



Tarot in Therapy Quick Reference Sheet (For Therapists)

This one-pager is designed to sit beside your session notes, sneak into your therapy journal, or get tacked onto the wall next to your IFS parts map. It's for the therapist who loves a good visual, needs a nudge mid-session, or wants to align the cards with actual clinical utility (not just vibes).

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🔮 Suits + Elements + Chakra Alignments

Suit	Element	Chakra(s)	Core Themes
Wands	Fire	Root & Solar Plexus	Action, drive, identity, burnout
Cups	Water	Sacral & Heart	Emotion, connection, grief
Swords	Air	Throat & Third Eye	Thoughts, beliefs, clarity
Pentacles	Earth	Root & Crown	Embodiment, safety, meaning

💡 Therapy Tip: When a card shows up, ask: “Where do you feel this in your body?” Let the element or chakra guide somatic exploration.

🌀 Major Arcana Summary: Themes + Therapy Vibes

Card	Theme	Clinical Lens
0 – The Fool	New beginnings, trust	Identity work, life transitions
1 – The Magician	Self-agency, tools	Strengths-based work
2 – The High Priestess	Intuition, inner knowing	Parts work, dreamwork

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3 – The Empress	Nurture, creativity	Somatic work, self-compassion
4 – The Emperor	Structure, authority	Boundaries, reparenting
5 – The Hierophant	Tradition, belief systems	Value clarification, religious trauma
6 – The Lovers	Choice, connection	Attachment, differentiation
7 – The Chariot	Autonomy, integration	Motivation, empowerment
8 – Strength	Soft power, vulnerability	Shame work, inner child healing
9 – The Hermit	Solitude, reflection	Burnout, spiritual integration
10 – Wheel of Fortune	Change, cycles	Acceptance, ACT work
11 – Justice	Fairness, consequences	Boundaries, accountability
12 – Hanged Man	Suspension, surrender	Liminal space, reframing
13 – Death	Transformation, endings	Grief, identity evolution
14 – Temperance	Balance, healing	DBT, emotional integration

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15 – The Devil	Shame, bondage	Addiction, protector parts
16 – The Tower	Collapse, truth	Crisis, rupture & repair
17 – The Star	Hope, healing	Post-traumatic growth
18 – The Moon	Mystery, subconscious	Trauma processing
19 – The Sun	Joy, clarity	Confidence, embodiment
20 – Judgement	Awakening, reckoning	Legacy, narrative therapy
21 – The World	Completion, integration	Termination, wholeness


Sample Prompts: The Fool's Journey in Therapy

Act I – Formation (0–7):

 “What identity are you stepping into or out of?”


 “Where are you craving agency or clarity?”

Act II – Descent (8–15):

 “What’s breaking down right now—and what might that make room for?”

 “What truth is emerging from the shadows?”

Act III – Integration (16–21):

 “What have you reclaimed?”

 “What lesson is closing a chapter in your life?”

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When to Pull a Card in Session

- Intake: “What’s the energy around what’s bringing you here?”
- Check-In: “What’s emerging for you this week?”
- Processing: “What might this card say to the part of you that’s showing up right now?”
- When Stuck: “Let’s externalize what’s happening through symbol.”
- Termination: “Where are you landing as this work comes to a close?”

🌀 One last reminder: Tarot doesn’t need to be your main modality. Let it be your metaphor whisperer, your therapeutic Rorschach, your symbol-savvy co-therapist. When in doubt, pull one card—and follow where it leads.



Client-Facing Tarot Reflection Journal Page

Designed for your clients to take home (or complete in session), this reflection sheet turns a single card pull into a meaningful dialogue between your client and their inner world. It encourages mindful integration, intuitive exploration, and somatic awareness—without ever saying “homework.”

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🌟 Your Card

Card Name: _____

Date: _____

Optional: Print or draw the card image here if possible, or describe the scene.

🔍 What Do You Notice?

1. What do you see or feel in this card?

(Colors, people, movement, facial expressions, symbols—describe what stands out to you.)

2. What does this remind you of in your life right now?

(A situation? A part of you? A relationship? A feeling? Be curious.)

3. If this card had a message for you today, what might it be?

(Imagine the card could speak. What would it want you to hear?)

🌀 Somatic & Energy Check-In (Optional)

Use this section if your therapist incorporates somatic or energy-based work:

Where do you feel this card in your body?

(Is there warmth, pressure, movement, stillness? What's the quality of the sensation?)

If this card links to an energy center/chakra, where might it live?

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- Root (Safety, survival)
- Sacral (Emotion, creativity)
- Solar Plexus (Power, drive)
- Heart (Love, grief, compassion)
- Throat (Expression, truth)
- Third Eye (Clarity, intuition)
- Crown (Connection, purpose)

Any insight from this awareness?

Integration Question

What might it look like to honor the message of this card today or this week?

(A small action, a mindset shift, a conversation, or even just awareness.)

Pro Tip for Therapists: This journal page can be turned into a reusable worksheet, a digital form, or a part of a therapy workbook. You can even laminate it and give clients dry-erase markers for sustainable use across multiple sessions.



The Archetype Cheat Sheet

For Parts Work, Storytelling, and Integrating Tarot in Session

When a client's inner world feels like a crowded room of protectors, exiles, and unsure selves... it helps to have a guide. This cheat sheet links common client parts with potent tarot archetypes and therapy reflections to support insight, dialogue, and narrative cohesion.

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Perfect for therapists using Internal Family Systems (IFS), Jungian therapy, or any parts-based approach.

