

# *The Psychological Principle of OH Card and Its Role in Psychological Counseling*

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**Abstract:** As a psychological tool, OH cards help individuals to understand their inner world and emotional needs better, promote their self-growth and development, improve interpersonal relationships, and improve their mental health by using the principles of projection technology, unconscious expression, symbolic meaning, free association, emotional expression and release, deep insight, and interpersonal interaction analysis. By analyzing the psychological principle of the OH card and its role in psychological consultation, this paper puts forward specific application suggestions so as to effectively apply the OH card to psychological education, help individuals to better understand themselves, improve their psychological quality and coping ability, and promote their personal growth and development.

## 1. Introduction

The OH card is a psychological tool for self-exploration that originated in Germany and was created by Elohim Raman in 1976<sup>[1]</sup>. OH card patterns are divided into "main card" and "secondary card." The main card is a fixed pattern, including mountains, water, people, etc. The secondary card is an abstract pattern, and the user can match the main card with the secondary card through free association and creativity to generate different psychological feelings and imagery. Together, it offers 7744 possible combinations which supply different meanings and interpretation to the client.

The OH card plays an important role in psychological counseling. It can be used as a tool to help individuals explore their inner world, enhance self-awareness, improve self-awareness and emotion management, facilitate communication and interpersonal relationships, and stimulate creativity and problem-solving skills. OH cards stimulate the subconscious mind through visual and textual stimulation, promoting individual self-exploration and growth. At the same time, OH cards can provide a safe and private channel for emotional catharsis, helping individuals deal with trauma and emotional distress. In group counseling, OH cards can promote interaction and sharing among members, helping each member understand their own needs and feelings and those of others and build healthier interpersonal relationships. Therefore, OH cards are an effective tool in counseling to help individuals develop holistically in cognitive, emotional, and interpersonal aspects<sup>[2]</sup>.

## 2. The psychological principle of OH card

### 2.1 Projection technology

The psychological projection was first born because of Freud's self-defense mechanism theory put forward by the psychoanalysis founder. The "projective technique," or projection test, was first put forward by L. Flank in 1939<sup>[3]</sup>. The projective technique is to provide visitors with exciting scenes through psychologists so that they can respond to the scenes without restrictions, thus revealing their deep thoughts and feelings and individuals in some aspects. The patterns and characters in the OH card can be used as a medium to stimulate the individual's unconsciousness and make him project his inner state onto the card. Projection is an unconscious psychological mechanism that enables us to observe our inner feelings and thoughts in the external environment. By interpreting OH cards, individuals can better understand their inner world. At the same time, the patterns and characters in the OH card are symbolic. These symbols can be an expression of an individual's internal state or a reflection of the external world. Interpreting symbols in OH cards can help individuals understand their psychological state and emotional needs.

### 2.2 Unconscious expression

OH cards can trigger emotions, memories, and desires in an individual's subconscious. In psychology, unconsciousness refers to those psychological activities that we can't directly realize but are reflected in behavior and emotion. OH cards can stimulate unconscious expression and help individuals understand their emotions and needs. In addition, when using OH cards, individuals can associate freely according to the patterns and characters on the cards. Free association is a psychological technique. By guiding individuals to express their thoughts and feelings freely, they can promote their self-awareness and internal exploration.

In the practice of psychological counseling, visitors' reactions and associations to OH cards are diversified, because everyone is unique, and the images, revelations and stories they read from the cards will trigger different personal experiences and emotions. Some people may think that the OH card is amazing, and it can reach the inner world that they are unknown or have never faced. Some people may be confused, or not sure whether they have interpreted the cards correctly. OH cards can be used flexibly according to the needs and situations of visitors. For some visitors, the OH card may be a brand-new way, so it may take them some time to get used to and get familiar with this consultation method. For special visitors, the OH card may have touched their deep feelings and triggered a strong emotional response.

### 2.3 Emotional expression and release

OH card can be used as a tool for emotional expression. Individuals can better understand and release their emotions by associating emotions with patterns and characters in OH cards. This kind of emotional expression and release is helpful in relieving psychological pressure and improving mental health. In addition, the use of OH cards can also help individuals gain deep insight. By interpreting OH cards, individuals can have a deeper understanding of their inner needs, fears, desires, etc., so as to better understand their behavior patterns and psychological states. This deep insight is helpful to promote the individual's self-growth and development. Through emotional expression and release, OH cards can also be used for interpersonal interaction analysis. By reading OH cards together, individuals can better understand the inner world and emotional needs of others, thus promoting mutual understanding and communication. This kind of interpersonal interaction analysis is helpful to improve interpersonal relationships and interpersonal communication ability.

