

## Oblique Strategies Card Deck Intervention

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### **Purpose:**

The intervention is intended to help clients become unstuck and overcome obstacles in counseling through the use of misdirection and indirect approach.

### **Materials Needed:**

A deck of modified Oblique Strategies cards.

### **Procedures:**

Clients are asked to think of an issue that they are thinking of currently. They then select a card from the deck, read the strategy, and speak about what comes to mind. The counselor explores with client. When the client feels they have mined the depths of the card, another card is selected.

### **Process Questions and Follow-Up:**

Clients are encouraged to explore whatever comes up in response to each strategy card. Counselors are present with clients and engage in process and/or exploratory work.

### **Theoretical Rationale and/or Research Base:**

Gestalt experiments, Gardner's Talking, Feeling & Doing Card Game, McLuhan's DEW Line Card Deck, Oaklander's Talking Cards.

### **Limitations:**

This activity may be triggering for clients with significant trauma histories.

### **Practice Settings:**

- ☒ College Counseling
- ☒ Counselor Education and Supervision
- ☒ Mental Health Agency/Private Practice Counseling
- ☒ Rehabilitation Counseling
- ☒ School Counseling