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

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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.

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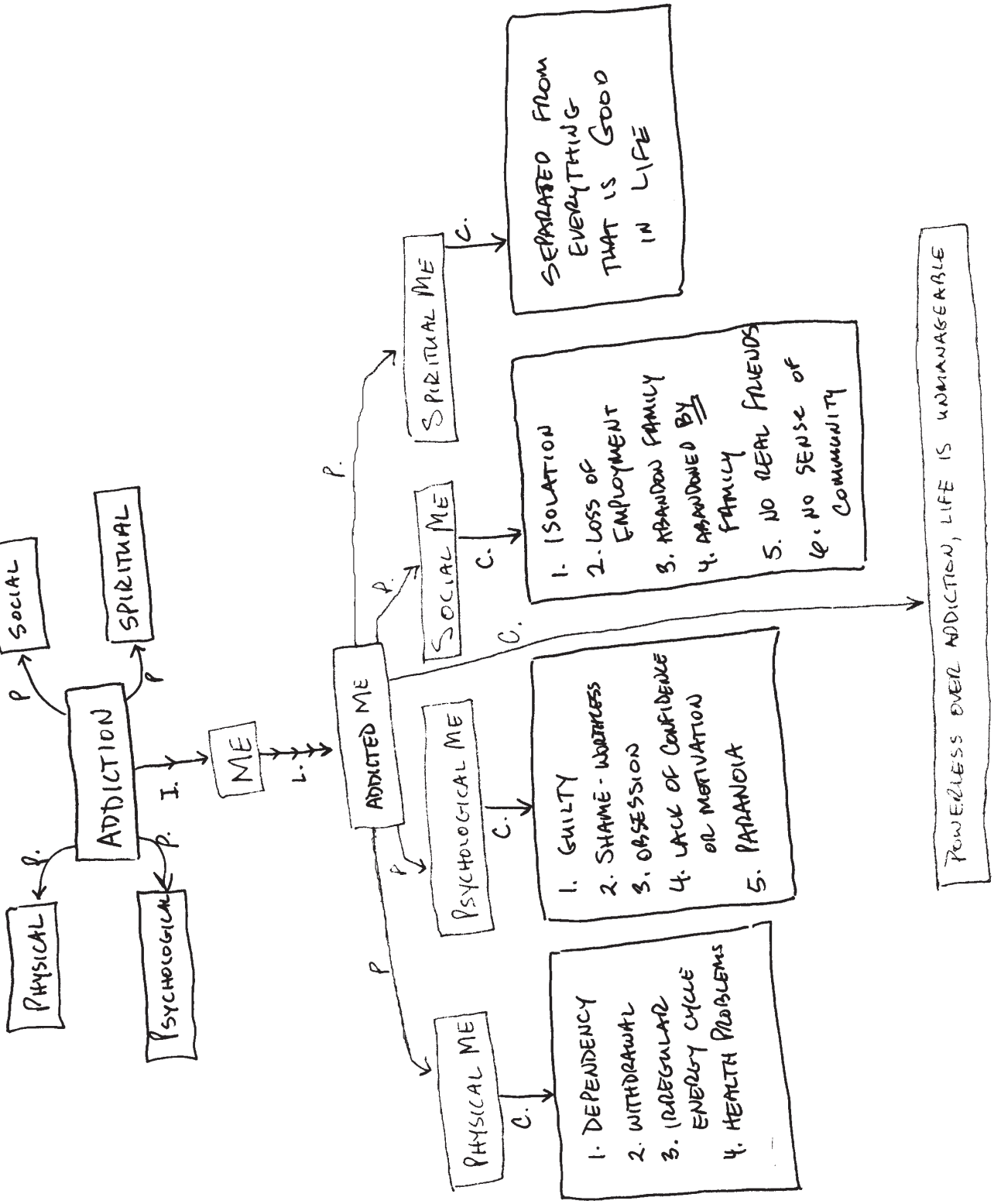
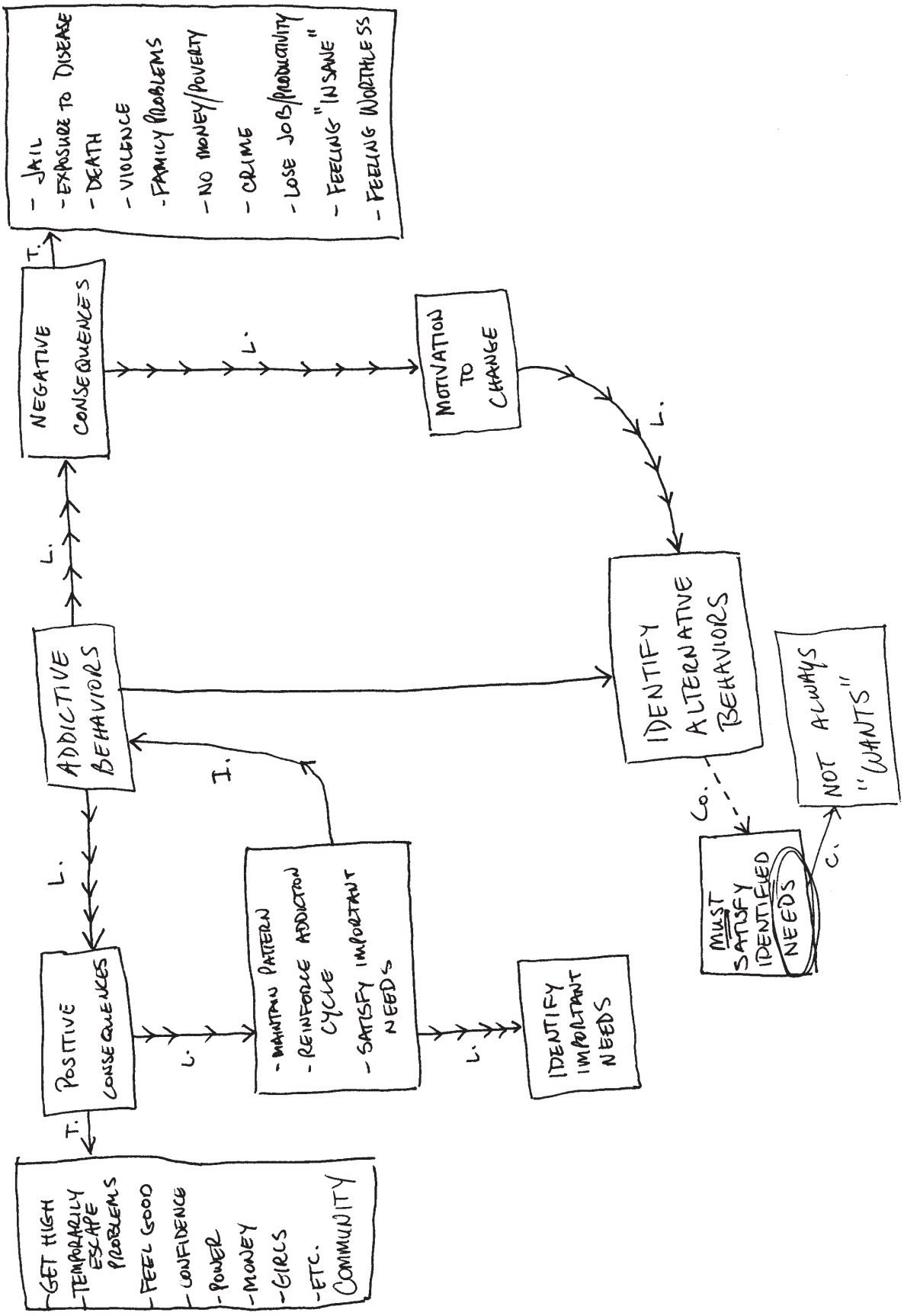
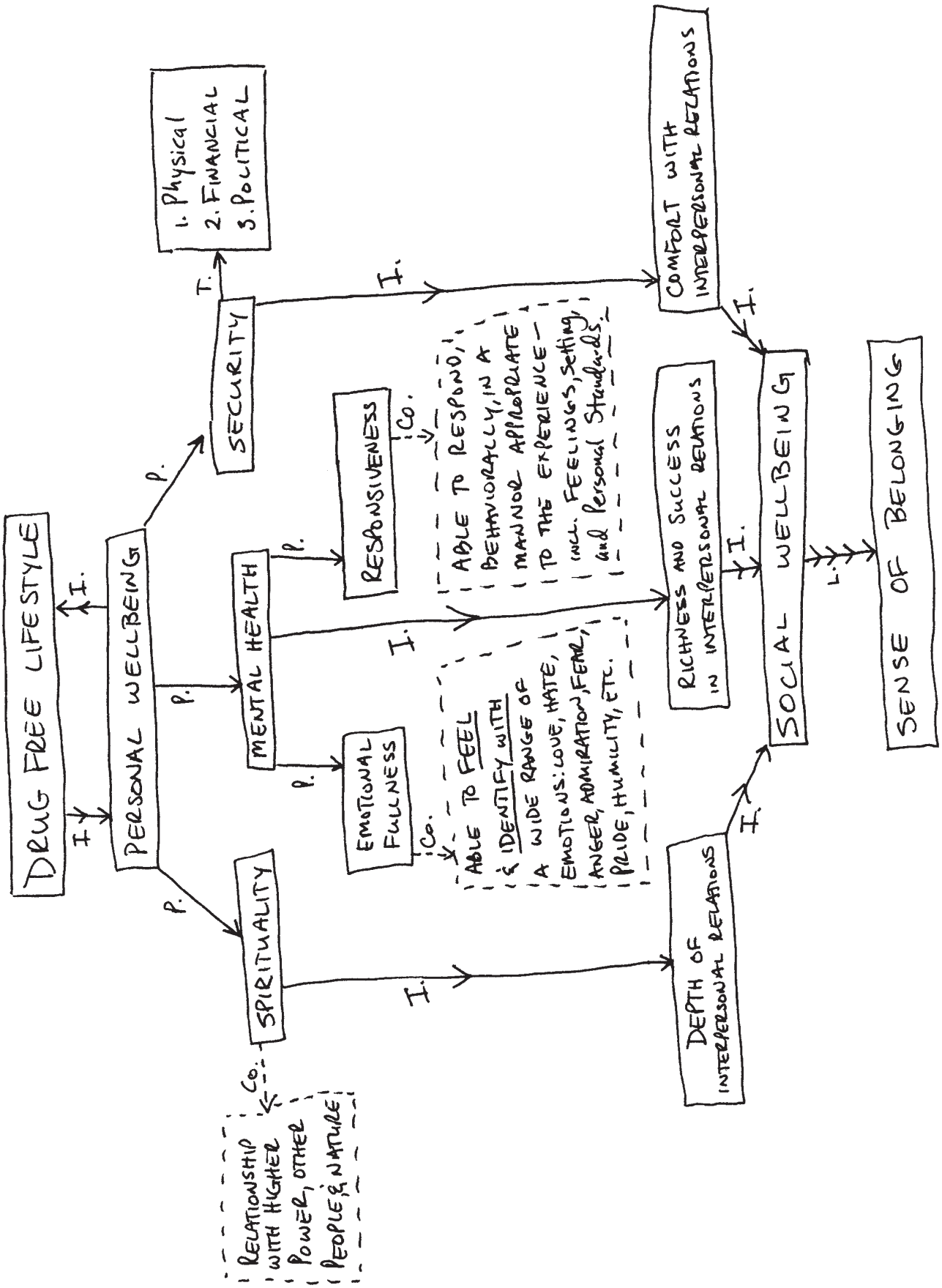
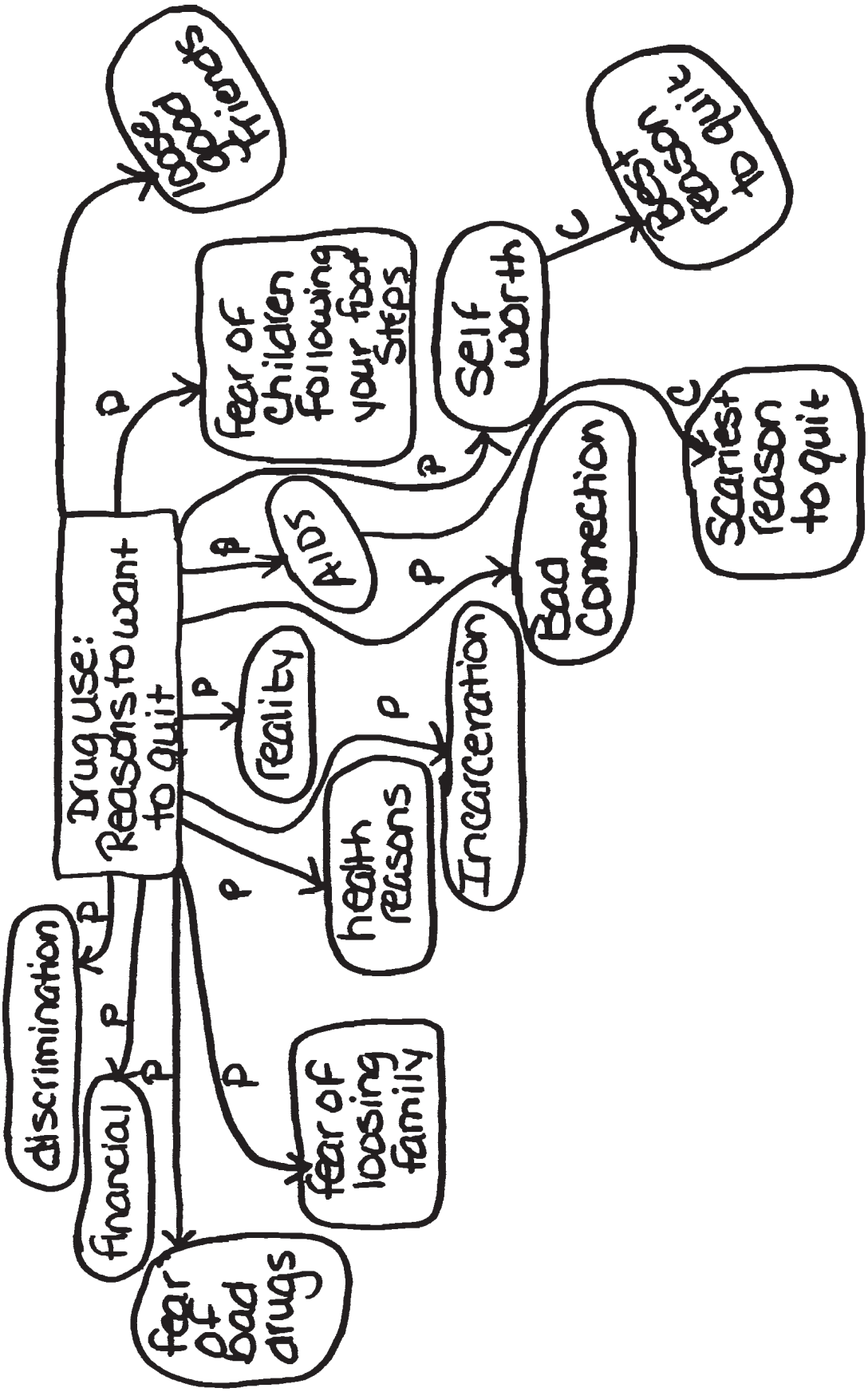
Drug issues


