

## *My Tarot Philosophy*

**Mission Statement:** As clergy, I use the Tarot to help clients discover their mental, emotional, relational, and spiritual processes in making and using subjective stories that they live out. These stories, which are founded upon symbolic language, are often unclear and go unnoticed and can make any decision-making process foggy.

While I keep therapy and Tarot sessions separate, I offer readings to:

- clients when therapy feels stuck (See *Tarot and Psychology* by Arthur Rosengarten)
- clients who wish to complement therapy with other methods of exploration
- individuals not in therapy but seeking some direction
- individuals or clients seeking spiritual or religious guidance
- couples seeking any of the above reasons
- groups for educational purposes

**Do I make predictions?** No. The Tarot has an interesting history and a lot of unfortunate associations tied to it. Almost like therapy, really. One assumption often made is that the 78-cards are a divination tool. While some have and do make such claims, I don't. The future is built on choices we make. We make predictions every day: "I'm going on vacation for a week and *will be* back on the following Monday." However, these often overlooked predictions are simply built upon common linguistic slang and perceptions. The future is not fixed.

**My purpose for using the Tarot?** The Tarot is art and like any art it generates intuitive responses that can awaken necessary spiritual, cognitive, emotional, relational, and career insight. Tarot can lead into or deepen therapy, but it is neither therapy nor is it meant to take its place. Some cultures, and a percentage of our population, consider Tarot reading as part of a spiritual practice.

**Doesn't therapy use things like the Tarot?** Psychotherapy or counseling does use unique subjective techniques to explore the mind. The empty-chair technique, drama therapy, guided imagery, simulation, are just a few. Psychologists also use the Thematic Apperception Test (TAT), which studies the subjective or projective responses of clients or patients. While a growing number of counselors and psychologists do use the Tarot, it isn't officially a part of such a list.

**What is my training in the Tarot?** I have completed an intensive Professional Tarot Consultation course and trained in various workshops and webinars such as Jungian archetypes and the Tarot.

**Do I do private or group sessions?** I do private, couple, and group sessions. Confidentiality is a priority. The rule to mandate reporting by a professional are likewise held as a priority.

**Do I do telecommunication or phone readings?** I do, but I use the same rules that apply to counselors. I do not do readings for anyone out-of-state.

**What I do not do.** I do not give you medical advice. I do not offer a reading if you are already a client with another counselor unless he or she is aware of and consents to the reading. I do not give more than one reading to the same individual or client within a 6-12 month period.

**Before a reading** a consent form must be signed and returned.