

Other Ways to Use the Cards



1. THE DAILY CARD: Every morning ask what part of you needs attention for the day. Pick a card at random from the deck and spend a few moments reflecting. What does this card mean to you? What can it offer you for the day? Strength, discernment or discipline? What does it need from you? Attention, care, boundaries? All parts are within us, some active, some on hold and undeveloped. How does the card you drew fit into your Internal Family System and how does it contribute to you as a whole?



2. AFFIRMATIONS: Select a card you like and write down the qualities of that part you want for yourself. Now write a statement on a post-it note as having these qualities, eg., I am confident in my ability to achieve my goals. Stick the note on a mirror and repeat the statement to yourself every time you look at yourself.



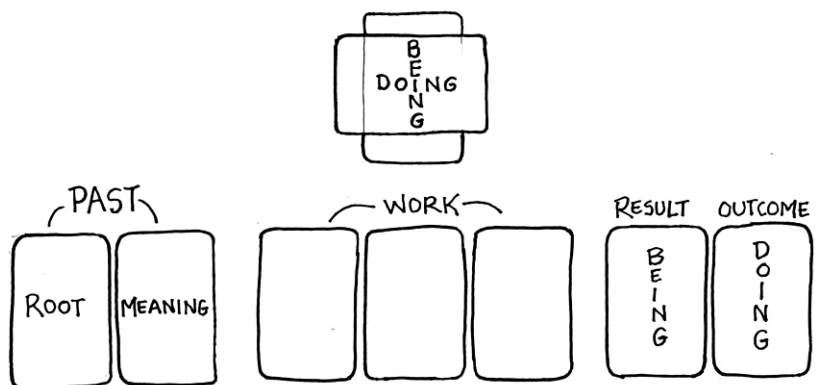
3. CREATIVE INSPIRATION: Pick a card or two at random and write a poem or short story about them, eg., Title: How Porky Taught Lisa to Enjoy her Lunch. Reflect on what you have written. How does it give insight to your own inner dynamics or offer guidance in some way?

If you are into acting, have two actors pick a card and adlib a dialogue between those two parts. Wouldn't it be fun to play the Happy Pig? This technique can also be used in family and marriage counseling.

4. USE A TAROT SPREAD: The Work Cycle from Seventyeight Degrees of Wisdom by Rachel Pollack. This spread gives a framework to Parts Work that I have found effective. I have customized the spread to focus primarily on the inner realm, and instead of drawing cards at random, I have clients choose their cards. It provides a streamlined approach of exploration that gives the client conscious choices, yet offers a path to the subconscious for insight into presenting problems and also SELF guided solutions. Try it yourself!

First choose a card that most represents your inner state of being at the present. We will call this the Being card. Then choose another card that represents you functioning in the outer world. This is the Doing card. Now make a cross with the Being card in the vertical position and the Doing card in the horizontal. This symbolizes the development of Being (inner) into action or Doing (outer) as a whole.

Now select two cards that represent two aspects of your past that precipitated your current problems. The first of the two cards can be seen as the root of the continuing conflict or problems and the second card represents what meaning you have given to it. Place these cards below and to the left of the crossed cards.



