



OH Card Workshop in Budapest

with **MORITZ EGETMEYER**

An immersive two-day workshop

DATE	18-19 October 2026
LOCATION	Budapest, Hungary, Eötvös10 Cultural Center
INVESTMENT	88,000 HUF
FORMAT	Two-day in-person workshop

Discover OH cards

Moritz Egetmeyer, psychotherapist, humanistic psychologist, head of OH Publishing and one of the creators of the OH method, will lead this special workshop in Budapest. Together with artist Ely Raman, he developed the OH card's genre, which has since grown into an international associative-card system available in 22 languages.

This workshop offers a unique opportunity to experience the method in depth, learn its underlying principles and practice working with OH cards in a supportive, experiential setting.

What participants will explore

- The philosophy and operating principles of the OH card method
- How images and words can open pathways to reflection, awareness and self-exploration
- Experiential exercises and practical ways of working with OH cards
- The OH approach to attentive listening and supportive questioning
- The ethical principles and professional framework of the method
- Ways the OH method can support communication, creativity and self-awareness

A method for meaningful connection

OH cards are more than a set of picture cards. The method creates a playful yet focused space in which images and words can stimulate associations, making inner experiences easier to notice, explore and articulate. It can be used to support communication, creativity, self-reflection and deeper human connection.

The workshop is especially relevant for helping professionals, therapists, coaches, educators and others who are interested in experiential and humanistic approaches to working with people.

WHO IS THIS WORKSHOP FOR?

- Psychotherapists and psychologists
- Coaches and counsellors
- Educators and trainers
- Facilitators and group leaders
- Helping professionals
- Anyone interested in experiential self-development and associative methods

“Images and words can become a doorway to experiences that are difficult to reach through ordinary conversation.”

JOIN US IN BUDAPEST

Experience the OH method from the source, meet fellow professionals and discover new ways to use associative images and words in your work.

Registration and further information: info@oh-kartya.hu

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