

Application of OH Card Psychological Counseling Technology in the Psychological Intervention of Nitrous Oxide Addicts

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Abstract: OH Cards, as a subconscious projective tool, stimulate individuals' association and expression through the combination of picture cards and guide cards, which can effectively present internal states, perceive emotions, and reveal subconscious conflicts. This study took a 17-year-old female adolescent with depressive symptoms and nitrous oxide addiction as the research object, adopting OH Card psychological counseling technology combined with group counseling, individual counseling, and family communication to conduct psychological intervention. Through four stages of intervention—emotion awareness, emotion acceptance, emotion regulation, and family relationship repair—the client's depressive symptoms were significantly alleviated, the physical symptom of numbness in both lower limbs improved, and interpersonal relationships and family interaction patterns were optimized. The research shows that OH Cards, as a non-invasive psychological intervention tool, play a positive role in the psychological rehabilitation of nitrous oxide addicts, while attention should also be paid to their application limitations and professional use requirements.

Keywords: OH Cards, Nitrous Oxide Addiction, Adolescents, Depressive Emotions, Psychological Intervention, Family Relationships.

1. Introduction

OH Cards, also known as "subconscious projective cards", are a free association system composed of picture cards and guide cards. Through the diverse combination of card patterns and texts, they can stimulate individuals' creativity and imagination, help users break through verbal expression barriers, and achieve self-exploration and emotional awareness (Li, 2019). In recent years, the problem of adolescent substance addiction has become increasingly prominent. As a new type of addictive substance, nitrous oxide causes serious harm to adolescents' physical and mental health, often accompanied by psychological problems such as depression and anxiety, as well as physical sequelae (Zhang & Wang, 2020). Family relationship, as an important factor affecting adolescents' mental health, its dysfunction is often a major inducement for adolescents' addiction and emotional problems (Liu & Chen, 2021). This case aims to explore the application effect of OH Card psychological counseling technology in the psychological intervention of adolescents with nitrous oxide addiction and depressive symptoms, providing practical reference for the psychological rehabilitation of related groups.

2. Basic Case Information

2.1. General Information

Demographic information: The client, Xiao A, is a 17-year-old Han female with a junior high school education background. She has been using nitrous oxide since 2023, with an addiction history of more than one year, and suffers from a sequela of nitrous oxide use—numbness in both lower limbs.

Psychological assessment results: The SCL-90 Symptom Checklist was used for evaluation. The results showed a total score of 272, with the following factor scores: Somatization

(2.9), Obsessive-Compulsive Symptoms (3.1), Interpersonal Sensitivity (3.2), Depression (4.2), Anxiety (2.6), Hostility (3.4), Phobia (2.3), Paranoia (2.7), Psychoticism (3.0), and Other (2.9). The number of positive items was 82. Among them, the depression factor score was significantly higher, indicating obvious depressive symptoms.

Personal growth history: After her parents divorced, Xiao A lived with her grandparents. Her father remarried and had a son, while her mother remarried and refused to recognize her. Xiao A has a close relationship with her aunt. During junior high school, Xiao A attempted to contact her mother multiple times but failed. In May 2024, Xiao A went to the city where her mother lives to try to meet her, which led to a fierce quarrel and the police being called. This series of events had a profound negative impact on her mental health.

Personal self-report: Recently, she often has dreams, has poor sleep quality, feels inexplicably low in mood, and experiences loneliness and helplessness. She holds the negative cognition that "no one in the world likes me" and turns to nitrous oxide when encountering unpleasant things.

2.2. Problem Analysis

Based on the client's information, her core problems mainly include: first, the distress of nitrous oxide addiction and physical sequelae; second, significant depressive emotions accompanied by sleep disorders, negative self-cognition, and other manifestations; third, imbalanced family relationships, lack of parent-child bonding, and complex emotions of resentment and longing towards her mother; fourth, interpersonal sensitivity, social avoidance, and lack of effective emotion management and coping styles.

3. Formulation of Intervention Plan

Taking OH Card psychological counseling technology as the core, combined with group counseling, individual counseling, and family system intervention, this intervention

formulated the following plan around four major goals: emotional catharsis, self-cognition improvement, interpersonal relationship enhancement, and family relationship repair:

(1) Conduct OH Card group counseling: Through group interaction, card projection, and member sharing, help Xiao A perceive subconscious emotions, improve self-cognition, and feel peer support.

(2) Strengthen family communication intervention: Use OH Cards as a medium to help Xiao A express her inner emotions to her aunt, promote her aunt's understanding of her addiction and psychological pain, and strengthen the family emotional support system.

(3) Implement OH Card individual counseling: Through one-on-one card exploration, deeply explore the subconscious emotional conflicts of Xiao A, especially the issues related to her relationship with her mother, release repressed emotions, and alleviate depressive symptoms.

(4) Optimize relationship interaction patterns: With the guidance of OH Cards, help Xiao A re-examine her relationships with her father, mother, and younger brother, learn positive communication methods, and establish healthy family and interpersonal relationship patterns.

4. Intervention Implementation Process

4.1. Stage 1: Emotion Awareness and Self-Exploration

A group counseling session with 6-8 participants was organized, and the song "Amazing Grace" was played to create a safe exploration atmosphere. The counselor briefly introduced the principle, usage steps, and rules of OH Cards. Subsequently, the participants took turns selecting and drawing cards, followed by perceptual association and feeling sharing, such as "This room has only windows but no doors; I like staying inside" and "I am like this tree, entangled by vines and struggling to breathe". When sharing her card, Xiao A said, "What I see is a big bloody mouth—it's what I look like when I have an episode". Through card projection, Xiao A clearly perceived her uncontrollable emotional state for the first time. During the card-giving session, when other participants hoped she would forgive her family, Xiao A shouted hysterically, "Why should I forgive them, why?!" The counselor promptly provided emotional comfort and clarified a special healing plan for her negative emotions in the subsequent sessions.

