de Queiroz</i>
	II Pre-Seminar Workshop
	<i>Therapeutic Storytelling: Addressing Challenging Behaviour and Traumatic Situations through the Medium of Story</i>
	<i>Susan Perrow, M. ED, Writer, storyteller, teacher trainer and parent educator, Australia</i>
	<i>Conference room: Gil Vicente</i>
9h30 – 11h00	I part of the workshop
11h00 – 11h15	Coffee break
11h15- 12h30	II part of the workshop
12h30 – 14h00	<i>Free time</i>
14h00 – 15h30	III part of the workshop
15h30 - 15h45	Coffee break
15h45 – 17h30	IV part of the workshop

*** There are two dates of the introductory training in Sandplay – Monday, 19 March 2018 or Tuesday, 20 March 2018, please consult the flyer available on the site: www.moonluza.pt

„Each of us has a family tree full of stories inside of us... each of us has a story blossoming out of us.”

Francesca Lia Block

Seminar Programme

Hotel Tivoli Sintra
Conference Room: Eça de Queiroz

Tuesday, 20 March 2018

16h00 - 18h00 Registration and Welcome desk at Hotel Tivoli Sintra

19h00 - 20h00 *Speakers' Meeting*

20h00 - 22h30 *Welcome Dinner*

Wednesday, 21 March 2018

9h00-9h45 *Registration and Welcome Desk (for participants without accommodation in Htl Tivoli)*

9h45 - 10h00 Seminar Opening

Adriana Jurczyk Duarte, Director of Moonluzza

Ana Paiva Morais Scientific Coordinator of the Institute for the Study of Literature and Tradition, Nova University of Lisbon

Lourenço de Almeida Representative of National Center of Culture

10h00 - 11h45 Session I – Presentation

Can difficulties be harmful or helpful...?

Using short stories to prevent, reframe and overcome failure in school: the experience of Project IDEA in Portugal

Maria Dulce Gonçalves, Educational Psychologist, University of Lisbon, Portugal

11h45 - 12h00 Questions & Answers

12h00 - 14h00 Free time

14h00 – 15h15 Session II - Presentation

Running Away with Hansel & Gretel: A case study in small group counseling

Susan McCullough, Certified School Counselor, Storyteller, Performer & Teaching Artist, Germany

15h15 – 15h30 Questions & Answers

15h30 - 15h50 Coffee break

15h50 - 17h50	Session III – Workshop <i>Tarot and Story: Creating the Story Within using symbols, archetypes and the unconscious</i> <i>Janice Russell, PhD.,</i> educator in Coaching and ethical NLP, Visiting Senior Fellow (Coaching) at the University of Lincoln, UK <i>Keziah Gibbons, BA (Hons.)</i> developer of Tarot for Business and Communication, Storyteller, UK and Portugal
17h50 - 18h00	Questions & Answers
18h00 - 21h00	Free time
21h00 - 22h30	Storytelling Session

Thursday, 22 March 2018

10h00 – 11h45	Session IV Presentation & Workshop <i>Orality, Literacy, and Memory: Mental Preservation of Fairy Tales</i> <i>Rachel Zoran, PhD,</i> Bibliotherapist <i>Gabriel Zoran, Prof. of Hebrew and Comparative Literature at the University of Haifa, Israel</i>
11h45 -12h00	Questions & Answers
12h00 - 13h30	Free time
13h30 - 15h45	Session V Presentation <i>Myth of Demeter and Persephone: Loss and grief in immigration expressed through Sandplay Therapy</i> <i>Olga Lipadatova, Phd,</i> Registered Psychotherapist, Certified Teacher and Supervisor, Canada
15h45 -16h00	Questions & Answers
16h00 - 16h15	Coffee break
16h15 – 17h45	Session VI Workshop <i>Dialogue with dots</i> <i>Mall Tamm, Counsellor, art therapist, Estonia</i>
17h45 - 18h00	Questions & Answers
18h45 - 22h30	<i>Gala Dinner</i>

Friday, 23 March 2018

10h00 - 12h00	Session VII –Presentation <i>The Healing Power of Story Language and the Imagination</i> <i>Susan Perrow</i> , <i>Writer, storyteller, teacher trainer and parent educator, Australia</i>
12h00 - 12h20	Questions & Answers
12h20 - 14h30	Free time
14h30 – 16h00	Session VIII - I part - Workshop <i>Meeting the Hag: Living Through the Dark Encounters of Mid-life</i> <i>Alexandra Fidyk</i> , <i>PhD, Associate Professor; Certified Jungian Psychotherapist, Certified Family Systems Constellation Facilitator, Integrated Body Psychodynamic Therapist (in training) – private practice, Canada</i>
16h00 – 16h30	Coffee break
16h30 - 17h40	Session VIII - II part
17h40 – 18h00	Questions & Answers
18h00 – 21h00	Free time
21h00 - 22h30	Storytelling Session

