



EXPLORING INNER WORLDS

WITH

*Metaphorical Associative
Cards (MAC)*

by Olga Tokareva

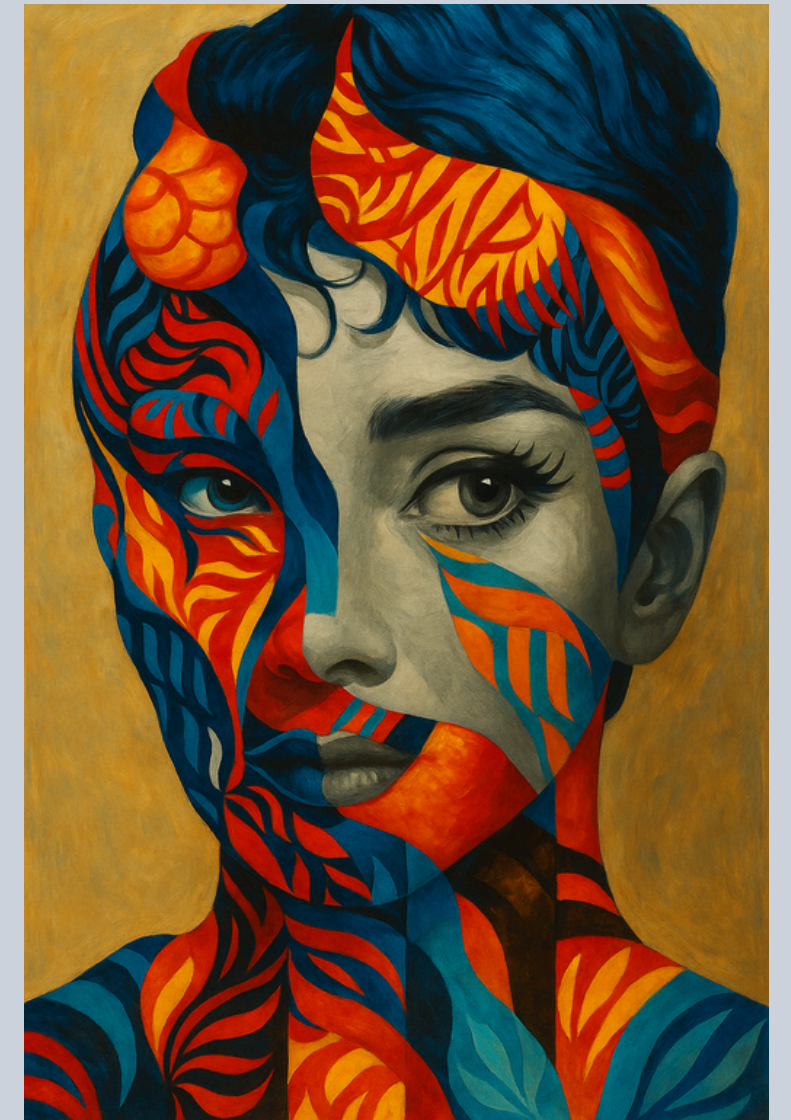
“ART IS THE MEETING GROUND OF THE WORLD INSIDE AND THE WORLD OUTSIDE” (ELINOR ULMAN)

Metaphorical Associative Cards (MAC) are a therapeutic tool that uses abstract, symbolic images to help individuals express thoughts, emotions, and experiences.

These cards act as visual metaphors, allowing clients to project their inner world onto an image – revealing insights that may be difficult to access through words alone.