## 2.4 The process of consultant using OH card to receive visitors

First, in the preparation stage, consultants need to be familiar with the principles and skills of OH cards and know how to use them in consultation. In addition, you need to prepare the required cards and tools, including some commonly used cards, pens and paper. Second, in the relationship-building stage, the counselor should establish a trust relationship with the visitors to make them feel comfortable and safe. This is very important because visitors need to express their thoughts and feelings in a relaxed state. Third, enter the stage of explaining cards. Consultants need to explain the principle and use of OH cards to visitors, so that they can know how to use them to explore and express themselves. Fourthly, after entering the card drawing stage, the counselor asked the visitors to draw cards according to their feelings and intuition, and paid attention to their card drawing movements, expressions and language. At the same time, consultants can also provide some guidance and suggestions according to the situation and needs of visitors. Fifth, in the card interpretation stage, the counselor can help visitors understand and deal with their emotions, behaviors and thoughts according to the content, drawings and meanings of the card and the actual situation of the visitors. At this stage, the consultant should pay attention not to interpret or explain the meaning of the card too much, but to let the visitors explore and express themselves. Sixth, in the feedback stage, the consultant needs to evaluate the performance and feedback of visitors, understand their needs and problems, and whether they need further support and help. At the same time, consultants also need to reflect and summarize themselves according to the feedback from visitors, and constantly improve their skills and abilities.

## 3. The role of psychological principle of OH card in psychological consultation

### 3.1 Subconscious awareness

The patterns and characters of OH cards can arouse people's intuition and emotion, and then stimulate the subconscious awareness. By interpreting OH cards, counselors can help visitors understand their subconscious so as to better understand their emotions and behavior patterns. At the same time, the patterns and characters of OH cards can also be used as psychological projection tools to help visitors explore their inner needs, fears and desires. Through projection, visitors can better understand themselves and find solutions to problems<sup>[4]</sup>.

In the practice of psychological counseling, the OH card seems to be a very simple game, but in fact it is like a magic bag, which is full of thoughts, discoveries, awakenings and innovations. It is unique and multi-faceted, and cannot be defined simply, but at the same time it can accurately reflect the content of a certain dimension. It is like a new language, but it can gain new meaning in simple images and language, just as all real new experiences can stimulate our creativity. Based on such a subconscious awareness method, we will inevitably find more brand-new connections and conclusions, which will bring more real cognition to our initial assumptions about the problem.

### 3.2 Self-awareness and self-growth

OH cards can help visitors improve their self-awareness ability, thus promoting their self-growth and development. Through the interpretation of OH cards, visitors can have a deeper understanding of their inner world, find their blind spots and limitations, and thus better adjust their behaviors and attitudes. OH card plays an important role in the self-growth of individual morality, and its psychological principles can help consultants better understand and help visitors. Through the use of OH cards, counselors can guide visitors to explore their inner world, promote self-growth and development, and improve their mental health<sup>[5]</sup>.

### **3.3 Promote communication and expression**

OH cards can be used as a communication tool to help establish contact between visitors and consultants. Visitors can express their feelings and needs more clearly through the interpretation and communication of OH cards, and counselors can better understand their feelings and problems. Moreover, OH cards can be used as psychological therapy to help visitors deal with emotional problems. Through the interpretation and exploration of OH cards, visitors can better understand their emotional sources and emotional expressions so as to better cope with emotional challenges<sup>[6]</sup>.

## **4. Application scenarios of OH card in psychological counseling**

### **4.1 Focus on the core issues**

OH card can be used as a tool to help consultants and visitors focus on the core issues. In psychological counseling, sometimes visitors' expressive ability is limited, which makes it difficult for counselors to guide them to discuss problems in depth. The use of OH cards can effectively help visitors express their feelings and thoughts so as to better understand and solve their own problems.

### **4.2 Stimulate expression ability**

The patterns and characters of OH cards can stimulate the imagination and creativity of visitors, thus enhancing their expressive ability. By describing the patterns and words on the cards, visitors can explore their feelings and thoughts more deeply to better understand and solve their problems.

### **4.3 Breaking the impedance**

Impedance, which refers to the resistance of visitors to counseling, is a common problem in psychological counseling. OH card can be used as a tool to break the resistance, because it can effectively guide visitors to express their feelings and thoughts, thus helping them better understand and solve their problems. In addition, OH card can be used to build trust and promote relationship. By choosing and interpreting cards together, counselors and visitors can establish a relationship of mutual trust more quickly, thus better promoting the consultation process.

### **4.4 Enhance self-awareness**

OH cards can help visitors understand themselves more deeply, thus enhancing their self-awareness. By describing the patterns and words on the cards, visitors can explore their subconscious more deeply so as to better understand their inner world. Generally speaking, applying psychological principles of the OH card in psychological counseling can help visitors better understand and solve their own problems and promote self-awareness and the establishment of relationships. It is an effective psychological counseling tool.

