


# The Mapper's Dozen



Twelve multi-purpose guide maps  
for every occasion  
(Featuring examples of different ways to  
customize guide maps templates)

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## The Mapper's Dozen

Mapping-enhanced counseling strategies are useful for establishing rapport and therapeutic alliance, identifying client goals for treatment, and fostering motivation for working on those goals as part of treatment. *The Mapper's Dozen* is a collection of twelve multi-purpose guide maps that can be customized for different needs and issues in individual or group settings.

The guide map templates contained in this collection also are available for download as PowerPoint slides. This makes it possible to highlight the "text boxes" and change or customize questions or issues within the nodes to meet individual client or group needs.


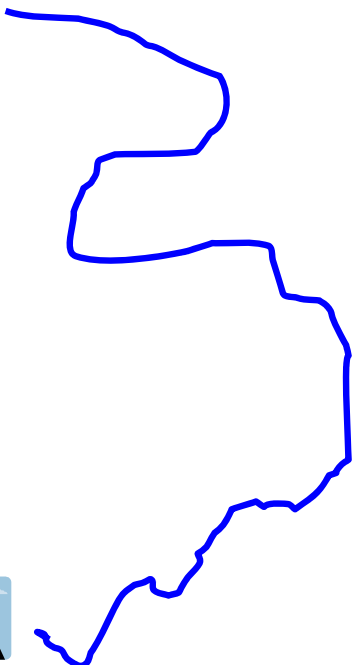

There are several examples in the following collection that show ways of changing the wording of questions or expressions within the maps to better focus them on treatment areas you might want to address with your client. In addition, having the collection in electronic format allows clinicians to translate the maps into other languages to better meet the needs of clients.

To get ready for using guide maps with clients, familiarize yourself with *The Mapper's Dozen* and how you might use them. Prepare the client for this new approach to working together. Give the client an explanation about what maps are: "Maps are tools to help us structure our sessions and discussions. They can help us "see" some of the things we may talk about." Frequently validate and affirm clients' responses in during mapping sessions.



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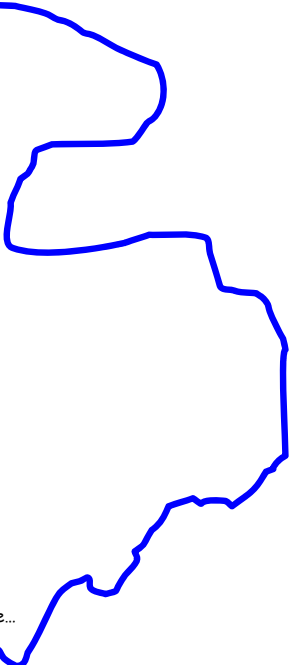
YOU ARE HERE



YOU WANT TO GET HERE

3

Starting point:  
5 years ago



Then you landed here...

4

When did the present difficulty start?  
 Add significant events, decisions, etc. since then

START

HERE YOU ARE TODAY

5

STARTING POINT  
 YEAR \_\_\_\_\_

YOU ARE HERE

6

YOU HAVE A DECISION TO MAKE ABOUT...

Choices You Can Make

A B C

Consequences of Each Choice

POSITIVE NEGATIVE POSITIVE NEGATIVE POSITIVE NEGATIVE

WHAT CHOICE SEEMS THE BEST AND WHY?

7

YOU ARE ABOUT TO TAKE A BIG STEP...(Describe it)

HOW WILL THINGS BE DIFFERENT AFTERWARDS?

A B C

WEIGH THESE DIFFERENCES

Negative POSITIVE Negative POSITIVE Negative POSITIVE

HOW SHOULD YOU PROCEED?

8

