



Cards & Workshops

Australia 2009

OH Cards

What better way to stimulate self-awareness, insight, imagination, creativity and communication than with beautiful, unusual and sometimes challenging images...

Since their first publication in 1981 the *OH* Cards have become a widely acclaimed tool for personal and interpersonal work, both with individuals or in groups - an invaluable resource for professionals of any **teaching, healing or creative discipline** as well as countless others.



OH Cards are a series of "cards of association" designed to increase intuition, imagination, insight and inner vision. ***OH* Cards do not come with any prior interpretation or predetermined meanings and are therefore a very empowering tool** - their use stimulates creativity and communication and fosters personal reflection and self-awareness.

The cards are often used as professional tools in **psychotherapy, counselling, social work, art therapy, occupational therapy, speech pathology, kinesiology, teaching, corporate training, coaching** and other **educational fields** and as inspiration in **storytelling** and other **creative disciplines**. *OH* Cards can be used as a focus for self-examination as ice-breakers in social interactions and as catalysts in artistic fields such as **writing, painting, theatre** and even **music and dance**.

The original *OH* "word and picture" Cards are the creation of Canadian artist, Ely Raman, and were first published in 1981. Since then, many more decks of differing artistic style and content have been added to the genre. Some of the decks were created by Raman, some by other artists. *OH* Cards are now printed and sold in 20 different languages.

To see the whole range of *OH* Cards and examples of their application, please go to:
www.trueyou.com.au



"OH Cards were created to

put you in touch with yourself...

and those around you..."

OH Workshops Australia: March-April 2009

For the first time in Australia, unique, fun, one day workshops for both professional and personal development.

OH Workshops have been conducted around the world by **Moritz Egetmeyer (M.A. Humanistic Psychology)** of OH Publishing, Germany, for the last 17 years or so. In the workshops, Moritz trains participants to access **intuition** and **communication**, through the use of cards in the *OH* series. The workshops are designed to enable you to get in touch with your own stream of **creativity** and **processing** skills, via a number of fun activities. This increases **awareness** and your ability to positively influence personal as well as professional situations.



Be one of the first in Australia to learn these unique techniques, which can then be used for your own continued self-development or can be used by you, in your professional capacity, to assist your clients, your students and others.

This will be Moritz's first visit to Australia and therefore the first time we will have the opportunity to learn how to use the *OH* "cards of association" to their highest potential.

What to Expect:

Expect **laughter, excitement and painting** as you work through a number of activities, which demonstrate how cards in the *OH* series can be used in the following areas:

1. Communication
2. Conflict Resolution
3. Help in Dealing with Personal/Social/Therapeutic Questions
4. Personal Creativity
5. "Hands-On" Approach to Art

The activities, led by Moritz and made possible with *OH* cards, will create a positive (i.e. safe) ambience in which the skills of **communication, exchange of perspectives** and **value-free understanding** can be deliberately practised.

What's included in the workshop price?

Included in the workshop price are:

- ~ workshop manual
- ~ morning tea, lunch and afternoon tea
- ~ your own set of watercolour paints with brush
- ~ 6 *Claro* cards
- ~ certificate of attendance and participation
- ~ the opportunity to purchase cards from the *OH* series at special workshop prices
- ~ a whole day of fun-filled learning for your own personal and professional development, under the guidance of *OH* expert, Moritz Egetmeyer (M.A. Humanistic Psychology)

How much?

\$250 - earlybird, paid in full one month prior to the workshop
or
\$300 - otherwise

Note that a deposit of \$100 is required to hold your place

See next page for **When & Where...**



Register now by contacting Diane Low on M. 0400 585 730 or E. diane@trueyou.com.au

OH Workshops Australia: March-April 2009

When and Where?

City	Date	Venue
Adelaide, SA	Sun 1 March 2009	Lyrebird Conference Centre, Adelaide Zoo , Adelaide
Noosa, Qld	Sun 8 March 2009	Conference Centre, Ivory Palms Resort , Noosaville
Brisbane, Qld	Sat 14 March 2009	Banksia Room, The Bardon Centre , Bardon
Lismore, NSW	Sun 22 March 2009	Southern Cross Rooms, Invercauld House , Goonellabah
Sydney, NSW	Sat 28 March 2009	Boronia Room, Eden Gardens , North Ryde
Melbourne, Vic	Sat 4 April 2009	Bong Su Room, Melbourne Zoo , Parkville

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For more information on OH Workshops please go to: www.trueyou.com.au

OH Workshops are proudly being brought to Australia by



and

