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 B — Individual Counseling Session Maps

We have included maps from individual counseling sessions, as for group sessions, to demonstrate their different uses and forms. Again, maps from this section could be copied and given to clients to annotate (i.e., write comments on) as a means of helping clients find new perspectives and think in alternative ways.

Appendix B Contents

Drug Issues .................................................. Page 100

Treatment Issues .......................................... Page 102

General Issues .............................................. Page 108
Drug issues
Goal: want to get off methadone

Cold Turkey

- Hasn’t work in the past
  - P.
  - C.
  - Get it over with
  - Withdrawal problems
    - P.
    - V.
    - Relapse
  - I.
  - C.
  - Continue w/ de-tox

Steady De-tox

- Working well to this point
  - P.
  - P.
  - C.
  - Limit withdrawal problems
  - C.
  - Support while doing it
  - L.
  - Compare the costs
  - L.
  - L.
  - Continue w/ de-tox

- Hassles getting to clinic daily
  - Loss of job time
  - L.
Treatment issues

- Detox
- Feeling bad
- Identify benefits
- Ride out mild difficulties
- Stomach aches
- Leg cramps
- Can't sleep
- Be ready for uncomfortable side effects
- Slow decrease for a while
- Dose at same time every day

Flowchart connecting the issues and solutions.
You can see it coming.

1. PREDICTABLE
2. NORMAL
3. TEMPORARY

CONCLUSION: I'm going through COCAINE WITHDRAWAL

1. I can prepare for it.
2. I'm NOT CRAZY!
3. I can get through it.
MAP

Using ➔ Stress

Anger ➔ Up-set ➔ Confrontation with Security Guard ➔ I. saying things that should not have been said

Could not communicate very clearly because of anger ➔ Security Guard becoming angry ➔ Lead to Client Being Arrested
General issues

Desire to accomplish
Become a coach-teacher
Work with kids in school system

Career

Plan to accomplish this type of career
Reasonable time frame
Financial aid

Develop a plan

What degree to work toward
What college to attend
Where to live while going to school
Financial aid
How do I live while going to school

Transportation

Work part-time

Contact agency to find out what help (money) is available

Private industry council

Grants
Books & tuition

College financial aid office

Grants
Scholarships

Pell Grant
Books & tuition

No pay back

Some pay back
Some no pay back

To be continued
PERSONAL Responsibility

Education

Take Referral to PIC

Complete Necessary Paper Work to Be Certified

Get Certification

Enroll in GED prep class

Complete GED prep class

Take GED test

Pass GED test

Receive GED

Secure Texas Driver ID and S.S. Verification

DPS - Photo ID

Go to DPS Office & Apply for ID - Take Birth Certificate with you

Get ID

Bring to Clinic

Social Security Verification

Go to SS Office - Get Verified

Bring Verification to Clinic
What do I work on now?

What have I accomplished over the last 6 months?

Avoided drug years

Decided to talk/ get involved in treatment

Have become drug-free

Depression has lifted

Improved relations with wife

Improved financial status

New house/furniture

Decided to attend ind. and group therapy

I chose to live drug-free

Started an exercise program