

## **For Sage Advice Look No Further Than Your Favorite Fairytale**

Jungian Analyst and Storyteller to present monthly workshops using fairytales to explore life experience.

Spokane, WA. October 1, 2019 - Merry Armstrong Fougere, a Jungian Analyst and Brent Bertsch, a professional storyteller announced today the launch of an adult workshop series "**Into The Fairytale . . .**" the 3rd Tuesday of each month on October 15, 2019 – April 14, 2020, at the Woman's Club of Spokane from 6:30-8 pm, that will feature the telling of a classic fairytale followed by relevant lively discussion. Each workshop in the series stands alone. No fee, donations accepted.

The aim of these workshops is to explore and discuss how story may relate to and provide insight into life experiences and challenges. Fairy tales are part of oral traditions in various cultures that illustrated life lessons and cultural statements about values and behavior, shared among children and adults. The workshop will introduce fundamentals of understanding fairy tales suggested by Carl Jung.

We seem to focus less on our internal world today; it may be fair to say that in our modern culture we have become highly focused on a "social media" image of ourselves. Fairytales provide a method to explore parts of ourselves and/or our culture that we may not acknowledge in our everyday life – the less popular or shadow parts of ourselves, for example. It can be enlightening to look at a fairytale from the point of view of a character other than the hero or heroine.

Working with a fairytale can inspire new ideas and points of view, giving us tools to navigate day-to-day life.

Merry Armstrong Fougere is a certified Jungian Analyst and practices in Spokane. Brent Bertsch is a graduate of the International School of Storytelling.

Additional Information is available at:

**<https://fairytaleadvice.wixsite.com/fairytaleadvice>**

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Original adult versions of the stories presented in the workshops may not be suitable for children.