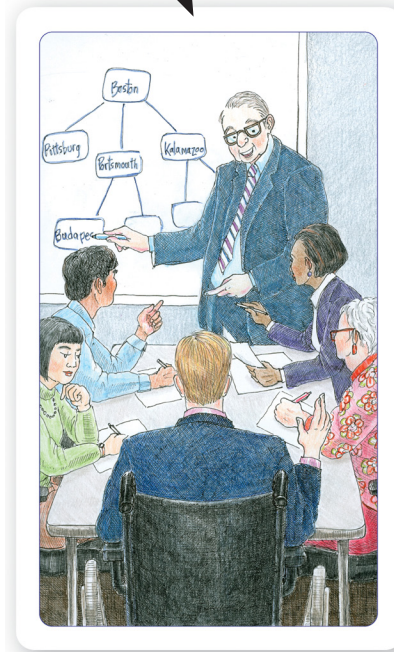
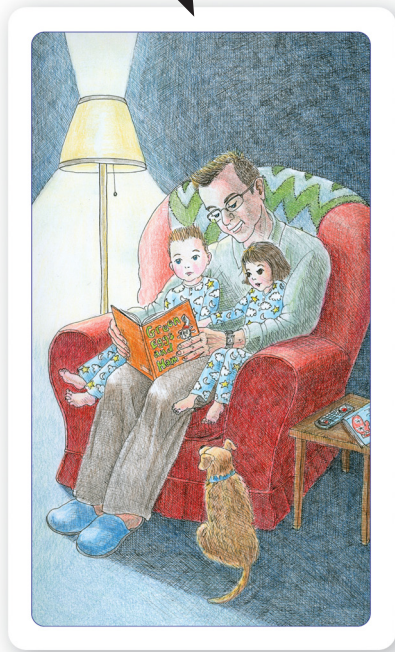
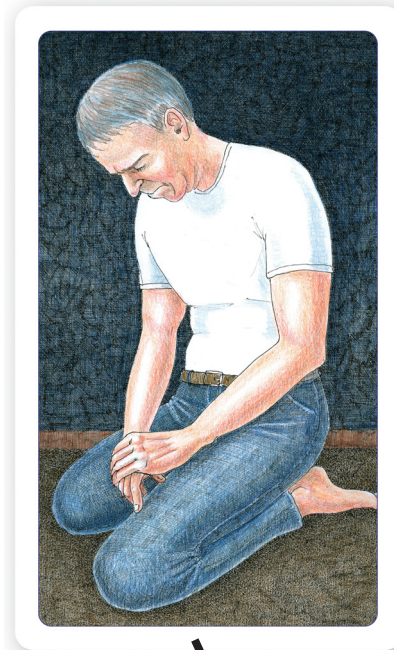
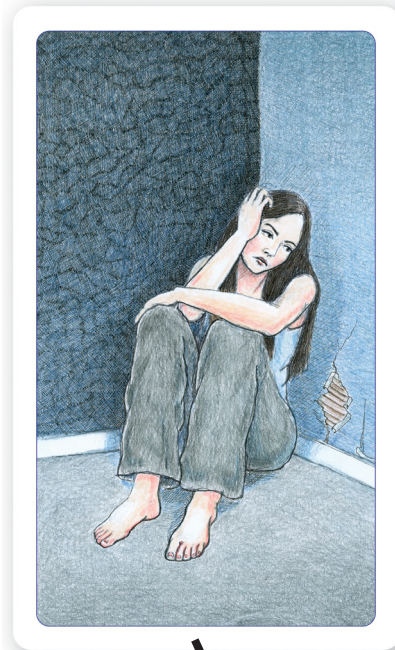
The next three cards are the Work cards; the parts holding beliefs, attitudes or negative behaviors that keep you stuck and prevent healing your past. These three cards can be your inner managers, protectors, rebels, any part that may be extreme or rigid. Or maybe a child or vulnerable part is stuck in your past. Discuss each card, how it serves you, what it needs from you and what it fears would happen if it stepped back and allowed SELF to lead. What new roles can these parts hold in your inner family to help you heal your past? And how can each part help you lead a healthy, authentic life? Sometimes a guide may be needed to assist in this process. If so, choose a card that holds SELF qualities and place it near the card(s) that require(s) help. Ask for guidance and love. Sometimes just the presence of a guide can calm an anxious or stubborn part. You can also use a blank card or create a card to represent SELF or other helpful entity.

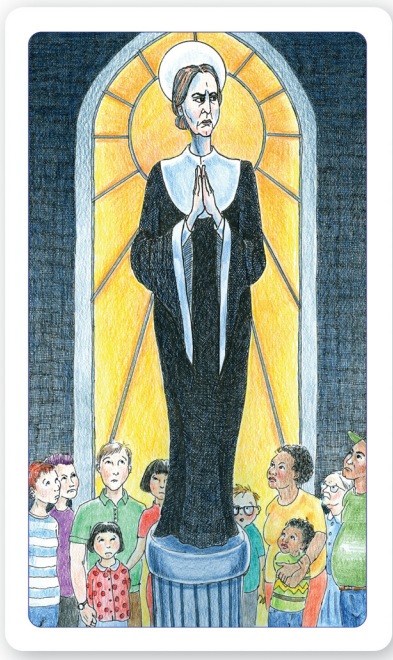
The last two cards are the Outcome and Result. The Outcome card represents how you envision your sense of Being (inner) will improve once your parts are functioning in harmony under Self-leadership. The Result card represents how you envision yourself in the outer world, doing what you love, employing your talents and gifts with Self-confidence. Then cross the cards, indicating wholeness, with the result of living an authentic life and fulfilling your Self inspired dreams.

I have tried this spread both ways; consciously selecting the cards and drawing cards from the top of a shuffled deck and relying on synchronicity as in the Tarot method. I found both ways illuminating, but the Tarot Method was by far more mystical and ambiguous. I'm still mulling over the interpretation of that spread. See the case example of another client's experience in using this spread.

