

Rescue in the Grimm tales and in therapy

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An analysis of the element of rescue in Grimms' Fairy Tales produces the claim that one can identify a connection between rescue solutions as they find expression in fairy tales and the "rescue fantasy" described in theories of treatment.

Therapists choose the therapeutic profession unconsciously also out of a desire to take a significant part in the "rescue fantasy", so the integration of this concept into the patient-therapist relationship, can promote the therapeutic process and the awareness of the patient and the therapist, regarding different aspects of themselves. In this context, this article highlights the special qualities of fairy tales and the potential that lies in them for gaining better understanding of unconscious processes in general, and in the context of "rescue fantasies" in particular.

Keywords: Rescue fantasy, reparation, manic reparation, magic reparation, transference

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