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### The Mood Cards Understand Deep

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### The Mood Cards - Understand Deep Emotions : Andrea Harrn ...

Andrea Harrn created The Mood Cards. She is a UK based psychotherapist and began her career in counselling in 2000. She has a wealth of experience in psychotherapy, counselling, hypnotherapy, mindfulness training, and supervision. She created The Mood Cards in 2015. I reached out to her after I purchased The Mood Cards as I was so happy

### The Mood Cards - Andrea Harrn Counselling Services

The cards are a great tool, to use individually, or in a group. They have a face with a mood expressed on one side, and some questions on the other side. There are 2 packs of cards of available. one is around mood swings and depression. The other goes deeper a, and explores painful repressed emotions causing psychological distress.

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### Eddison Books: UK's Leading Mind, Body and Spirit ...

Psychology doesn't have to be complicated. Drawing on cognitive behavioral therapy, mindfulness, and positive psychology, The Mood Cards offer a fun and accessible way to help you identify and explore your moods and emotions. Each of the 42 beautifully illustrated mood and emotion cards includes guided questions for self-exploration plus a positive affirmation.

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