Therapy through OH Cards

UNIVERSITI Tun Abdul Razak’s (UniRazak’s) Counselling and Career Development Unit (CCDU) recently organised a workshop called “Experiential Therapy through OH Cards” for mental health professionals at its PINTAR campus in Petaling Jaya.

The one-day workshop was to enhance the personal and professional growth of its participants. OH cards are special playing cards used as story-telling prompters, counselling and psychotherapeutic tools, communication enhancers, educational aids, and social interactive games. There were 29 participants and six facilitators.

The speaker, Nicole Chen, a counsellor and trainer for more than 10 years, has been a trainer in self-growth programmes for adults, youth and children. Nicole has been actively promoting and conducting OH cards training for counsellors, psychologists, social workers and trainers.

The workshop demonstrated how OH cards are effective in helping people to identify and examine the issues their subconscious might face. Many participants expressed their desire to use OH cards as a counselling tool in their practice.