Saturday, 24 March 2018

Location: Park of Pena Palace***

9h50	Meeting in front of the main entrance to Pena Palace and Park
10h00 - 12h30	Session IX–Workshop <i>Live your legend, create your own story</i> <i>Linde ten Broek</i> , <i>Children's Librarian, NLP Master coach, Film director, Wedding Official, Writer and Storyteller, the Netherlands</i>
12h30 - 12h45	Questions & Answers
12h45 - 14h30	Free time
14h30 - 16h00	Closing Session and Debate <i>(In Park of Pena Palace or back at the Hotel – depending on the weather conditions)</i>

*****Getting to Pena Palace and Park: a) walking from Sintra – round 1h; b) by car; c) by bus Scotturb – bus nº 434;**

Speakers & Presentations

Olga Lipadatova

Phd, Registered Psychotherapist,
Certified Teacher and Supervisor,
Canada

<http://www.arttherapyolipa.com>

Olga holds Master's Degree in Creative Arts Therapies, Arts Therapy, and a Ph.D from Concordia University, Montreal, Quebec. She is the recipient of a Federal research grant for her Ph.D. research focused in working with immigrants using Jungian Psychology and Sandplay Therapy. Since 2003, Olga worked in Mental Health and community organizations, and in private practice as a psychotherapist, art therapist, and a counselor. For a number of years she served as a board member of the Art and Sandplay therapy Associations, and presently, as the president of the Canadian Association of Sandplay Therapy. Olga is a Certified Supervisor and Teaching Member of Canadian Association of Sandplay Therapy and the International Society of Sandplay Therapy and works in Canada and abroad. Since 2014, Olga works as a psychotherapist in private practice in Guelph, Ontario and conducts Art Therapy groups. Olga is an advocate of the storytelling through art and sandplay expression as a method of helping to make individual and social change in life.

Pre-Seminar Workshop's title: Sandplay Therapy – Introductory Training

One-day training will provide Introduction to Sandplay Therapy allowing further enrolment into certification training recognized by Canadian Association for Sandplay Therapy (CAST) and International Society for Sandplay Therapy (ISST).

Through the day the participants will also experience first-hand working in the sand with addition of water and objects, allowing them having in-depth tactile experience of the therapeutic effect of the sandplay. Attending this workshop is a great way to be introduced to the modality of Sandplay Therapy and its benefits for clients of all ages. Psychologists, Special Education teachers, psychotherapists, and other professionals working in the field of mental health would benefit from this workshop.

At the end of the workshop participants will: learn about the history and basic theory of Sandplay Therapy; experience first-hand working in the sand with addition of water and

objects; using experiential exercises understand how Sandplay Therapy influences healing within the psyche; and have an opportunity to exchange and discuss their experiences in a safe setting.

Seminar Presentation's title: Myth of Demeter and Persephone: Loss and grief in immigration expressed through Sandplay Therapy

The presenter will give a brief account of the Greek myth of Demeter and Persephone. After that she will present the case of Marga, a woman who relived this myth in her Sandplay Therapy process and through it experienced a deep transformation. Through her experiences of several immigrations, Marga lost some of the people she loved, one of whom was her Mother. This resulted in a state of fragmentation manifesting in her soul, body and mind. The presenter will follow the participant's journey and her experience of loss and grief expressed through the sandplay pictures. A slide demonstration will be accompanied by a discussion of the myth, and of what place grief has in the process of immigration and adaptation to the new socio-cultural environment.

After the session, attendees will be able to: understand the special role grief plays in an immigrant's journey; understand the place of the myth in the contemporary life; understand the importance of the Mother archetype in the psychological life of a woman particularly at the time of transition when adaptation to the outer conditions is called forth.

Susan Perrow

writer, storyteller, teacher trainer and
parent educator, Australia

www.susanperrow.com

Susan is a writer, storyteller, teacher trainer and parent educator, with a combined 16 years experience teaching in Steiner schools in both Australia and Africa. In 2000 she developed the first course on Storytelling for an Australian University (S.C.U.). and completed her Masters Research on Storytelling in a cross-cultural situation (post-apartheid South Africa). From 2001 to 2003 she was funded by the Australian Government to pilot creative courses and storytelling resources for children with challenging behaviour.

