

Summary

The thesis focuses on the description of the use of possibilities and limits provided by therapeutic cards in psychotherapy. There is a description of therapeutic schools where we can meet with the cards and see how these schools can work with them. Therapeutic cards are therefore classified as one of the projective techniques and are seen as a tool of enabling the client to gain deeper in self-knowledge and personal development. In the thesis I present various types of cards, especially those I have my own experience with. There is also mentioned which cards can be used for the same purpose.

Using practical examples I will demonstrate how to work with the cards in different stages of psychotherapy and how they can be used in individual, couple, family and group psychotherapy; also how can various problems be solved by using them.

Keywords

Psychotherapy, cards, symbol, projection, self-knowledge , self-reflexion