PHYSICAL
SOCIAL
SPIRITUAL
PSYCHOLOGICAL
ADDICTION
ME
ADDICTED ME
PHYSICAL ME
PSYCHOLOGICAL ME
SOCIAL ME
SPIRITUAL ME
1. DEPENDENCY
2. WITHDRAWAL
3. IRREGULAR ENERGY CYCLE
4. HEALTH PROBLEMS
1. GUILTY
2. SHAME - WORTHLESS
3. OBSESSION
4. LACK OF CONFIDENCE OR MOTIVATION
5. PARANOIA
1. ISOLATION
2. LOSS OF EMPLOYMENT
3. ABANDON FAMILY
4. ABANDONED BY FAMILY
5. NO REAL FRIENDS
6. NO SENSE OF COMMUNITY
SEPARATED FROM EVERYTHING THAT IS GOOD IN LIFE
POWERLESS OVER ADDICTION, LIFE IS UNMANAGEABLE

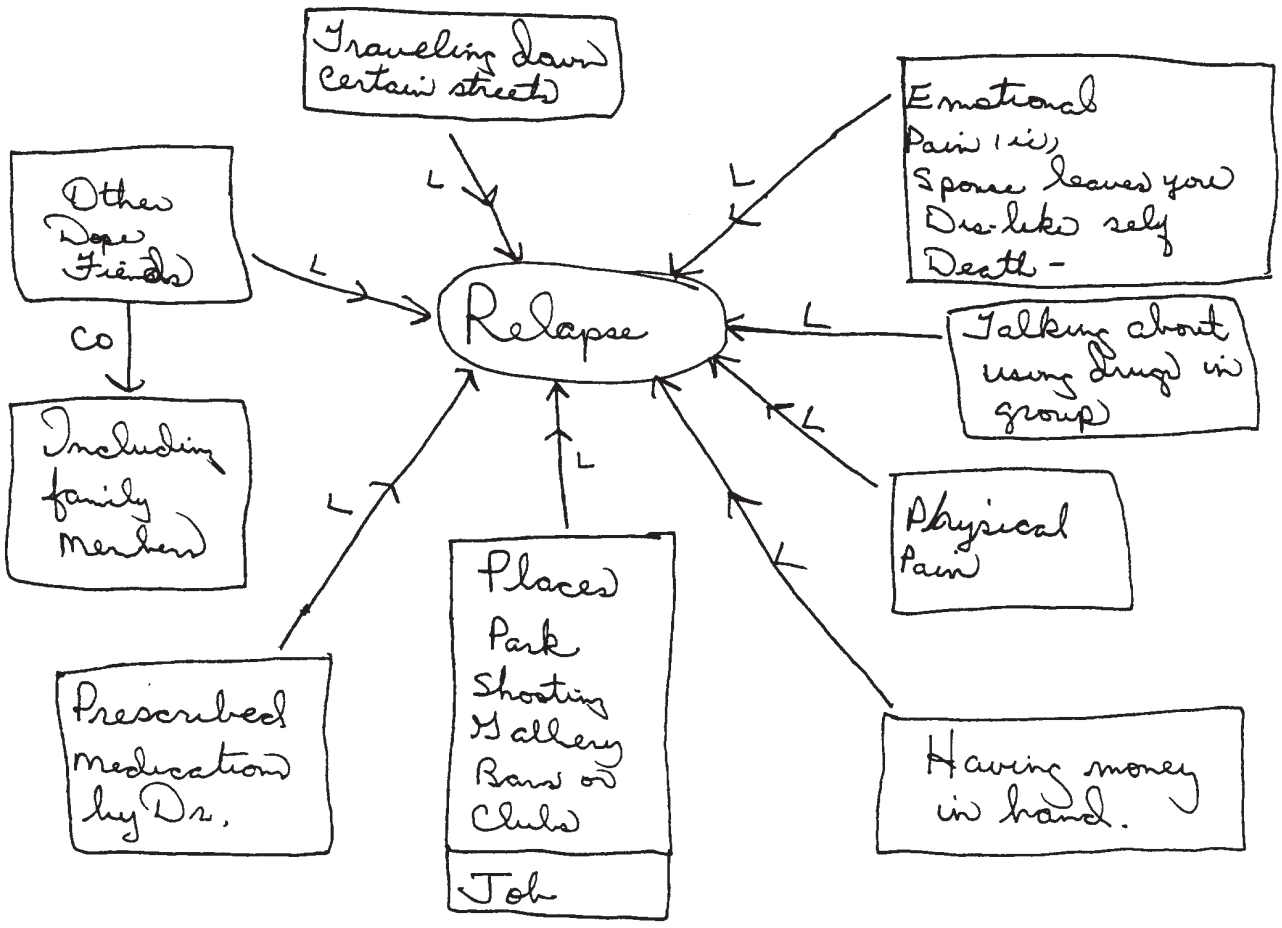

- JAIL
- EXPOSURE TO DISEASE
- DEATH
- VIOLENCE
- FAMILY PROBLEMS
- NO MONEY/POVERTY
- CRIME
- LOSE JOB/PRODUCTIVITY
- FEELING "INSANE"
- FEELING WORTHLESS
T.
NEGATIVE CONSEQUENCES
L.
MOTIVATION TO CHANGE
L.
IDENTIFY ALTERNATIVE BEHAVIORS
L.
ADDICTIVE BEHAVIORS
L.
POSITIVE CONSEQUENCES
T.
GET HIGH
TEMPORARILY ESCAPE PROBLEMS
FEEL GOOD
CONFIDENCE
POWER
MONEY
GIRLS
ETC.
COMMUNITY
L.
- MAINTAIN PATTERN
- REINFORCE ADDICTION CYCLE
- SATISFY IMPORTANT NEEDS
I.
L.
IDENTIFY IMPORTANT NEEDS
Co.
MUST SATISFY IDENTIFIED NEEDS
C.
NOT ALWAYS "WANTS"


DRUG FREE LIFESTYLE
I.
PERSONAL WELLBEING
P.
SPIRITUALITY
P.
MENTAL HEALTH
P.
SECURITY
T.
1. Physical
2. Financial
3. Political
RESPONSIVENESS
Co.
ABLE TO RESPOND,
BEHAVIORALLY, IN A
MANNOR APPROPRIATE
TO THE EXPERIENCE
incl. FEELINGS, Setting,
and Personal Standards
EMOTIONAL FULLNESS
Co.
ABLE TO FEEL
& IDENTIFY WITH
A WIDE RANGE OF
EMOTIONS: LOVE, HATE,
ANGER, ADMIRATION, FEAR,
PRIDE, HUMILITY, ETC.
RELATIONSHIP WITH HIGHER POWER, OTHER PEOPLE & NATURE
Co.
I.
I.
I.
COMFORT WITH INTERPERSONAL RELATIONS
I.
RICHNESS AND SUCCESS IN INTERPERSONAL RELATIONS
I.
DEPTH OF INTERPERSONAL RELATIONS
I.
SOCIAL WELLBEING
L.
SENSE OF BELONGING

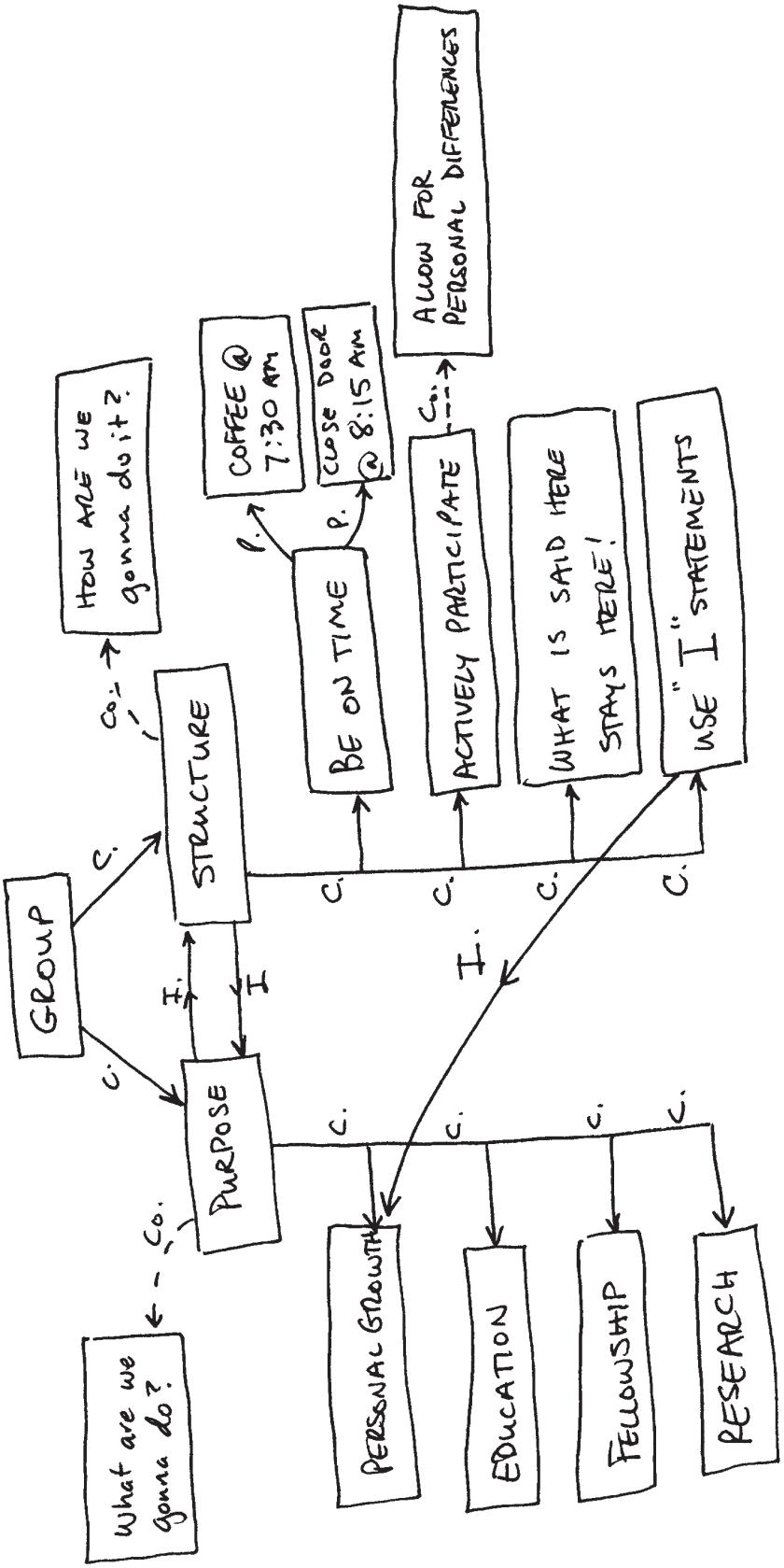

Drug use: Reasons to want to quit
loose good friends
fear of children following your foot steps
Self worth
Best reason to quit
AIDS
Bad Connection
Scariest reason to quit
reality
Incarceration
health reasons
discrimination
financial
fear of loosing family
fear of bad drugs
P
C