Today her time is spent writing, running seminars on therapeutic storytelling and consulting with teachers, parents and therapists. She travels internationally - from China to Africa,

Europe to America and across her own sun-drenched land of Australia. Her two resource books, *'Healing Stories for Challenging Behaviour'*, and *'Therapeutic Storytelling'* have been translated into many languages, including Mandarin, Korean, Croatian, Japanese, Spanish and Portuguese.

Pre- Seminar Workshop's title: Therapeutic Storytelling: Addressing Challenging Behaviour and Traumatic Situations through the Medium of Story

In this seminar, examples, ideas and techniques for writing healing ('medicinal') stories will be shared and the therapeutic use of metaphor explored. With the support of a story-making framework, the participants will be guided to create their own stories addressing a range of challenging behaviours and traumatic situations stories to give hope, to build resilience and to help develop positive values with children, teenagers and adults.

Seminar Presentation's title: The Healing Power of Story Language and the Imagination

Susan will share examples of using story language as a therapeutic strategy – with children and adults. With a selection of cultural, poetic and philosophical thoughts, she will dance with the question 'What is imagination?' The talk will conclude with suggested ways for adults to strengthen their own imaginations to help implement story language in their daily life and work.

Maria Dulce Gonçalves
Educational psychologist,
University of Lisbon
Portugal

www.lispsi.pt

Maria has a PhD in Educational Psychology, with a background in Psychotherapy and Clinical Psychology. For thirty years, since 1987, she has been teaching at the University of Lisbon, Faculty of Psychology, training teachers and teaching young psychologists, especially in the field of Educational Counseling and Learning Difficulties. In 2011, she created the IDEA Project, linking research and social intervention (IDEA is the Portuguese acronym of *Investigação de Dificuldades para a Evolução na Aprendizagem*, meaning, Research on Difficulties for Learning Evolution). Project IDEA continuously works on

the ground, enrolling new and old students from de University into field research, teacher training and psychoeducational interventions. A growing number of Educational Psychologists and volunteers regularly works in schools and municipalities, with individual students, small groups of children, young people, their teachers and parents, always involving the educational community, proposing new IDEA's, new procedures, demonstrating results, even with very simple and affordable materials. Project IDEA's mission: to challenge common sense ideas about learning difficulties, to improve learning, rethink school and teaching methods.

Presentation's title: Can difficulties be harmful or helpful...?

Using short stories to prevent, reframe and overcome failure in school: the experience of Project IDEA in Portugal.

In our schools, in our society, learning difficulties are never expected, accepted or understood. In a common-sense perspective, best students do it easily, without any problem or difficulty. Only special needs or disabled students struggle to learn, trying desperately to do everything like everyone else.

On the contrary, our theoretical and research findings, show that real learning is very often a hard process, a gradual and uncertain construction. In schools, in research, in sports, we all know that life is difficult. We cope and solve so many problems daily. Obviously, difficulties must be expected, resilience must be build, learning strategies and emotional intelligence must be always reinforced.

In Project IDEA we think that we need to re-establish the role of learning difficulties (e.g. as in Level 1 of RTI Model – Response to Intervention).

In this workshop, we share examples of short stories recently developed to help children and grown-ups to a more functional understanding of difficulties, in life as in learning. We will show how we are stimulating a Growth Mindset (from Carol Dweck's work) with the reading, writing, telling, sharing of a small set of seven beautiful short stories. We will propose some very simple materials that are going to be used to challenge your experience and imagination in the field of difficulties... Can difficulties be harmful or helpful...? If storytelling can bring us to a better understanding of life and difficulties, can we use it to a better learning through difficulties? Can we use it to a better personal experience in schools as in life...?

Susan McCullough

Certified School Counselor, Storyteller,
Performer & Teaching Artist,
Germany

www.storyrat.weebly.com

Susan worked for 23 years as a school counselor in the Florida (USA) public schools and 5 years in an international school in Germany. She began telling stories in 2001. With Master's degrees in both Counseling (1988) and Education (2001), Susan became skilled not only in telling stories for entertainment but also for therapeutic use in both the counseling office for group and individual counseling and in the classroom for character education and classroom guidance lessons.

In addition to performance and therapeutic use, Susan's storytelling interests include storytelling for ESL, literacy, and classroom use across the middle and high school grades.

She earned her Master's in Storytelling from East Tennessee State University in 2016 and is now a freelance storyteller.