4.2. Stage 2: Emotion Acceptance and Effective Management Guidance

The "I, You, He" card game was used for individual counseling. Xiao A drew the picture of "a big open mouth" again, and this time she interpreted it as "This open mouth is like my mother scolding me". Through in-depth questioning, the counselor guided her to explore her inner feelings. Xiao A gradually realized that her anger towards her mother stemmed from a strong desire for maternal love. When grievance and anger overlapped, her life energy was low, making it impossible for her to manage her emotions effectively, thus leading to self-harming behaviors repeatedly. When drawing the card corresponding to "I", she felt that the "little I" needed comfort, hugs, and reconciliation. With the counselor's guidance, she resolved to "take good care of herself, especially her body, accept her imperfect

performances, and allow mistakes to happen".

4.3. Stage 3: Emotion Regulation and Active Integration into the Group

For Xiao A's social avoidance and reluctance to participate in group activities, a themed OH Card group counseling session on "How to Listen Better" was organized. During the activity, group members learned the "four elements of listening" (no arbitrary judgment, understanding others, tolerating differences, and emotion regulation) through card interaction, and the relationship among group members became harmonious. The counselor designed a personalized OH Card exploration task combining word cards and picture cards for Xiao A, helping her discover her own strengths and resources, recognize her ability to cope with life events independently, and understand the sense of boundary in interpersonal communication. After the intervention, Xiao A stated that she would participate in more group activities, learn to interact with others, and better adapt to the current environment.

4.4. Stage 4: Family Relationship Repair and Comprehensive Growth Promotion

The counselor communicated with Xiao A's father multiple times, fed back her recent performance, growth changes, and inner desires, actively resolved the estrangement between the parent and child, mobilized the father to give more care and concern, and timely conveyed the family's longing to Xiao A. Especially when Xiao A learned that her father would come to visit her during the Spring Festival, she underwent a significant transformation: she let go of her inner knots, no longer complained or felt angry, and began to actively participate in classroom teaching, rehabilitation training, and cooperate with rehabilitation treatment, with continuous improvement in her personal performance.

5. Intervention Effect Evaluation

5.1. Improvement of Psychological Symptoms

After the intervention, Xiao A's depressive emotions were significantly alleviated, her sleep quality was obviously improved, and she no longer experienced frequent low mood and loneliness. Her negative self-cognition gradually changed, and her enthusiasm for life increased. The re-evaluation with the SCL-90 showed that the depression factor score dropped to the normal range, the total score and other factor scores decreased significantly, and the number of positive items reduced.

5.2. Improvement of Physical Symptoms

With the improvement of her psychological state, the sequela of nitrous oxide use—numbness in both lower limbs—was significantly relieved. Her physical discomfort was reduced, and her cooperation with rehabilitation treatment was significantly improved.

5.3. Enhancement of Interpersonal Relationships and Social Functions

Xiao A transformed from avoiding group activities to actively participating in social interactions. She learned to communicate with others using listening skills, established an appropriate interpersonal boundary, had a more harmonious relationship with peers, and her social adaptability was obviously enhanced.

5.4. Family Relationship Repair

Xiao A's relationship with her father improved significantly, and she began to try to establish a close connection with her younger brother. Although her relationship with her mother has not been fully repaired, she has been able to view the past conflicts with her mother rationally and is no longer dominated by resentment. The family support system has been gradually improved.

6. Case Reflection and Discussion

6.1. Summary of Intervention Effects

Through the comprehensive application of OH Card psychological counseling technology, this case effectively helped Xiao A, an adolescent with nitrous oxide addiction and depressive symptoms, release repressed emotions, alleviate depressive symptoms and physical discomfort, and improve interpersonal and family interaction patterns. As a non-invasive psychological intervention tool, OH Cards have the advantage of bypassing the defensive mechanisms of individuals' verbal expression, directly reaching the subconscious level, and helping clients safely present their inner conflicts and emotional needs. They are especially suitable for addicted groups with difficulty in emotional expression and interpersonal trust crises (Li, 2019). At the same time, the integration of family system intervention further strengthened the intervention effect, confirming the important impact of family relationships on adolescents' mental health (Liu & Chen, 2021).

6.2. Limitations of OH Card Application

This case also exposed some limitations of OH Card application: first, there are certain restrictions on the applicable population. For individuals with extreme difficulty in emotional expression, relying solely on OH Cards may not achieve the desired intervention effect, and it is necessary to

combine other psychological technologies; second, the interpretation of OH Cards and the intervention effect are highly dependent on the professional quality and clinical experience of counselors, requiring counselors to have a solid theoretical foundation in psychology, keen observation skills, and empathy to ensure the safety and effectiveness of the intervention; third, the sustainability of the intervention effect may be affected by factors such as family support and environmental conditions, so a long-term follow-up mechanism needs to be established.

6.3. Future Research Directions

In the future, the sample size can be further expanded to explore the application effect of OH Card technology in different genders, ages, and types of addicted rehabilitation populations; the intervention strategy can be optimized by combining OH Card technology with cognitive-behavioral therapy, family therapy, and other technologies to improve the pertinence and sustainability of the intervention; in-depth research can be conducted on the mechanism of OH Cards in promoting the psychological rehabilitation of addicted individuals, providing theoretical support for their standardized application in the field of addiction rehabilitation.

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