

OH Cards Workshop

with Moritz Egetmeyer, M.A.

Since their first publication in 1981 The OH Cards have become a widely acclaimed tool for personal and interpersonal work. Printed and sold in 20 different languages, used and applied in many more countries than that, they flow around the world much like a net of groundwater, supplying a resource to professionals of any teaching or healing denomination as well as countless interested private persons.

More decks of cards have joined this genre to broaden its base since OH's first publication. Eighteen titles are now available to draw from - they differ in artistic style and in content, so that children, youth, adults and seniors may find suitable images to trigger their own inner stories.

The OH Cards are designed to increase intuition, imagination, insight and inner vision. People around the world are using them to reclaim their sense of self and their place in this universe.

One profound quality of this genre of "Cards of Association" is that they bend to the user: you can make them a tool for your own specific purpose. It is a mark of a great tool that it lends itself to universal application, and it is a mark of the power of these cards that they do this without imparting of dogma. So it happens that a busy Chicago lawyer has been leading OH groups for years and is now writing a book about his process. A trauma therapist and university professor from Israel uses them to train psychologists wherever she is called to go, like Turkey after a serious earthquake. A creative writing center in Munich and a car producer nearby use them for immediate access to intuition. Mother/Child shelters in Finland, psychodrama groups in Estland, storytellers in Holland, kinesiologists in New Zealand.... the list goes on.

Moritz Egetmeyer studied psychology at Simon Fraser University (B.A.) in Vancouver, Canada and humanistic psychology (M.A. Antioch University, Ohio) at Cold Mountain Institute, Canada and is trained as a psychotherapist. On a remote island in Canada he and Ely Raman, the author of OH met and struck up a friendship. When he moved to Germany in 1984 he began to publish The OH Cards and over time has added other titles to this genre both by Ely Raman and by other authors. His office has become an international hub for OH connections which keep him in touch with users of any kind around the world. It is often these customers themselves who introduce him to new applications which in turn he then passes on to this network.

In the course of the last 17 years Moritz Egetmeyer has led many workshops for private and professional people in various European countries as well as in North America and in Asia in which he trains participants in accessing intuition and enhancing communication skills with the help of these cards. Says he: "It continues to amaze me how many intelligent and sensitive people make these cards their own, how many variations of use are invented which all seem to have one common thread: authentic awareness of self and its expression."

Participants become acquainted in a hands-on manner with all the current decks of cards of the OH series and with their specific purposes. They can anticipate to get in touch with their own stream of creativity and their processing skills. Systems of use are exercised and the underlying ideas explored. This increases awareness of self and others, it develops the ability to positively influence private as well as professional situations.

The goal is, that participants will be able to transfer the acquired experiential knowledge to their own lives. It is a course that offers many practical experiences within the large variety of topics that the individual card-decks address, i.e. storytelling and artistic expression, self-knowledge and respect, interpersonal relationships and the human environment. This learning is accompanied by the theory that informs the Associative Cards. The minimum time requirement is one full day, although a longer period is preferable.

List of professions and professional areas in which the cards and methods of the OH Card series are successfully in use:

☆ **School and Pedagogy**

teachers (primary to university level - language, art, ethics ...), intercultural learning, continuing education, environmental awareness training, special ed, kindergarten and child care

☆ **Therapy and Counselling**

psychotherapists (individual, group, family, gestalt, dreamwork, NLP, hypnotherapy, psychodrama ...), trauma- and reliefwork, counsellors, mediators, supervision, art therapy

☆ **Health and Healing**

doctors, kinesiologists, speech pathologists, old age care givers, healers, naturopaths, reiki

☆ **Social issues and Environment**

socialwork, drugprevention programs, youth programs, occupational therapy, human resources management

☆ **Industry and the Work-place**

management and communication training, team building, business consulting, coaches

☆ **Creativity**

design, acting, dance, creative writing, journalism, seminar leaders, songwriters, storytellers

OH Workshops and Seminars have been held by Moritz Egetmeyer, M.A. in 16 countries around the world.

Please check the website or write to OH-Publishing@t-online.de for current dates and locations.

www.OH-Cards.com