Presentation's title: Running Away with Hansel & Gretel: A case study in small group counseling

This is a case study of a counseling group for 5 girls, aged 13-15, who had fantasies of running away and one who had already had a positive running away experience. The group met weekly with their school counselor over the course of 5 weeks. The Grimm's tale "Hansel and Gretel" was used to generate group topics, personal goals and a culminating activity. Follow-up information regarding the students 10 years later will be presented

Janice Russell

PhD., educator in Coaching and ethical NLP, Visiting Senior Fellow (Coaching) at the University of Lincoln, UK

www.yourbusinessinmind.com

Janice and Keziah are a crack Tarot-reading mother and daughter duo from the UK.

Janice has used Tarot for over 30 years for personal and professional development. She works extensively with recovery from trauma and transitional development. She has particular interest in structured metaphor as a means of communication with the unconscious mind. Janice has taught both Counselling and Coaching to MSc level at the Universities of Durham, Hull



Keziah Gibbons

BA (Hons.) developer of Tarot for Business and Communication, Storyteller, UK and Portugal

www.facebook.com/vibrantselfhealing

and Lincoln, UK, and is an ethical trainer in NLP. She is a visiting Senior Fellow (Coaching) at the University of Lincoln. Janice holds an MA in Creative Writing and has taught Creative Writing for the University of East Anglia, and has guested at the Universidade Nova in Lisboa. She has written three novels as well as several books and papers in coaching and counselling. Psychology, philosophical principles and beliefs, story and embodied communication are the threads from which she weaves her tapestry of expertise.

Keziah reads and teaches Tarot, and is an in demand facilitator, using Tarot as a tool for teaching and personal development, and also in organisations where she has developed a programme of Tarot for Business and Communication. She is a budding Storyteller, with a broad interest in world mythology and a specific interest in Celtic myths and stories and stories from the British Isles. Keziah graduated from the University of Leeds with honours in Portuguese Language with Lusophone Culture and Russian Studies, and is a Reiki Master and a Master Practitioner of NLP. She is the developer of The Storytelling Model and the author of *Living the Reiki Precepts*.

Workshop's title: Tarot and Story: Creating the Story Within using symbols, archetypes and the unconscious

What story do you have to tell and how can you coax it from your unconscious mind? What are the patterns in your life story? Which characters are you? Who are your allies and guardians? What are your obstacles and what resources do you have to overcome them? If you could create your own future, what would it look like?

These are some of the questions which we'll explore in this unique workshop, using the Tarot to connect with the deeper levels of your being, and to bring your personal force to life. Tarot offers a unique and powerful means for tapping into the creative unconscious.

You don't have to have your own Tarot deck for this workshop, but if you do, please bring them along! A limited number of Tarot decks will also be available to purchase on the day. The workshop will be both theoretically supported and highly interactive in style.

Rachel Zoran
PhD, Bibliotherapist,
Israel

Rachel is a Bibliotherapist, Lecturer, Therapist, Supervisor. Between 1987-2013 she was a Chair of the Bibliotherapy Training Program at the Faculty of Education of the University of Haifa.

Gabriel Zoran

Prof. of Hebrew and Comparative
Literature at the University of Haifa,
Israel

Gabriel is a Professor of Hebrew and Comparative Literature at the University of Haifa, Israel. Main fields: Ancient Greek literature, theory of literature, German literature, modern Hebrew literature, theory and history of translation. Published also two volumes of fiction and several literary translations.

Recent book: *Bodies of Speech: Text and textuality in Aristotle*, Cambridge Scholars Publishing, 2014.

Fiction: *Apple, Pear and Cinamon*, five fairy tales [Hebrew], Shoken, Tel Aviv, 1995

Presentation and Workshop's title: Orality, Literacy, and Memory: Mental Preservation of Fairy Tales

The relationship between oral fairy tales and written ones has been abundantly discussed in scholarship, as well as the relation between orality and literacy in general. This relationship is far from being dichotomous: fairy tales have been written down, and their written versions served as basis for further oral transmissions. This situation has also psychological implications: What is the relation between reading a text and memorizing it? What is the relation between a performance on the basis of a written text and on the basis of memory? What do we remember and what do we not, and why? How does a rereading of a text preserved in memory look like? What is the difference between a memory from childhood and from adulthood?

The workshop suggested will deal with these questions, trying to reconstruct a fairy tale through memory, and then encountering its memorized version with one of its canonic versions. This encounter will reveal that the way each reader remembers a story is dictated by his or her specific emotional response to it, which determines the emotional focus memorized.

The workshop will start with a short presentation of the relationship between writing and orality in literature. Then the participants will be asked to memorize a fairy tale from their childhood. In the next stage they will watch a movie of a canonic version of that tale. Finally there will be a discussion about the various variants of memory, attempting to define the emotional foci specific for each reader.

