This manual was developed as part of NIDA Grant DA06162, *Improving Drug Abuse Treatment for AIDS-Risk Reduction* (DATAR).

The *Mapping New Roads to Recovery: Cognitive Enhancements to Counseling* training module and all related data collection forms may be used for personal, educational, research, and/or information purposes. Permission is hereby granted to reproduce and distribute copies of these materials (except reprinted passages from copyrighted sources) for nonprofit educational and nonprofit library purposes, provided that copies are distributed at or below costs and that credit for author and source are included on each copy. No material may be copied, downloaded, stored in a retrieval system, or redistributed for any commercial purpose without the express written permission of Texas Christian University.

Institute of Behavioral Research
Texas Christian University
P.O. Box 298740
Fort Worth, TX  76129
(817) 921-7226
(817) 921-7290 (FAX)
Email: ibr@tcu.edu

August, 1993
Appendix A — Group Counseling Session Maps

Maps vary widely, depending on the nature of the counseling session and the mapping skills and style of the counselor. The maps presented here were drawn during DATAR group counseling sessions and represent the range of maps created during this project. They were not chosen for technical accuracy or esthetic appeal. Although we have included these maps to demonstrate the range of uses and forms, counselors might also choose particular maps to copy and give to clients as a means of stimulating discussion, considering new perspectives, and thinking in alternate ways. Clients may write ideas on the map copies or create maps of their own dealing with similar topics.

Appendix A Contents

Drug Issues ................................................. Page 80
Treatment Issues ........................................ Page 85
General Issues .............................................. Page 93
Drug issues
Drug Free Lifestyle

Personal Wellbeing

<table>
<thead>
<tr>
<th>Relationship with Higher Power, Other People &amp; Nature</th>
</tr>
</thead>
</table>

Spirituality

Mental Health

Security

1. Physical
2. Financial
3. Political

Emotional Fullness

Responsive

Able to feel and identify with a wide range of emotions: love, hate, anger, admiration, fear, pride, humility, etc.

Depth of Interpersonal Relations

Richness and Success in Interpersonal Relations

Comfort with Interpersonal Relations

Social Wellbeing

Sense of Belonging
Mapping Group

Map

Relapse

- Emotional
  - Pain
  - Spouse leaves you
  - Died
  - Depressed

- Talking about using drugs in group

- Social
  - Other
  - Drinking
  - Friends
  - Including
    - Family members

- Physical
  - Pain

- Places
  - Park
  - Shot in a hall
  - Bar or Club
  - Job

- Having money in hand

Traveling down certain streets
Treatment Issues

[Diagram]
TREATMENT

1. TRANSITION
2. STABILIZATION
3. EARLY RECOVERY

RECOVERY

4. MIDDLE RECOVERY
5. LATE RECOVERY
6. MAINTENANCE

STABILIZATION

RECOGNITION OF NEED FOR HELP
RECOVERY FROM IMMEDIATE AFTER-EFFECTS
INTERUPTING PATHOLOGICAL PREOCCUPATION
LEARNING NONCHEMICAL STRESS MANAGEMENT
DEVELOPING HOPE & MOTIVATION

ACUTE
POST-ACUTE...difficulty in:
THINKING CLEARLY
MANAGING FEELINGS & EMOTIONS
AVOIDING ACCIDENTS
MANAGING STRESS
REMEMBERING THINGS
SLEEPING RESTFULLY

EUPHORIC RECALL
POSITIVE EXPECTANCIES
TRIGGER EVENT
OBSESSION (THINKING)
COMPULSION (FEELING IN GUT)
CRAVING (BODY TISSUE)

PROBLEM I.D.
PROBLEM CLARIFICATION
IDENTIFYING ALTERNATIVES
EXAMINE ALTERNATIVES
DECISION
ACTION
EVALUATION
DATAR MAPPING GROUP

Client Expectations from Program Participation

- Growth
- Avoid Legal Problems
- Drug Free
  - Without Methadone
  - With Methadone

Effective Groups
- Positive Thoughts
- Good Participation
- Coping Skills
- Self Esteem
- Problem Solving
- Client Input/Output

What Do You Want Out of Treatment?

No Pain

Control over Life

Ventilate Feelings
General issues
APPENDIX A

