Katarína Šurdová. 2023.

Workshop The healing power of fairy tales, May 27, 2023.

Society for Logotherapy and Existential Analysis, Bratislava (Slovakia).

Did any particular fairy tale from your childhood come to your mind while you were relaxing? Which one was it? What was her primary plot conflict? Was there a passage in this fairy tale that you wanted to hear over and over again? What hidden conflict could this fairy tale or a passage from it symbolize? Is there a problem in this fairy tale, a difficulty that you encountered during your childhood and adulthood? What solution does your fairy tale offer you?

Excerpt:

Joseph Campbell, a world classic in the field of mythology research, proved that symbolism from old tales, legends and myths has a current meaning even for a modern person and can help in orientation on his life's path. "Fairy tales and myths are an urgent call to wake up and realize your life's role, and at the same time, they are an accurate description of the individual stages that must be completed before we complete our life's story."