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# PATHWAYS TO TRANSFORMATION

Bringing the Magic of Fairy Tales into Groups

*Bette Kiernan, MFT*



NCGPS Open Studio

October 21, 2017

Foothills Park, Palo Alto

Scroll to end for more information

Narratives are important. We gain a sense of ourselves by creating stories of our lives. Identities form through integrating our personal histories with the cultural myths and legends that pass-through generations.

Sometimes individuals and groups become stuck in repetitive sad stories which become central themes in therapy. The same patterns of death and rebirth, return from the underworld, and the dark night of winter becoming spring again, can again be called forth to create new narratives with happier endings for individuals and organizations alike.

When classic tales are incorporated, the process is enriched and path towards happier endings revealed. Through the storying of experience, we can evoke mythic and fairy tale patterns to create newer, more authentic ways filled with meaning and renewed vigor.

Fairy tales patterns are vitally important for understanding group dynamics. The hero or heroine leaves home on a journey, or quest. Usually child abuse initiates the action. Protagonists enter disturbing realms, encounter fabulous forces, master challenges to ultimately win a victory. Typically, they return with a gift to society. The core action is leaving one group to become better nurtured by another. New creative and psychological development results from the systemic shifts.

Through active imagination, enactments of stories and symbolic exploration, will examine and apply the dynamics and change processes from interchangeable fairy tales, nature and dreams for expanding personal and group journeys. By unveiling unconscious gifts, we will unleash creativity to enliven and revitalize our group and personal stories.

*Bette Kierman, MFT* is a psychotherapist in private practice in Menlo Park, California. She has taught courses on fairy tales and myths through Santa Clara University, UC Santa Cruz Extension, UC Berkeley, and John F. Kennedy University. She also provides crisis interventions for groups and trainings throughout Silicon Valley corporations, hospitals, cities, counties and Europe.



[www.betteconsulting.com](http://www.betteconsulting.com)

Please listen to  
Phillip Glass Symphony Number 4  
Heroes  
With David Bowie  
in preparation

<https://www.youtube.com/watch?v=XCt0x98Y2SY>

*Pathways to Transformation:  
Bringing the Magic of Fairy Tales into Groups*



**Directions to Foothills Park:**

The park is located 2.7 miles West of Highway 280: 3300 Page Mill Road.

If using GPS or computer map, use '11799 Page Mill Road in Los Altos Hills to get closer to park entrance.

We will begin our journey at 1:00 at the park entrance. The park is restricted to Palo Alto residents so I will bring you in as my guests. We will then go to the Nature Center for our group at 1:30. Please bring your favorite fairy tale from childhood, or a dream with a happy ending.

After the group, you are welcome to stay and hike, or fish, if you have a fishing license

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## Foothills Park

<http://www.cityofpaloalto.org/gov/depts/csd/parks/preserves/foothills/default.asp>

### Images for Foothills Park Palo Alto



PLEASE PRINT:

<http://www.cityofpaloalto.org/civicax/filebank/documents/8505>