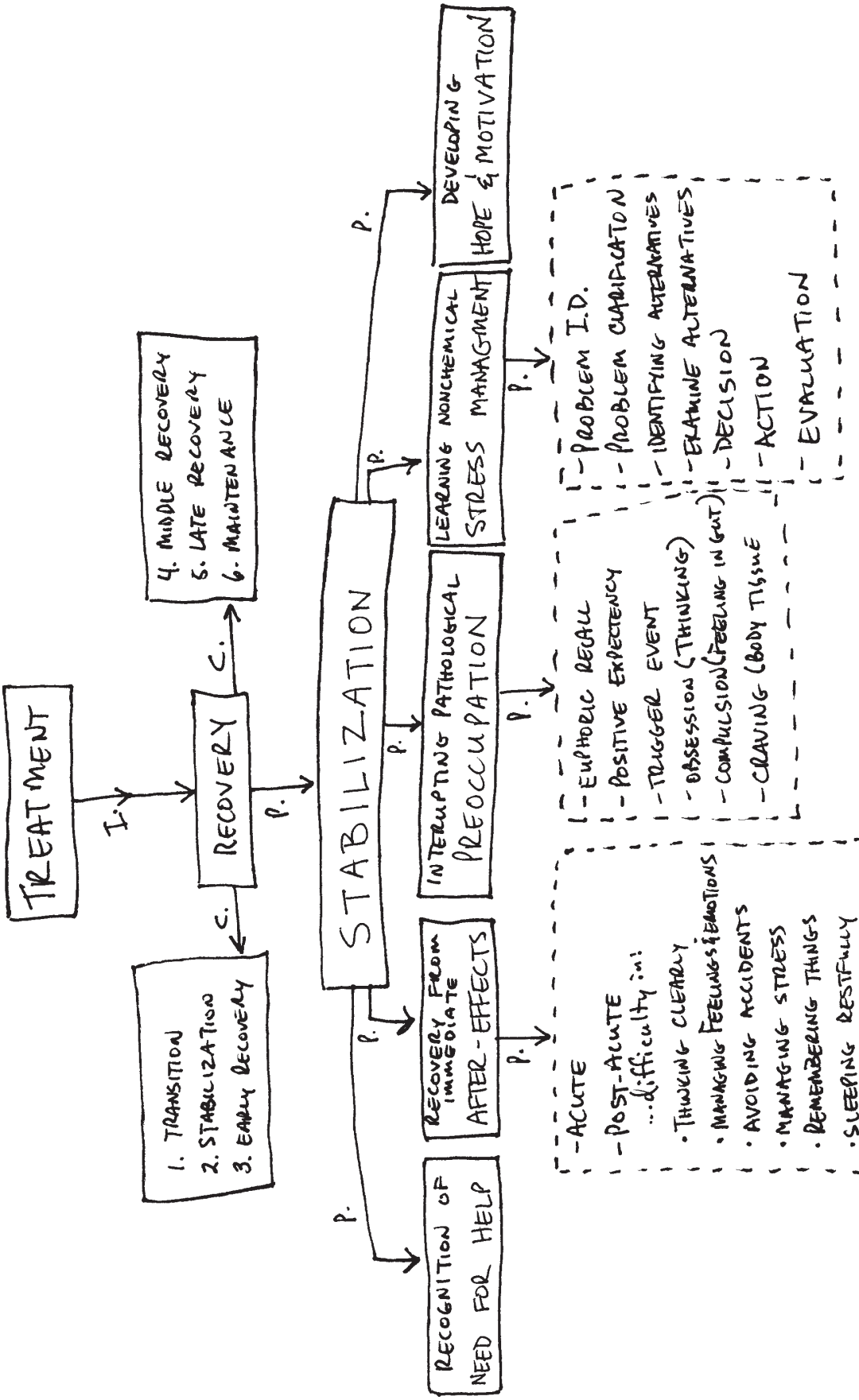
Mapping Group

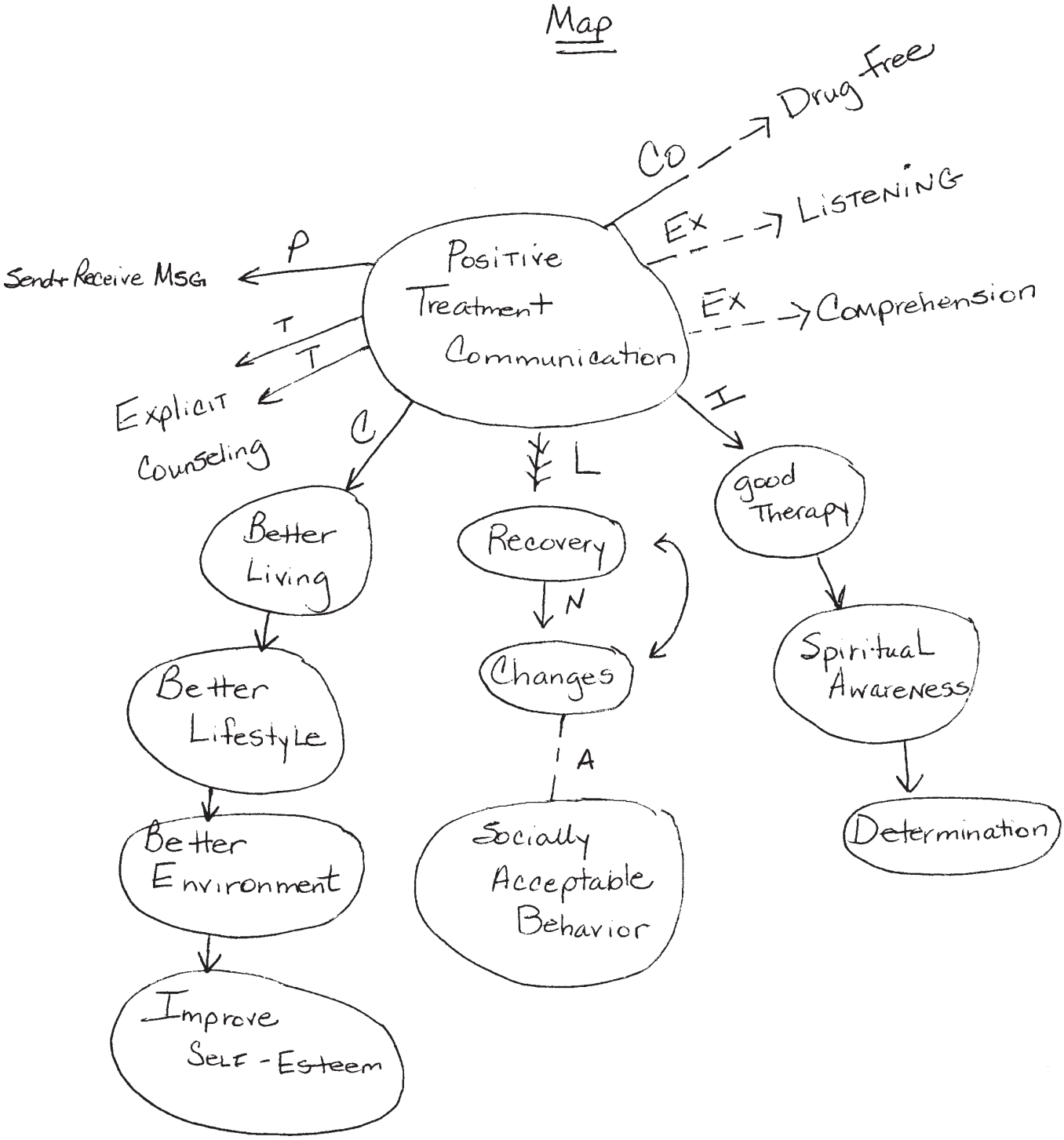
Map

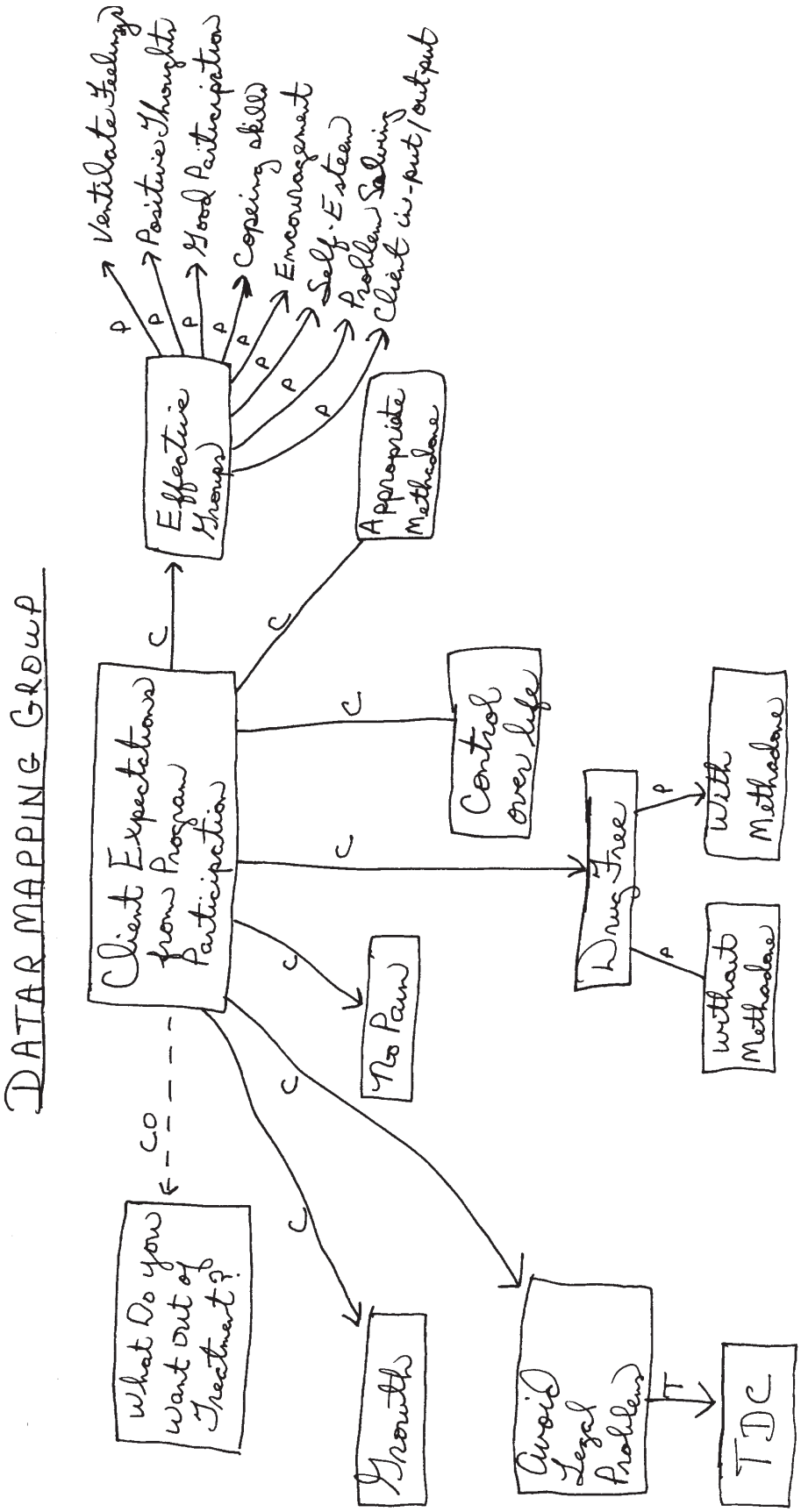


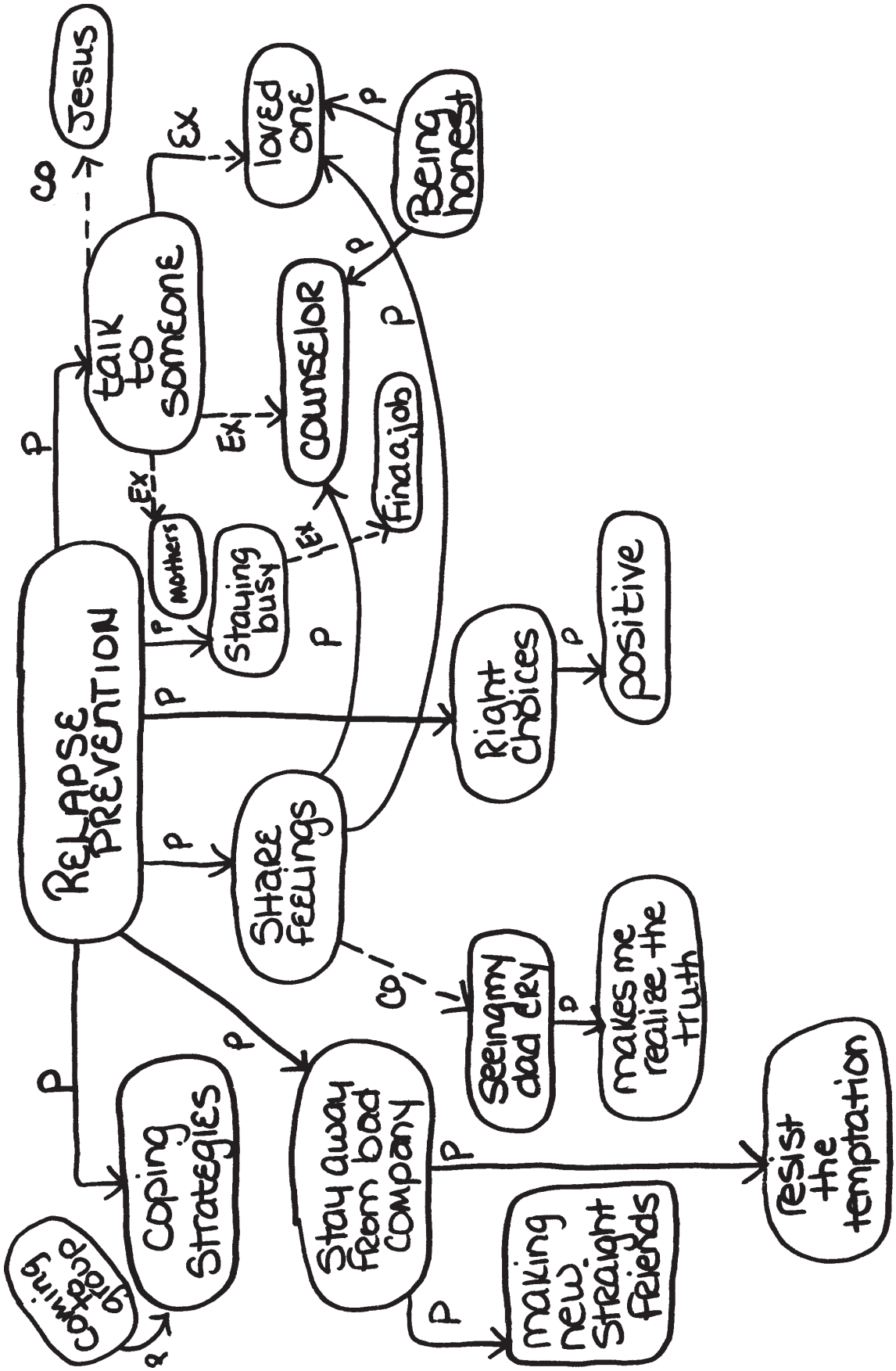
Treatment Issues

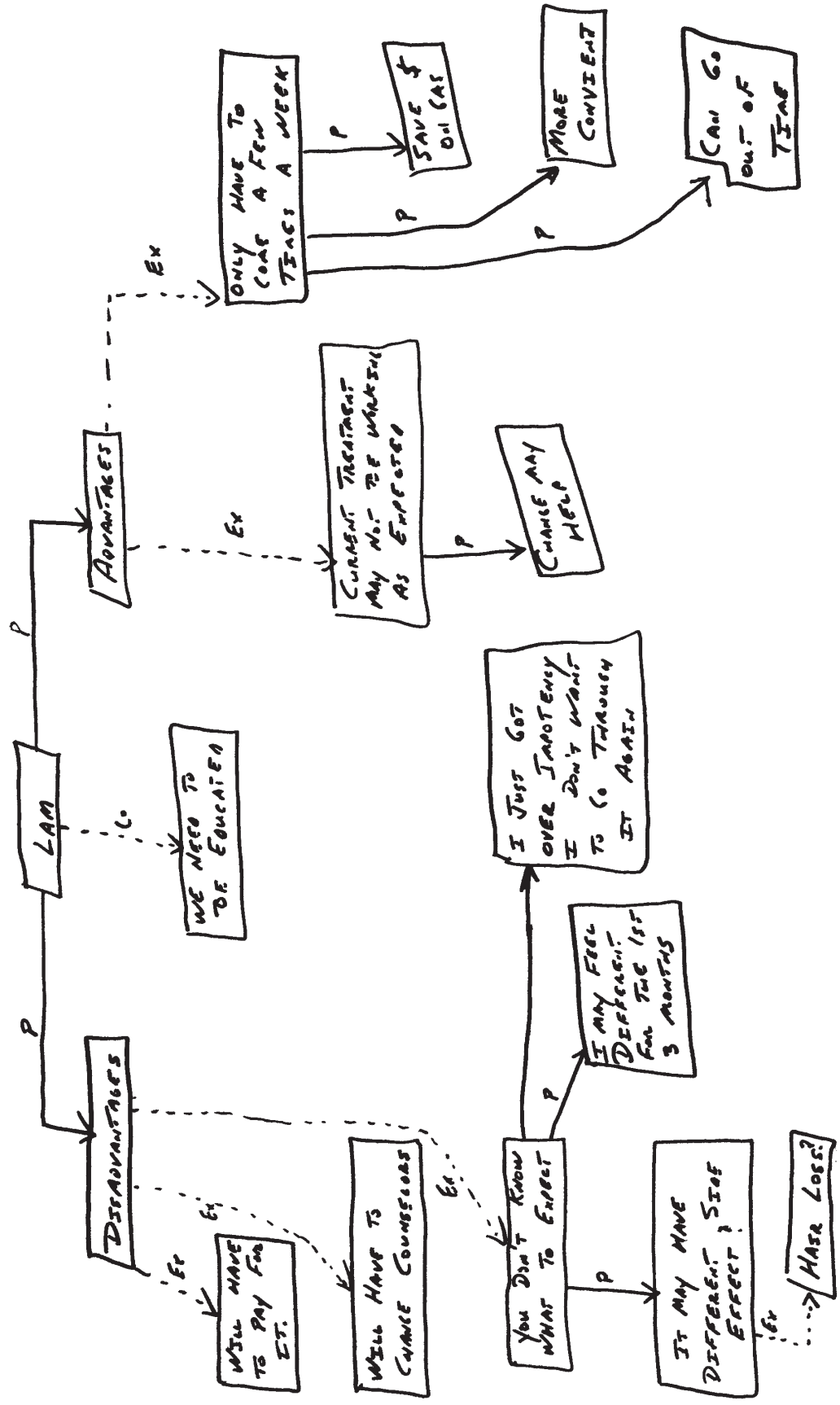


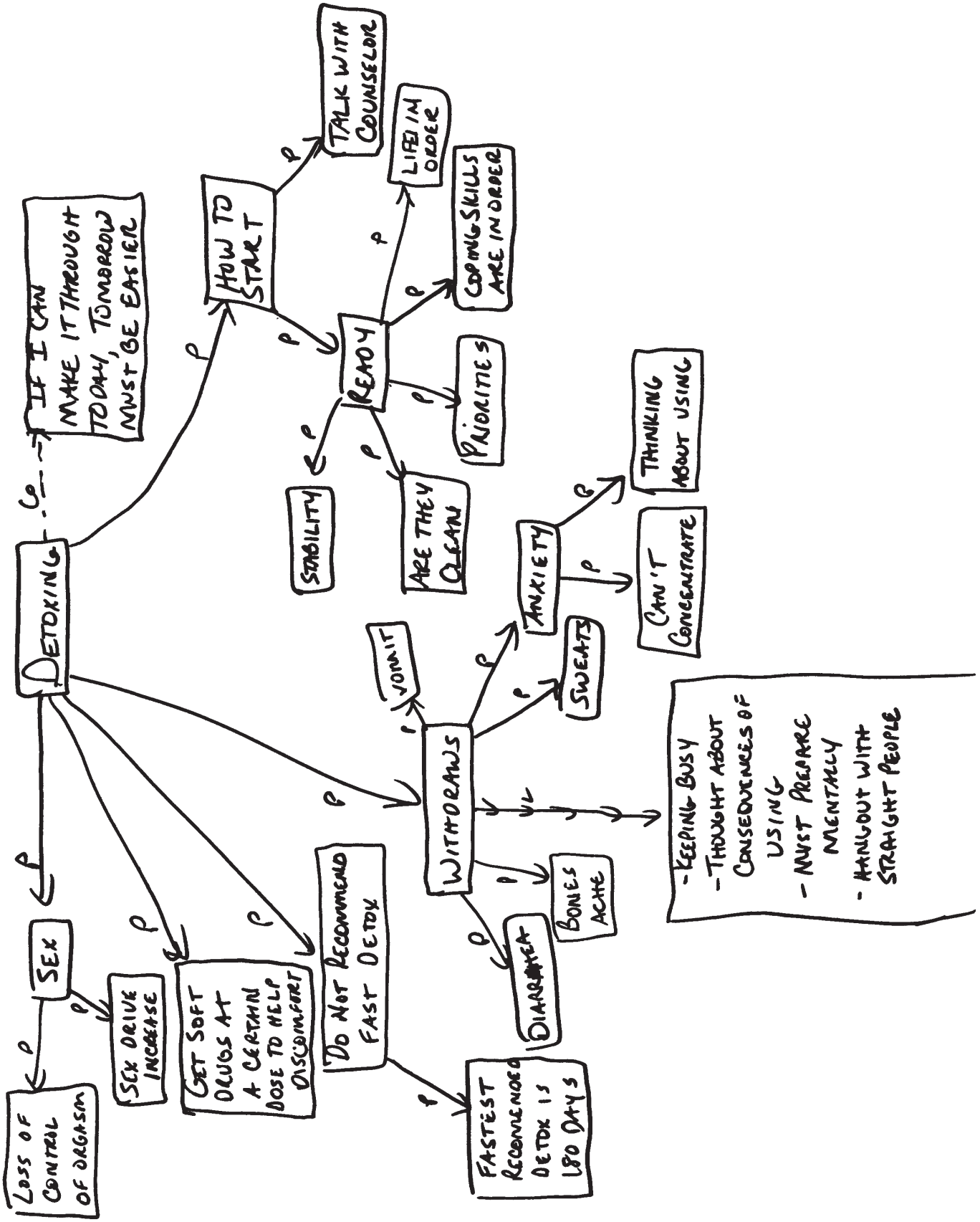

TREATMENT
I.
RECOVERY
C.
1. TRANSITION
2. STABILIZATION
3. EARLY RECOVERY
C.
4. MIDDLE RECOVERY
5. LATE RECOVERY
6. MAINTENANCE
P.
STABILIZATION
P.
RECOGNITION OF NEED FOR HELP
P.
RECOVERY FROM IMMEDIATE AFTER-EFFECTS
P.
-ACUTE
-POST-ACUTE ...difficulty in:
• THINKING CLEARLY
• MANAGING FEELINGS & EMOTIONS