Mall Tamm
Counsellor, art therapist,
Estonia

www.ansata.eu

Mall holds two Ma olds two Ma degrees – as social and health work counselor and in humanities. She first graduated as art and dance teacher and later as art therapist. Since 1999 she has worked as art therapist with different target groups (children, youth, adults, elderly people) in rehabilitation hospitals and social day centres (with children at risk). Currently she works with ex-prisoners and handicapped children in rehabilitation centre. She belongs to the Estonian Association of Art Therapists and to the Network of European art Therapists.

Workshop's title: Dialogue with Dots

Dots on paper... might contain your whole life. We will work with your created dots and will use the information they contain. You will discover inner personalities who are beside you in good and bad times. This will be a fairytale about you in your very present time.

We will use paper, crayon and creative writing. Also different tools and symbols will be around you to help to keep this dialogue safe, interesting, fun and thought provoking. Practical work full of silence.

Alexandra Fidyk
PhD, Associate Professor; Certified Jungian
Psychotherapist, Certified Family Systems
Constellation Facilitator, Integrated Body
Psychodynamic Therapist (in training) –
private practice, Canada

Alexandra Fidyk serves as Associate Professor in the Department of Secondary Education, University of Alberta; Associate Editor of the *International Journal of Jungian Studies*; Past President of the Jungian Society of Scholarly Studies; and an editorial board member on several educational and Jungian studies journals. She teaches curriculum studies, teacher education, advanced research, and analytic

<https://www.ualberta.ca/education/about-us/professor-profiles/alexandra-fidyk> psychology graduate courses. She consults and teaches with NPEJ, Lisbon.

Workshop's title: Meeting the Hag: Living Through the Dark Encounters of Mid-life

Taking up fairy tales of adulthood rather than those of childhood presupposes that one has developed (well enough) through the ages of childhood, adolescence, and early adulthood and is ready for a new kind of maturation—psychologically and spiritually. Such tales are not common in society today, that is, tales in which the older person is a realistic protagonist. This lack of occurrence signals not only a very different reality of human life (as average life expectancy in medieval Europe was less than 25), but also other realities such as the loss of respect for the elder and what s/he contributes to the collective, particularly in the wake of industrialization and technicalization, the lack of value for such tales, and perhaps, the loss of reverence for wisdom. Too, it presupposes that there is something of meaning in middle-age and beyond, something other than the preoccupation with youth, beauty, and its heroic paradigm. In this interactive session, we will explore elder tales in general, and more specifically what kind of response(s) the tale(s) demands (rather than an active one as is common to the hero). We will consider those events that take us to the Hag or underworld: loss, betrayal, failure, doubt, depression, overwhelm; and we will examine what it means to live with the dark encounters so that they might be seen through so to uncover a new way of being in the world. What beckons us in the second half of life is the challenge to cross over to the other side of life, often described as traversing the dark wood, descending to the underworld, or returning to the cave of the Mud Mothers. Regardless of the terrain, it is unfamiliar, unknown, and for many unfathomable, despite the journey being wholly necessary.

Linde ten Broek

Children's Librarian, NLP Master coach, Filmdirector, Wedding Official, Writer and Storyteller, the Netherlands

<http://lindetenbroek.nl/en/>

Linde ten Broek (1965) was born in Amsterdam and is a Children's Librarian, NLP Master coach, Filmdirector, Wedding Official, Writer and Storyteller. She helps people to reconnect with the heart energy through writing and soul storytelling in her programs 'Live your Legend.' Linde wrote two books (a children's book and a book about the relationship between mothers and daughters). She loves to co-create with nature, especially with trees and the ocean. She lives in The Netherlands but will move to Portugal very soon.

Workshop's title: Live your legend, create your own story

Do you still know what children's book you loved when you were young? Who was your hero, what was your favorite bedtime story, the story you wanted to hear or read again and again? In this important period of your life you decide your role and your model. You decide your legend and most of us, do forget their legend when they grow older. That is a pity. When I look around I see so many people who are not happy in their work, their relationship, in life. That is not the meaning of life I guess. So come with me, go back to your childhood and find back the stories of that time. You still can recreate your legend and start to live it, by telling your new story, based upon... your favorite children's book.

I start the workshop with storytelling in nature (Palace de Pena). I choose a children's story that resonates with me and the group at that moment. After some theory about storytelling, hero's and be a hero in your own personal life, the attendants work with their favorite childhood story. They will get writing and storytelling exercises in small groups. The result of this workshop of 2h30 hours is a small personal Legend that the attendants can use for their blog, website or presentations. A question and answer round will finish the workshop. We work outside and use the smells, sounds and views of the Palace in the exercises.

Organization:

Moonluza, Unipessoal Lda



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