



CEU PROGRAM DESCRIPTION

1. **Title of Presentation:**

More Mirror than Magic: Tarot as a Self-Reflective Companion Practice to Therapy

2. **Presenter:**

Grover Hollway, LPC

3. **Description of Program:**

This is not, *not*, **NOT** about divination or prophecy; this is about creating psychological flexibility through forced randomness. Tarot self-reading is a psychologically-rich, self-reflective practice attracting a significant number of new users, specifically amongst younger generations. Prior research involving tarot and psychology demonstrates its theoretical similarities to other projective techniques and the benefits derived by individuals who practice self-reading. This presentation offers a practical approach to how tarot self-reading can be utilized as a companion practice to therapy and how clinicians can engage with this art, both in session and beyond.

4. **Program Objectives.** Participants will learn:

- a) The theoretical rationale and existing practice of utilizing tarot self-reading in tandem with counselling.
- b) The basic principles of a tarot self-read.
 - 1. What makes up a tarot deck
 - 2. Utilizing a guidebook
 - 3. How to deal with “bad” cards
- c) The potential benefits of encouraging self-reading in tarot-literate clients.
- d) How to integrate tarot-based reflection into clinical sessions
 - 1. Drafting therapeutic questions into a “spread”
 - 2. Learning from your client’s relationship to the cards

4. **Bio of Presenter:**

Grover Hollway, LPC, is an associate clinician at Affiliates in Counseling. He recently completed his M.A. in Counseling with academic distinction from Northwestern University in 2022. He received a B. S. in Theatre from Northwestern University in 2015 and worked for six years as a professional sound designer and engineer in the Chicago region, earning a Joseph Jefferson award in 2017. Grover reads tarot for self and shared reflection with a weekly non-clinical group.