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## **THERAPEUTIC FAIRY TALES FOR CHILDREN AND FAMILIES GOING THROUGH TROUBLING TIMES**

**Казачінер Олена Семенівна,**

доктор педагогічних наук, професор,  
професор кафедри здоров'я людини, реабілітології і спеціальної психології  
Харківського національного педагогічного університету імені Г.С.Сковороди

**Бойчук Юрій Дмитрович,**

доктор педагогічних наук, професор,  
член-кореспондент НАПН України,  
професор кафедри здоров'я людини, реабілітології і спеціальної психології,  
ректор Харківського національного педагогічного університету імені  
Г.С.Сковороди

**Галій Алла Іванівна,**

кандидат біологічних наук, доцент,  
завідувач кафедри здоров'я людини, реабілітології і спеціальної психології  
Харківського національного педагогічного університету імені Г.С.Сковороди

Fairytale therapy is an excellent way to develop a child's creative abilities, which will expand the consciousness and optimize the interaction of children with the world around them.

Specialists using this method of treatment can save a child from many fears, tics, and manifestations of aggression, enuresis and many other ailments by working not with symptoms, but with the reasons why the child has certain problems.

Each parent can use the method of fairy tale therapy in raising their own child. There are wonderful fairy tales created by the authors precisely for the purpose of soft influence. They are not very edifying, but instructive due to their personalization [1].

R.M. Tkach [10] in his book "Fairytale Therapy of the children's problems" structures the fairy tales according to the independently taken children's problems, among which there are fairy tales for the children who faced the problems of family relations. In case of divorce of the parents. In case of a new family member appearance. When children think that they should feel much better in another family.

So Family fairytale therapy is one of the most actual and important direction of fairytale therapy in general. A child and his family meet face-to-face a lot of different problems which can be successfully solved with the help of fairytale therapy.

The purpose of our research is to present the short content of parental fairytale therapy stories which is shown in books by Pia Jones and Sarah Pimenta.

Pia Jones is an author, workshop facilitator and UKCP integrative arts psychotherapist, who trained at The Institute for Arts in Therapy & Education. Pia has worked with children and adults in a variety of school, health and community settings. Core to her practice, is using arts and story as support during times of loss, transition

and change, giving a TEDx talk on the subject. She was Story Director on artgym's award-winning film documentary, "The Moving Theatre", where puppetry brought to life real stories of people's migrations. Pia also designed the "Sometimes I Feel" story cards, a Speechmark therapeutic resource to support children with their feelings.

Sarah Pimenta is an experienced artist, workshop facilitator and lecturer in creativity. Her specialist art form is print-making, and her creative practice has brought texture, colour and emotion into a variety of environments, both in the UK and abroad. Sarah has over twenty years' experience of designing and delivering creative, high-quality art workshops in over 250 schools, diverse communities and public venues, including the British Library, V&A, NESTA, Oval House and many charities. Her work is often described as art with therapeutic intent, and she is skilled in working with adults and children who have access issues and complex needs.

*1) Therapeutic Fairy Tales: For Children and Families Going Through Troubling Times [7]*

Therapeutic Fairy Tales are a series of short, modern tales, dedicated to supporting young children through challenging situations of life and loss, covering diverse themes such as family breakdown, untreatable illness, and parental depression. Each short story is brought to life by engaging, gentle and colourful illustrations, and can be used by professionals and caregivers to support children's mental and emotional health.

*2) Storybook Manual: An Introduction To Working With Storybooks Therapeutically And Creatively [2]*

This resource has been designed to support practitioners and caregivers with practical and creative ideas on how to use illustrated storybooks therapeutically with children. Whilst this book is also available to purchase as part of a set, with three therapeutic fairy tales, all the content, worksheets and activities can be used with any illustrated story.

This is an invaluable resource for all professionals looking to work therapeutically with stories and images. It will be particularly valuable to those working in child and family mental and emotional health, social and youth care, community and participatory arts, school and education, and specialised health and hospital environments.

*3) The Island: For Children with A Parent Living With Depression [4]*

This beautifully illustrated and sensitive storybook is designed to be used therapeutically by professionals and caregivers supporting children with a parent who is suffering from depression. With engaging, gentle and colourful illustrations that can be used to prompt conversation, it tells the story of a girl who is helped to feel less isolated from her parents' depression.

Each short story is designed to be used by professionals and caregivers as they use stories therapeutically to support children's mental and emotional health.

*4) The Island and Storybook Manual: For Children With A Parent Living With Depression [3]*

This beautifully illustrated and sensitive storybook is designed to be used therapeutically by professionals and caregivers supporting children whose parents are going through a separation. With engaging and colourful illustrations that can be used



to prompt conversation, it tells the story of a brother and sister, who are helped to come to terms with the new, changing shape of their family.

In this bundle, it is accompanied by the Storybook Manual, a resource that has been designed to support practitioners and caregivers with practical and creative ideas on how to use illustrated storybooks therapeutically with children.

5) *The Night Crossing: A Lullaby For Children On Life's Last Journey* [6]

This beautifully illustrated and sensitive storybook is designed to be used therapeutically by professionals and caregivers supporting children with an untreatable illness. With engaging, gentle and colourful illustrations that can be used to prompt conversation, it tells the story of the final journey made by a Boy with a Bear, as the Boy says his goodbyes and comes to terms with his life-ending illness.

6) *The Night Crossing and Storybook Manual A Lullaby For Children On Life's Last Journey* [5]

This beautifully illustrated and sensitive storybook is designed to be used therapeutically by professionals and caregivers supporting children with an untreatable illness. With gentle and colourful illustrations that can help children with fears and feelings, it tells the story of the final journey made by a Boy with a Bear, as the Boy says his goodbyes and comes to terms with his life-ending illness.

7) *The Storm: For Children Growing Through Parents' Separation* [9]

This beautifully illustrated and sensitive storybook is designed to be used therapeutically by professionals and caregivers supporting children whose parents are going through a separation. With engaging and colourful illustrations that can be used to prompt conversation, it tells the story of a brother and sister, who are helped to come to terms with the new, changing shape of their family.

8) *The Storm and Storybook Manual For Children Growing Through Parents' Separation* [8]

This beautifully illustrated and sensitive storybook is designed to be used therapeutically by professionals and caregivers supporting children with a parent who is suffering from depression. With engaging, gentle and colourful illustrations that can be used to prompt conversation, it tells the story of a girl who is helped to feel less isolated from her parents' depression.

So we can make a conclusion that Family fairytale therapy is one of the most actual and important direction of fairytale therapy in general. A child and his family meet face-to-face a lot of different problems which can be successfully solved with the help of fairytale therapy.

Parental fairytale therapy stories shown in books by Pia Jones and Sarah Pimenta offer practical and creative ideas on how to use illustrated storybooks therapeutically. Exercises presented there have been designed to encourage children's imagination and creativity, develop confidence and emotional literacy as well as deepen engagement and understanding of storybooks. Designed to be used with children aged six and above, each story has an accompanying online resource, offering therapeutic prompts and creative exercises to support the practitioner. These resources can also be adapted for wider use with siblings and other family members.

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