• AVOIDING ACCIDENTS
• MANAGING STRESS
• REMEMBERING THINGS
• SLEEPING RESTFULLY
P.
INTERRUPTING PATHOLOGICAL PREOCCUPATION
P.
-EUPHORIC RECALL
-POSITIVE EXPECTENCY
-TRIGGER EVENT
-OBSESSION (THINKING)
-COMPULSION (FEELING IN GUT)
-CRAVING (BODY HUNGÉ
P.
LEARNING NONCHEMICAL STRESS MANAGMENT
P.
-PROBLEM I.D.
-PROBLEM CLARIFICATION
-IDENTIFYING ALTERNATIVES
-EXAMINE ALTERNATIVES
-DECISION
-ACTION
-EVALUATION
P.
DEVELOPING HOPE & MOTIVATION

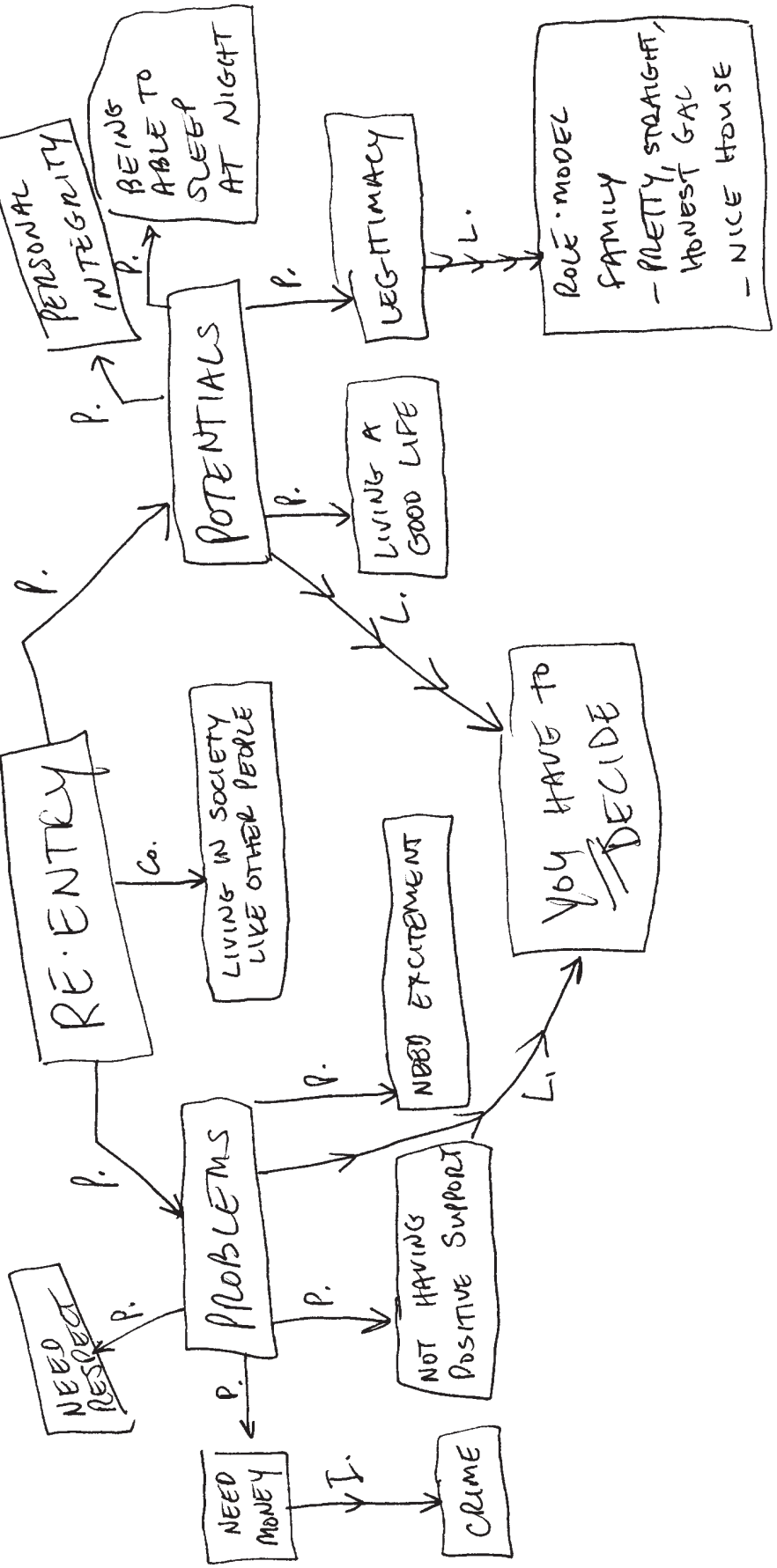

Map
Positive Treatment Communication
CO
Drug free
Ex
Listening
Ex
Comprehension
P
Send+Receive Msg
T
T
Explicit Counseling
C
L
I
Better Living
Recovery
N
Changes
A
good Therapy
Better Lifestyle
Spiritual Awareness
Better Environment
Socially Acceptable Behavior
Determination
Improve Self-Esteem


DATAR MAPPING GROUP
Client Expectations from Program Participation
Effective Groups
Ventilate Feelings
Positive Thoughts
Good Participation
Copeing skills
Encouragement
Self-Esteem
Problem Solving
Client in-put/output
Appropriate Methadone
Control over life
Drug Free
With Methadone
without Methadone
No Pain
What Do you want out of Treatment?
Growth
Avoid Legal Problems
TDC
C
P
CO
T

