

Metaphoric cards DOMUS

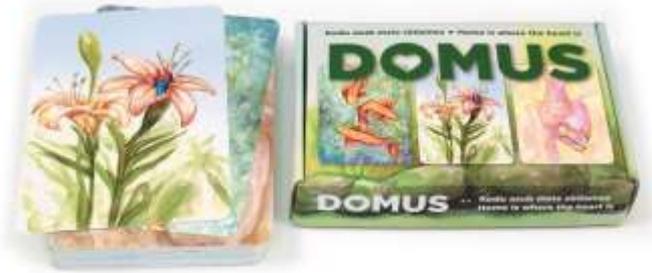
Sirli Kivisaar

Metaphoric cards make it possible to find connections and draw parallels to the joys and worries of life through using different shapes and metaphors. They can also help to find solutions to your problems. But these are not psychic cards. Metaphoric cards open a window into a person's inner world – their reaction to the illustrated cards could make it possible to reflect upon childhood memories, to recall repressed or conscious experiences, could release blocked feelings and make it possible for them to move forward by self-development. Since the interpretations of metaphors featured in the cards are completely in the eyes of the beholder, the same card can trigger different reactions in different participants. This is why it is important not to evaluate other peoples' interpretations of the cards, but to respect and accept them.

Metaphoric cards can be especially fitting to use if your everyday work involves counselling other people. They are an exciting addition to the professional toolbox for use by psychologists, psychotherapists, coaches, career counsellors, social workers and teachers.

The **DOMUS** cards can help you or your patients get a better understanding of themselves by using the "home" symbol. Why the home symbol? Home is something that satisfies our basic and most important needs – it gives us warmth, shelter, security. It is a place where everyone can be their true selves and feel free. If we do not have a true "home", we cannot develop and grow in a healthy way.

The cards are meant to be used with clients from all ages. There are no strict rules on how to use the cards, but every card pack comes with useful tips.



DOMUS cards and children

These cards are great to use with children. Play is an essential part of childhood, it is voluntary and most children do not need to be taught or made to play. It should be a spontaneous and pleasurable activity with no certain purpose. Children learn things through playing that cannot be taught. This is why it is encouraged to use the cards non-directively with children – to give them a chance to find different ways to play with the cards.

The cards can also be used directly through giving fixed directions/instructions:

- Let the child choose the cards with the ugliest and most beautiful places. Let the child speak about his/her choices.

- Create with the child or let the child create on his/her own a fairy tale using the cards.

Fairy tales can be a great medium for children to talk about their subconscious thoughts – life stressors and possible solutions to their problems. They can also be a source of role models for the children.

- Choose a villain's home and a hero's home. Describe the hero and his/her home. Take a big piece of paper. Imagine that the paper is the world in which both the villain and the hero live in. Where are their homes located in this world? Place them on the right places on the paper. Is there anybody else living there? What do their homes look like? Choose cards for them as well and also place them on the paper. Draw the world surrounding the cards. Who are the people living there? Do they communicate with each other? How do they get along? Do they fight? How do they solve the conflicts? What do they need in order to get along better?

Let the child talk about their choices and the world they created. Support the process with questions and reflections on your behalf.

- From these cards, where would you like to live the most? Do you want someone else to live there with you? What would you do there?

DOMUS cards and adults

Self-development

HOME IS MY FORTRESS

1. Choose three cards. The first card should symbolize the place you are at right now mentally, the second where you are physically, and the third, where you are emotionally.

2. Choose a card to symbolize a "home" in which all the three could feel good.



3. What is needed in order to get to the “home” chosen, where you would feel good mentally, physically and emotionally? Pick a card blindly to symbolise it. What does it tell you?

Working in groups

- To make acquaintances: pick a card to talk about yourself today.
- To end a meeting: your assignment is to pick three people to whom you would like to give a present using these cards. Look at the cards – which of these could symbolise the present you would like to give to the chosen three people? If you have picked a card for everyone, share the gift with them by showing them the card.



Teamwork

- Pick a card that symbolises your team. Which part of the house/place are you? What parts are the other team members? For example, who are the windows, the foundations, the roof? Are you happy with where you are? If not, which part would you like to be? If needed, you can choose another card to symbolise what the team’s “house” should look like. What could you do in order to change the team into the one you would be happy with?
- Every team member picks a card that in their opinion represents the team best. Share the thoughts behind your choices. Which are the common features, which are different? Why do you think your card resembles or differs from your team member’s cards?

This kind of activity can be great for practicing listening, giving feedback and considering others’ viewpoints.

- Form groups of 5-6 people. Every member of the group blindly picks three cards from the deck of cards. The assignment is to form a story based on the 15-18 cards picked. The story should relate to team concepts. The team should name the story together, think of a beginning and ending, and use all of the cards in the story. Later each group should present their stories. Groups can decide on their own in what form they want to present their stories – the stories may be presented as poems, fairy tales, plays or in whatever form they please.

This kind of activity helps to develop creativity and encourage cooperation.

The DOMUS cards consist of 54 picture cards and 6 instruction cards.

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