Common Parts & Their Tarot Archetypes

Client Part	Tarot Archetype	Therapy Reflection
The Inner Critic	The Devil / King of Swords	What does this part protect? What fear lives beneath its control?
The Exiled Inner Child	The Fool / Page of Cups	What does this part long for? What innocence or vulnerability is asking for care?
The Numbing Protector	The Hanged Man / Four of Cups	What does stillness or detachment serve to prevent or soothe?
The Over-Achiever	The Chariot / Knight of Wands	What drives this part to stay in motion? What happens if it pauses?
The People-Pleaser	The Lovers / Queen of Cups	What does this part need in order to feel worthy without over-functioning?
The Perfectionist	Justice / Emperor	Where did this part learn that perfection equals safety? Can structure be softened?

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The Protector Who Distrusts Others	The Hermit / Nine of Wands	How did this part learn to self-isolate? What would it need to feel safe in connection?
The Dreamer or Idealist	The Star / Page of Pentacles	What hope does this part carry? How can it be grounded without extinguishing it?
The Shadowy Saboteur	The Moon / Seven of Swords	What truth does this part obscure? What pain is it keeping at bay?
The Inner Wise One	Temperance / Queen of Pentacles	What balance or nourishment does this part bring when allowed to lead?

Therapist Use in Session

Try one of these prompts:

- “Which card do you think this part might align with?”
- “If we let this part pick a card, what might it pull?”
- “This archetype reminds me of that part you mentioned last week—what do you think?”

This cheat sheet is meant to be a flexible companion. Add cards. Change associations. Let your intuition and your client’s language shape the map.



Pull-a-Card Starter Prompts Deck

For Therapists Who Want to Use Tarot... But Freeze in the Moment

We've all been there: you're in session, you feel the urge to use a card—but your brain goes blank and you hear crickets instead of insight. This printable or digital deck gives you go-to prompts for different phases of therapy, client presentations, and internal parts.

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Use it as:

- A printable cut-out deck
 - A slide deck for virtual sessions
 - A laminated office cheat sheet
 - A “randomizer” when you don’t want to lead with the same question every time
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General Exploration Prompts

- “What’s trying to emerge today?”
 - “What wants to be known that hasn’t had space yet?”
 - “What energy are you holding as you arrive in this session?”
 - “What’s one thing your inner world wants to say... but hasn’t?”
-

For Parts Work / IFS

- “Which part wants to speak through this card?”
 - “What might this card reflect about a protector part?”
 - “If this card had a message for an exiled part, what might it be?”
 - “Which part of you resonates most with this imagery?”
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When the Client Feels Stuck

- “Let’s ask the deck to show us the stuckness.”

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- “What might help shift the energy of this moment?”
 - “If this pattern had a card, what might it look like?”
 - “What perspective is missing right now?”
-

For Processing Emotions or Conflict

- “What wants to be felt today?”
 - “What part of this relationship is asking for attention?”
 - “What clarity or compassion is needed here?”
 - “What card might offer a mirror for what you’re holding?”
-

For Closure, Termination, or Milestones

- “What are you taking with you from this work?”
 - “What’s shifting internally as this chapter closes?”
 - “What insight do you want to carry forward?”
 - “What might guide you through what comes next?”
-

Therapist Tip

You don’t need to sound like a mystic. Just be curious. Grounded curiosity paired with metaphor is often all clients need to go somewhere new.

Optional Add-On: Shuffle the printed prompts and let the client (or your intuition) draw one at random for each session.

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Therapy Card Spreads: Reflective Layouts for Clinical Use

A flexible handout for psychotherapists integrating tarot

This printable resource includes four therapy-informed spreads (ranging from 1 to 7 cards) designed to support insight, parts work, emotional processing, and client transitions. Each spread includes sample prompts and clinical applications.

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The Mirror Card

(Single Card Pull)

Use for: quick insight, weekly check-ins, session starters

Prompt:

- “What’s showing up for you today?”
- “What wants your attention right now?”
- “What does this part of you need?”

 Clinical Use: Ideal for grounding, metaphor entry points, or when clients feel overwhelmed or emotionally foggy.


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Parts Dialogue Spread

Use for: Internal Family Systems (IFS), parts mapping, conflicted feelings

Card Positions:

1. A part that is loud right now
2. A part that is hidden or exiled
3. What the Self energy (Wise Mind) wants to say to both

 Clinical Use: This is great for exploring polarization, ambivalence, or clients who struggle with internal conflict.

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The Threshold Spread

(Transitions & Turning Points)

Use for: life changes, decision-making, grief, post-crisis

Card Positions:

1. What is ending or dissolving
2. What is emerging
3. What still needs to be honored
4. What can be released
5. What is the invitation forward

 **Clinical Use:** Use this when clients are navigating change—whether chosen or forced. Beautiful for identity work, new chapters, or post-Tower-card therapy.

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The Spiral of Self Spread

Use for: deeper identity exploration, long-term therapy insight, complex trauma

Card Positions:

1. The Self you show the world
2. The Self you hide
3. A core wound
4. A protector part

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5. A source of wisdom
6. A current block or pattern
7. A path toward integration

🧠 **Clinical Use:** This spread holds complexity. Use over multiple sessions or in later-stage therapy when clients are ready to explore core identity work. Pairs beautifully with journaling or somatic tracking.

Bonus Space:

Include a reflection section beneath each spread so clients can jot down:

- Key words or emotional reactions
- Symbols that stood out
- Physical sensations or body responses
- A takeaway insight or intention