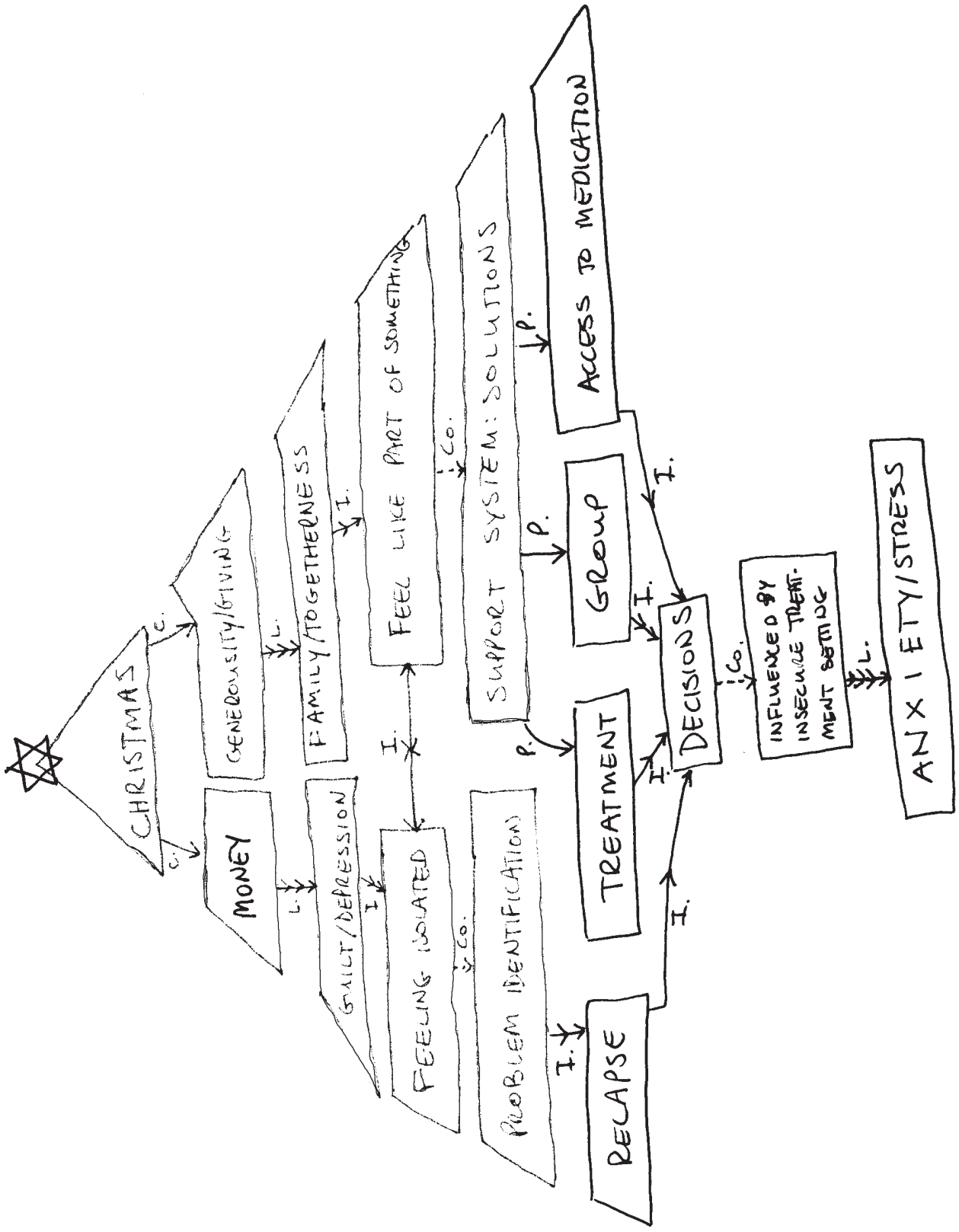

Coming to group
Coping Strategies
Stay away from bad company
making new straight friends
resist the temptation
Seeing my dad cry
makes me realize the truth
Share feelings
Relapse prevention
Right choices
positive
Staying busy
mothers
Finda job
counselor
talk to someone
loved one
Being honest
Jesus
Co
Ex
P

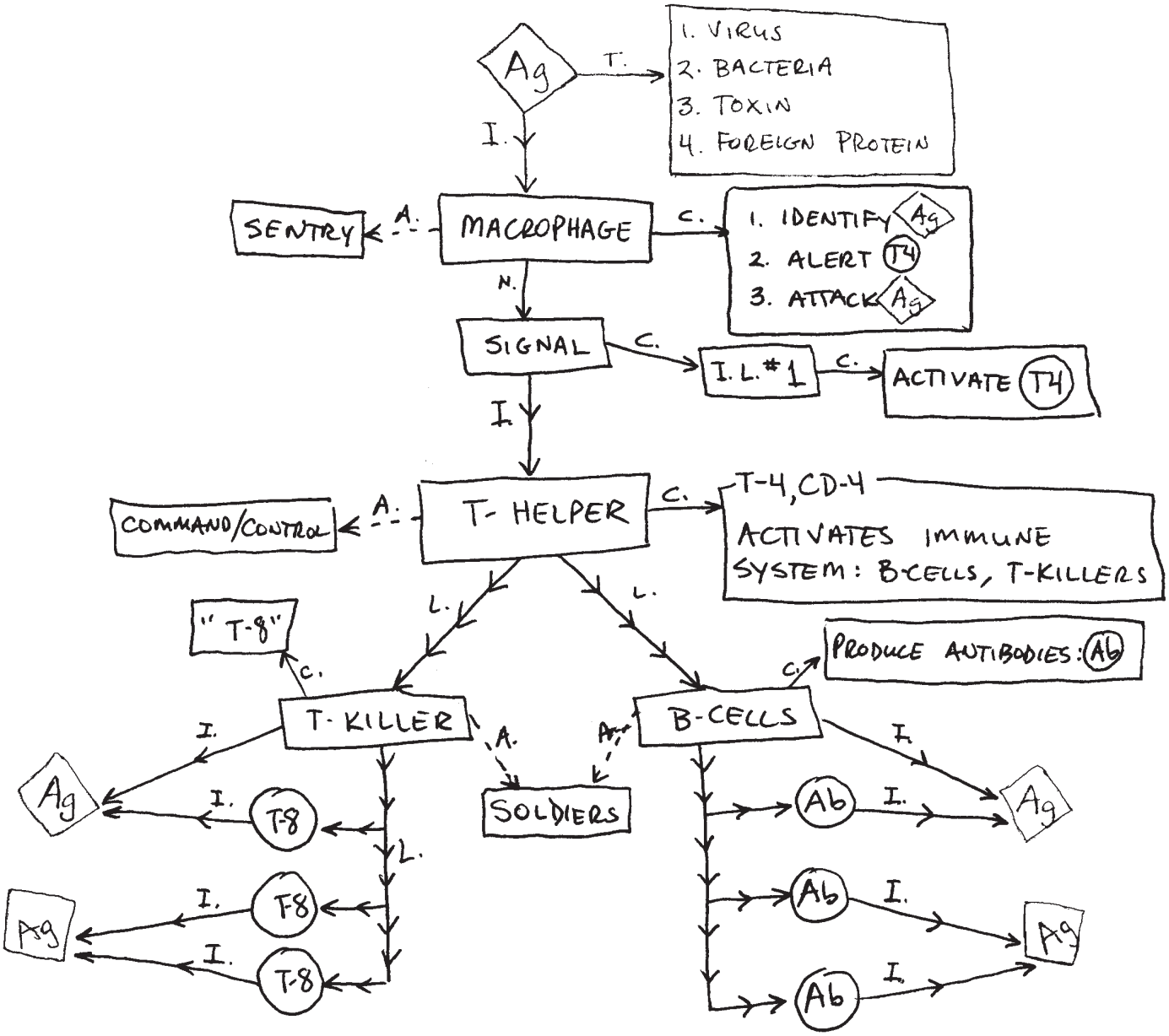

LAM
P
ADVANTAGES
Ex
ONLY HAVE TO COME A FEW TIMES A WEEK
P
SAVE $ ON GAS
P
MORE CONVIENT
P
CAN GO OUT OF TIME
Ex
CURRENT TREATMENT MAY NOT BE WORKING AS EXPECTED
P
CHANGE MAY HELP
Co
WE NEED TO BE EDUCATED
DISADVANTAGES
Ex
WILL HAVE TO PAY FOR IT.
Ex
WILL HAVE TO CHANGE COUNSELORS
Ex
YOU DON'T KNOW WHAT TO EXPECT
P
I JUST GOT OVER IMPOTENCY I DON'T WANT TO GO THROUGH IT AGAIN
P
I MAY FEEL DIFFERENT FOR THE 1ST 3 MONTHS
P
IT MAY HAVE DIFFERENT SIDE EFFECT?
Ex
HAIR LOSS?