## **5. The application strategy of OH card in psychological counseling**

### **5.1 Establish a trust relationship**

Establishing trust relationship is a crucial first step in the psychological consultation of OH card. Counselors should build trust with visitors through active listening, empathy, and unconditional acceptance. As a metaphorical tool, OH cards can help visitors express their feelings and thoughts in a safe environment, thus enhancing their trust. At the same time, OH card can guide subconscious

expression, so that visitors can better understand their inner world. Counselors should guide visitors to associate freely, get inspiration from the images and words of OH cards, and encourage them to share their feelings and associations about these inspirations. In this way, the subconscious information can be realized, which is helpful in solving psychological problems.

## **5.2 Promote self-awareness**

OH card can help visitors improve their self-awareness ability. In the psychological consultation of OH card, the counselor can design a series of OH card exercises so that visitors can gradually and deeply explore their inner world. By observing and reflecting on the images and words of the OH card, visitors can better understand themselves and their emotions, needs and values. At the same time, OH card is a tool to enhance communication and understanding. In OH card counseling, counselors can encourage visitors to practice OH card interaction with their partners, relatives, and friends to enhance mutual understanding and communication. By choosing OH cards together and sharing their feelings and associations, we can promote communication and resonance between the two sides and enhance their intimacy and trust.

## **5.3 Explore emotions and feelings**

OH cards can help visitors explore their emotions and feelings in depth. In the psychological consultation of OH cards, counselors can guide visitors to choose some OH cards related to their emotional state and let them know their emotions and feelings more deeply through free association and reflection. In addition, counselors can also evaluate the emotional state of visitors through the OH card, understand their emotional adjustment ability, and provide corresponding support and guidance.

## **5.4 Improve the ability to solve problems**

OH card counseling can help visitors improve their problem-solving ability. Through the guidance of the OH card, visitors can gradually realize their inner conflicts and problems. Under the guidance of consultants, visitors can learn how to use the inspiration of OH card to find solutions to problems and improve their self-solving ability. In addition, counselors can also guide visitors to role-play and scenario simulation through OH cards to cultivate their ability to cope with different situations.

## **5.5 Enhance self-growth motivation**

OH card counseling can help visitors enhance their self-growth motivation. By exploring their inner world and understanding their potential and needs, visitors can define their goals and directions and stimulate their willingness to grow up. In addition, counselors can encourage and support visitors to try new methods and ideas in OH card practice, cultivate their innovative consciousness and courage, and further enhance their self-growth motivation.

## **6. How to use the OH Cards in therapy**

As shown in table 1, in using OH Cards as a therapy tool, here are the guidelines for the therapist:

Table 1. Operational details

Step	Operational details
Step 1	When the psychological principles of OH cards are applied to psychological counseling, we should first choose the appropriate OH card materials and, according to the individual's age and psychological characteristics, choose the suitable OH card materials, including patterns, characters, and so on. Ensure that the selected material can arouse the individual's interest and resonance.
Step 2	Before using the OH card, the consultant needs to set clear goals, such as improving the individual's self-awareness, solving emotional problems and improving interpersonal relationships. Ensure that goals match individual needs. Then, introduce the use of the OH card to individuals, including how to choose images and words, how to interpret their inner world, etc. Counselors can guide individuals to explore their inner experiences in the process of demonstration.
Step 3	Create a safe environment, ensure that individuals feel safe and comfortable, and encourage them to express their feelings and ideas freely. Establish a positive and supportive atmosphere.
Step 4	Lay picture cards and word cards each in a row facing down.
Step 5	Request the client to choose a picture card and a word card.
Step 6	Combine both the cards with both card faces up. Allow the client to spend some time to connect with the cards.
Step 7	Request the client to describe the picture and later describe the word.
Step 8	Request the client to focus on the feelings that emerge from the combination of both cards.
Step 9	Request the client to relate the interpretation to the client's present life condition.
Step 10	Finally, provide follow-up support and guidance. In the process of using OH cards, consultants need to pay attention to individual feedback and performance and provide timely support and guidance. Help individuals to explore their inner world and improve their self-awareness and coping ability.

## 7. Conclusion

To sum up, it is an effective counseling method to carry out psychological counseling based on the psychological principle of the OH card. In the application, it can be combined with other psychological education methods, such as cognitive behavioral therapy, emotional adjustment training, and so on. This can improve the individual's psychological quality and coping ability more comprehensively. Moreover, in using OH cards, consultants need to respect the privacy of individuals and protect their personal information. By establishing trust relationships, guiding subconscious expression, promoting self-awareness, enhancing communication and understanding, exploring emotions and feelings, improving problem-solving ability, and enhancing self-growth motivation, individuals can be helped to better understand themselves, develop themselves, and improve their mental health.

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