5. This technique was sent to me by addiction therapist, Raj Mehta, MSW. He writes:

I ask my (clients) to pick out three or more cards that express what the worst parts of their addiction (or abuse) is like. Then I have them explain and provide insight. Next I have my clients pick three or more cards that express what they want their future to look and feel like. Again, I have them explain and provide insight. I have them photograph those cards (with their phones) and ask them to look at the images of their recovery and future everyday. Raj claims it works fantastic. Visit his website: www.serenityhelp.com

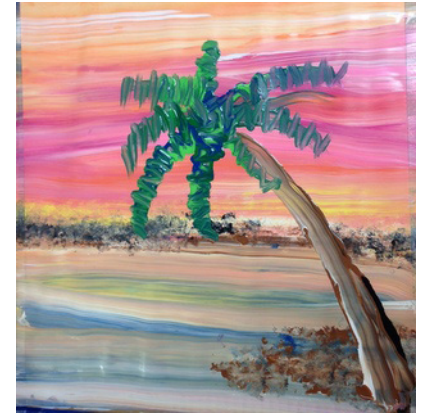




“THIS IS DEFINITELY NOT ME!”

6. Chris Gough, LCPC has developed a similar approach, only she has her clients also pick a card which is definitely NOT them; a bit of Jungian shadow work that she says offers light into dark corners.

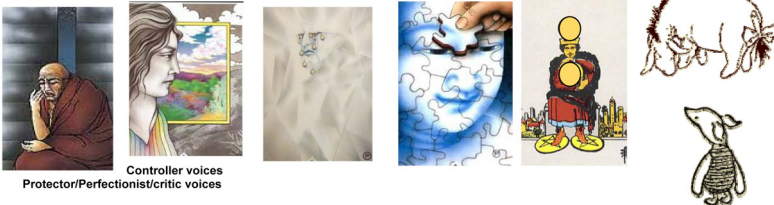
7. Patricia Hinckley, LPC, uses Inner Active Cards combined with art therapy techniques that she calls “The Healthy Momentum Action Plan.” Visit her website at: www.mattawancounselingcenter.com to learn more.



Exercise: Personify Negative Thoughts

Directions: Pick an image to represent a belief that you hear in your worst moments.
Example: The thought, *You need him*, could be uttered by a *Clingy Tyrant*—5th picture, top row.

Attachment voices

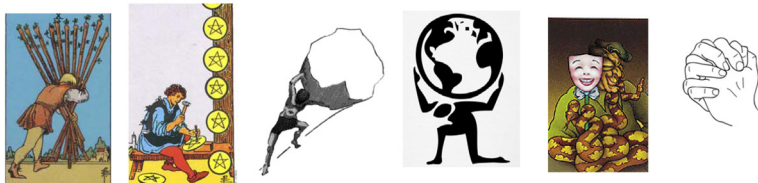


Controller voices
 Protector/Perfectionist/critic voices



Pusher voices

Pleaser voices



Angry, destructive voices



Information on using imagery in therapy can be found in *Empowering Dialogues Within* (Cohen-Posey, 2009)

Ma Diva Pama (1994), a follower of Osho, painted the *Osho cards* (1994). *Sorrow, Postponement, Isolation, Completion, Control, Schizophrenia, Mind, Politics, and Intensity* are shown unnamed. Pamela Coleman Smith (1905) illustrated the *Rider Waite Deck* (1905). *The Emperor, King of Swords, Ten of Wands, Eight of Pentacles, Knight of Swords, and Tower* cards are shown unnamed. *The Scream* is a Munch lithograph (1895); The *pointing finger* is courtesy of www.aperfectworld.org/ (metaphors). The *Queen of Hearts* was adapted from Sir John Tenniel's illustration in *Alice's Adventures in Wonderland* (McMillan, 1865). *Eeyore* and *Piglet* are E.H. Shepard illustration, circa 1925. *Atlas* comes from www.loumge.com. *Sisyphus* comes from: www.mythweb.com/encyc/entries/sisyphus.html. The *pleading hands* come from www.dkimages.com, royalty free images.

8. Kate Cohen-Posey, LMHC, LMFT, uses some of the Inner Active Cards along with Tarot and other images together copied on a sheet of paper and has her clients select images that personify negative thoughts and also identify with and name resources for change. She uses CBT Mindfulness, and Neurologically Enhanced Therapy. Check Kate Posey out on Linked-In.

In all of these different applications of Inner Active Cards in therapy, the immediacy of pictorial clarity is obvious. Clients are telling their own stories, and often to their surprise, are able to see where their problems and strengths lie. They experience the transformative power of Self-leadership and come to trust Self to direct their lives.