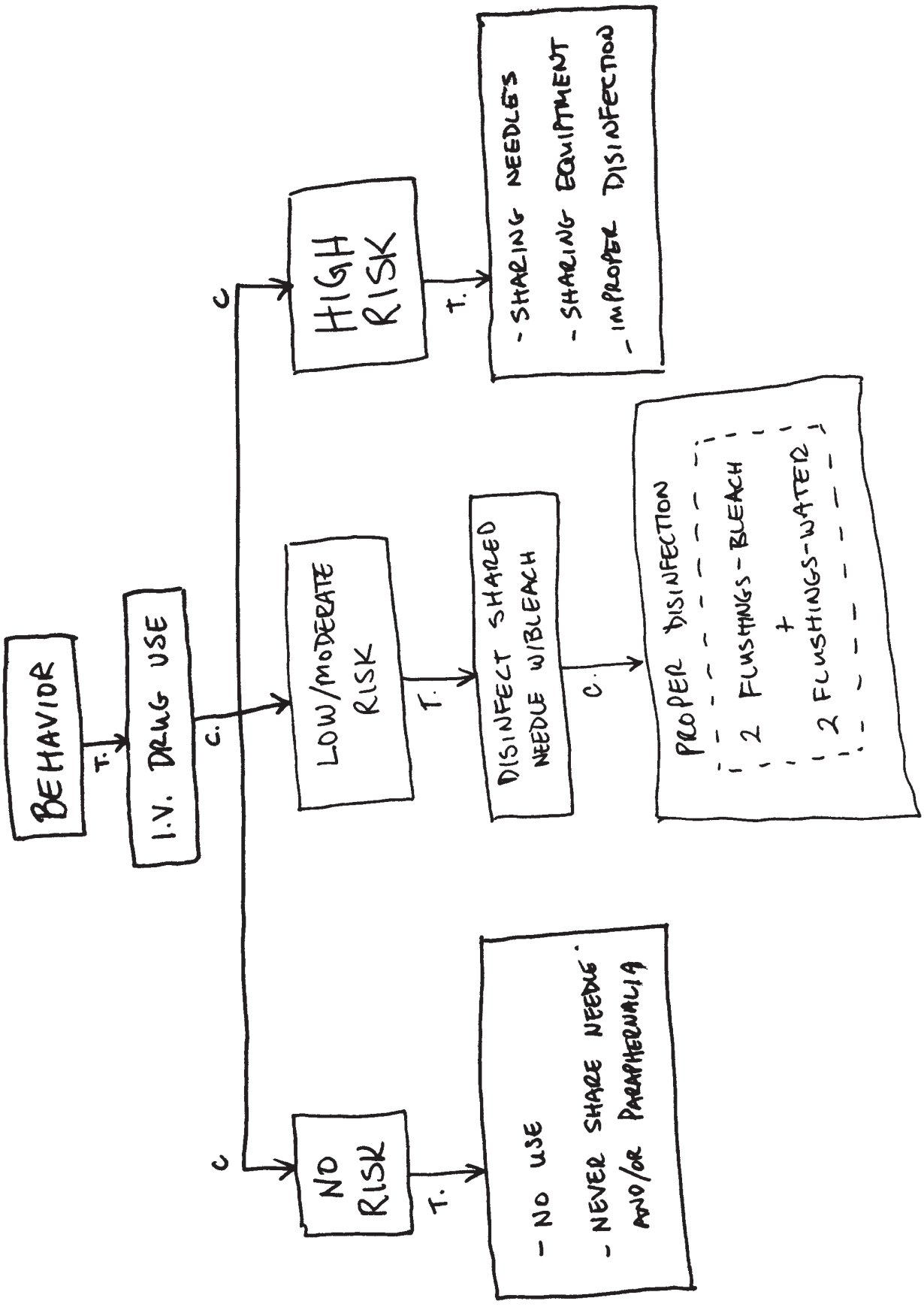

DETOXING
IF I CAN MAKE IT THROUGH TODAY, TOMORROW MUST BE EASIER
HOW TO START
TALK WITH COUNSELOR
LIFE IN ORDER
COPING SKILLS ARE IN ORDER
READY
PRIORITIES
ARE THEY CLEAN
STABILITY
SEX
LOSS OF CONTROL OF ORGASM
SEX DRIVE INCREASE
GET SOFT DRUGS AT A CERTAIN DOSE TO HELP DISCOMFORT
DO NOT RECOMMEND FAST DETOX
FASTEST RECOMMENDED DETOX IS 180 DAYS
WITHDRAWS
VOMIT
DIARRHEA
BONES ACHE
ANXIETY
SWEATY
THINKING ABOUT USING
CAN'T CONCENTRATE
- KEEPING BUSY
- THOUGHT ABOUT CONSEQUENCES OF USING
- MUST PREPARE MENTALLY
- HANGOUT WITH STRAIGHT PEOPLE


RE-ENTRY
POTENTIALS
PROBLEMS
PERSONAL INTEGRITY
BEING ABLE TO SLEEP AT NIGHT
LEGITIMACY
ROLE MODEL
FAMILY
- PRETTY, STRAIGHT, HONEST GAL
- NICE HOUSE
LIVING A GOOD LIFE
LIVING IN SOCIETY LIKE OTHER PEOPLE
NEED EXCITEMENT
YOU HAVE TO DECIDE
NEED RESPECT
NOT HAVING POSITIVE SUPPORT
NEED MONEY
CRIME
P.
Co.
L.
I.

General issues




Ag
T.
1. VIRUS
2. BACTERIA
3. TOXIN
4. FOREIGN PROTEIN
I.
SENTRY
A.
MACROPHAGE
C.
1. IDENTIFY Ag
2. ALERT T4
3. ATTACK Ag
N.
SIGNAL
C.
I.L.#1
C.
ACTIVATE T4
I.
COMMAND/CONTROL
A.
T-HELPER
C.
T-4, CD-4
ACTIVATES IMMUNE SYSTEM: B-CELLS, T-KILLERS
L.
L.
" T-8"
C.
PRODUCE ANTIBODIES: Ab
C.
T-KILLER
B-CELLS
I.
A.
A.
I.
Ag
I.
T8
SOLDIERS
L.
Ab
I.
Ag
Ag
I.
T8
Ab
I.
Ag
I.
T-8
Ab
I.

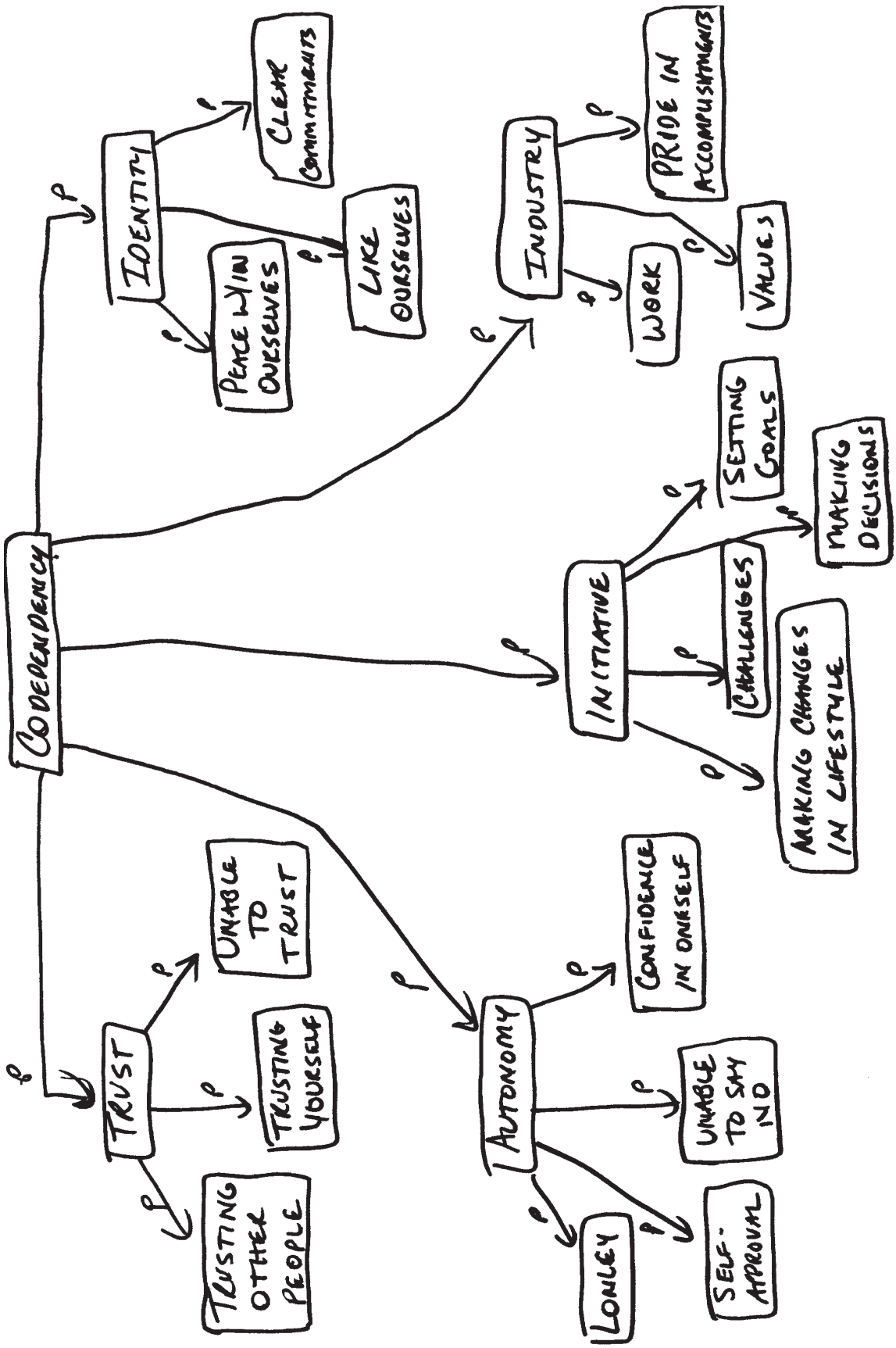

BEHAVIOR
T.
I.V. DRUG USE
C.
C
C
HIGH RISK
T.
- SHARING NEEDLES
- SHARING EQUIPMENT
- IMPROPER DISINFECTION
LOW/MODERATE RISK
T.
DISINFECT SHARED NEEDLE W/BLEACH
C.
PROPER DISINFECTION
2 FLUSHINGS - BLEACH
+
2 FLUSHINGS-WATER
NO RISK
T.
- NO USE
- NEVER SHARE NEEDLE AND/OR PARAPHERNALIA

MAP #2

BEHAVIOR
T.
ACTIVE
P.
I.V. DRUGS
P.
SEXUAL ACTIVITY
T.
PASSIVE
P.
MEDICAL
Q.
BIRTH
L.
I.
H.I.V. INFECTION
RE-EXPOSURE
-UNSAFE SEX
-DIRTY NEEDLES
I.
L. I.
IMMUNE SYSTEM MODIFIERS
A.I.D.S.

MAP #1

HIV
I.
BEHAVIOR
I
1. NOT INHERITED
2. OBTAINED DURING LIFETIME
C.
ACQUIRED
P
A
I
D
S
P
IMMUNE
P
BODY'S DEFENSE SYSTEM
A.
I.
BREAKDOWN
DEFICIENCY
C.
SYNDROME
C.
GROUP OF DISORDERS OR DISEASES
Ex:
PCP
Ex:
KS
WASTING


CODEPENDENCY
IDENTITY
CLEAR COMMITMENTS
PEACE WITH OURSELVES
LIKE OURSELVES
INDUSTRY
PRIDE IN ACCOMPLISHMENTS
WORK
VALUES
INITIATIVE
SETTING GOALS
MAKING DECISIONS
CHALLENGES
MAKING CHANGES IN LIFESTYLE
TRUST
UNABLE TO TRUST
TRUSTING YOURSELF
TRUSTING OTHER PEOPLE
AUTONOMY
CONFIDENCE IN ONESELF
UNABLE TO SAY NO
LONELY
SELF-APPROVAL