OH cards a big hit at UniRazak forum

UNIVERSITI Tun Abdul Razak’s (UniRazak) counselling and career development unit (CCDU) recently organised a workshop for mental health professionals, called "experiential therapy through OH cards", at its Pintar campus in Petaling Jaya.

The one-day workshop aimed at enhancing the personal and professional growth of its participants through OH cards.

OH cards are a genre of special playing cards used as story-telling prompters, counselling and psychotherapeutic tools, communication enhancers, educational aids and social interactive games.

UniRazak invited participants from other universities, such as Universiti Putra Malaysia and Universiti Malaya to the workshop.

There were 29 participants and six facilitators at the workshop.

Speaker Nicole Chen has been working as a counsellor and trainer for more than 10 years.

As a registered counsellor, she has been actively involved as a trainer in self-growth programmes for adults, youths and children.

She has worked in different counselling settings in non-governmental organisations, educational institutions and private centres.

For the past few years, Chen has been promoting and conducting actively OH cards training for helping professionals such as counsellors, psychologists, social workers or trainers.

After ice-breaking activities, participants were divided into groups for group sharing, and each group was led by a facilitator.

Group members shared how they related the cards they picked to their own life.

In this workshop, four sets of cards were introduced: COPE cards, HABITAT cards, OH cards and Morena.

The participants were briefed on each set of cards prior to the sharing session led by facilitators.

The workshop demonstrated how OH cards are effective in helping people to identify and examine the issues their subconscious might face, and find hope and empowerment from within.

Many participants were glad to participate in this workshop and expressed their desire to use OH cards as a counselling tool in their practice in the future.

For details, visit www.unirazak.edu.my