MAC CARDS



STUDENT EXPERIENCE

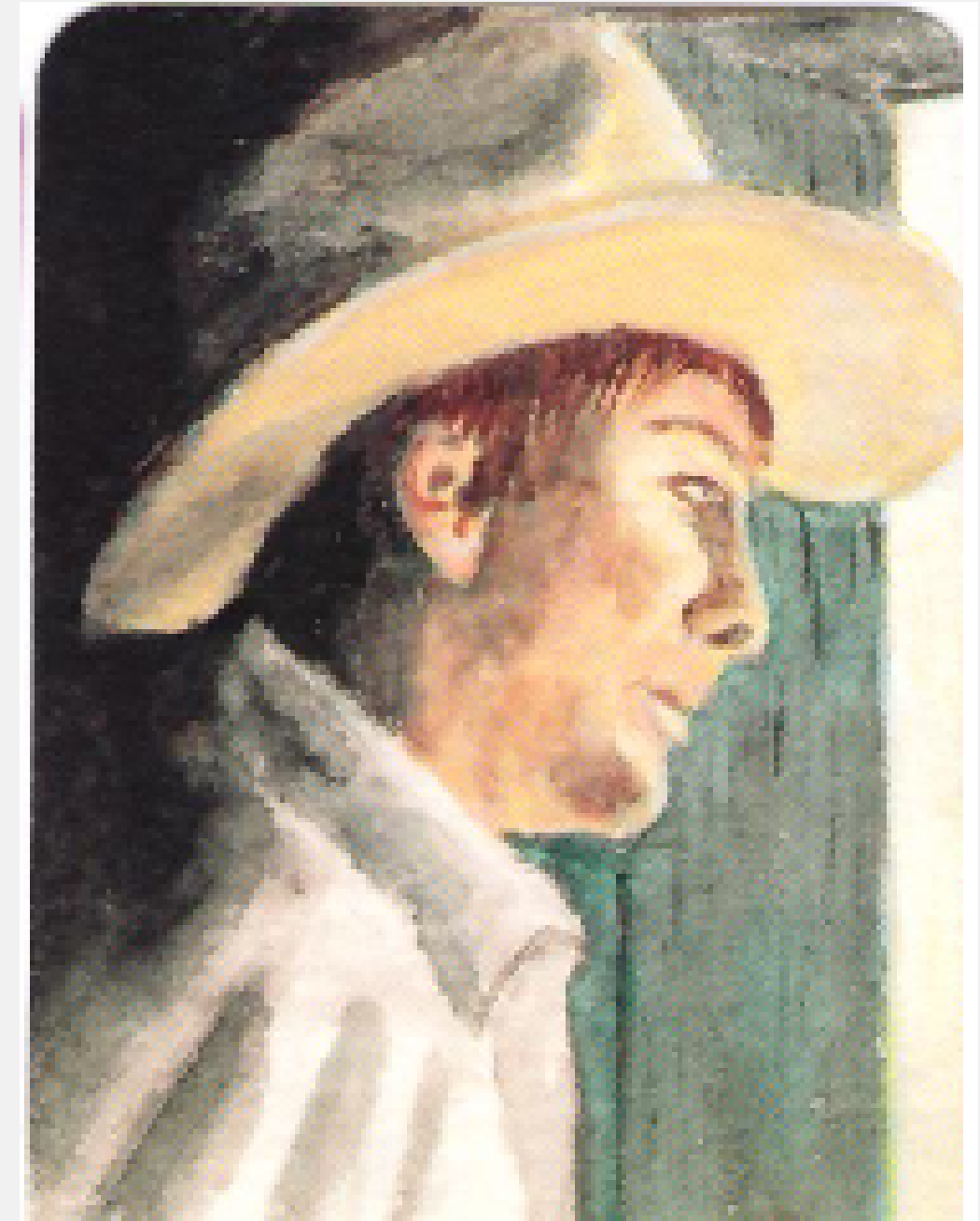
He did not talk much and always said 'I'm fine' -
until I showed him a card.

"

"He's probably smart and very handsome...
busy working... thinking about what to do next.

"The pictures made me easier to talk"
"I saw myself in the character"

-Student-





- “What do you see here? What mood or thought comes up for you?”
- If this image could speak, what would it say?

KEY BENEFITS

MAK cards offer a powerful, creative bridge for neurodiverse students who may struggle with verbal expression. Through images, they can share feelings, stories, and experiences that might otherwise stay hidden.

When students describe a picture, they often reveal parts of their inner world because the image they choose reflects something personal. Each person sees something different in the same card, and that uniqueness is what makes this tool so rich.

Art speaks when words are hard to find, and that's what makes MAK cards so valuable in counseling.

The image features a light blue background with a thin black rectangular border. At the top and bottom edges, there are decorative elements resembling galaxy streamers or nebulae, with blue and yellow colors and sparkling light effects. The text "THANK YOU" is written in a large, black, sans-serif font in the upper center. Below it, the words "very much" are written in a black, cursive script font, enclosed within a light blue rounded rectangular box.

THANK YOU
very much