

The Mapper's Dozen



Twelve multi-purpose guide maps
for every occasion

(Featuring examples of different ways to
customize guide maps templates)

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.

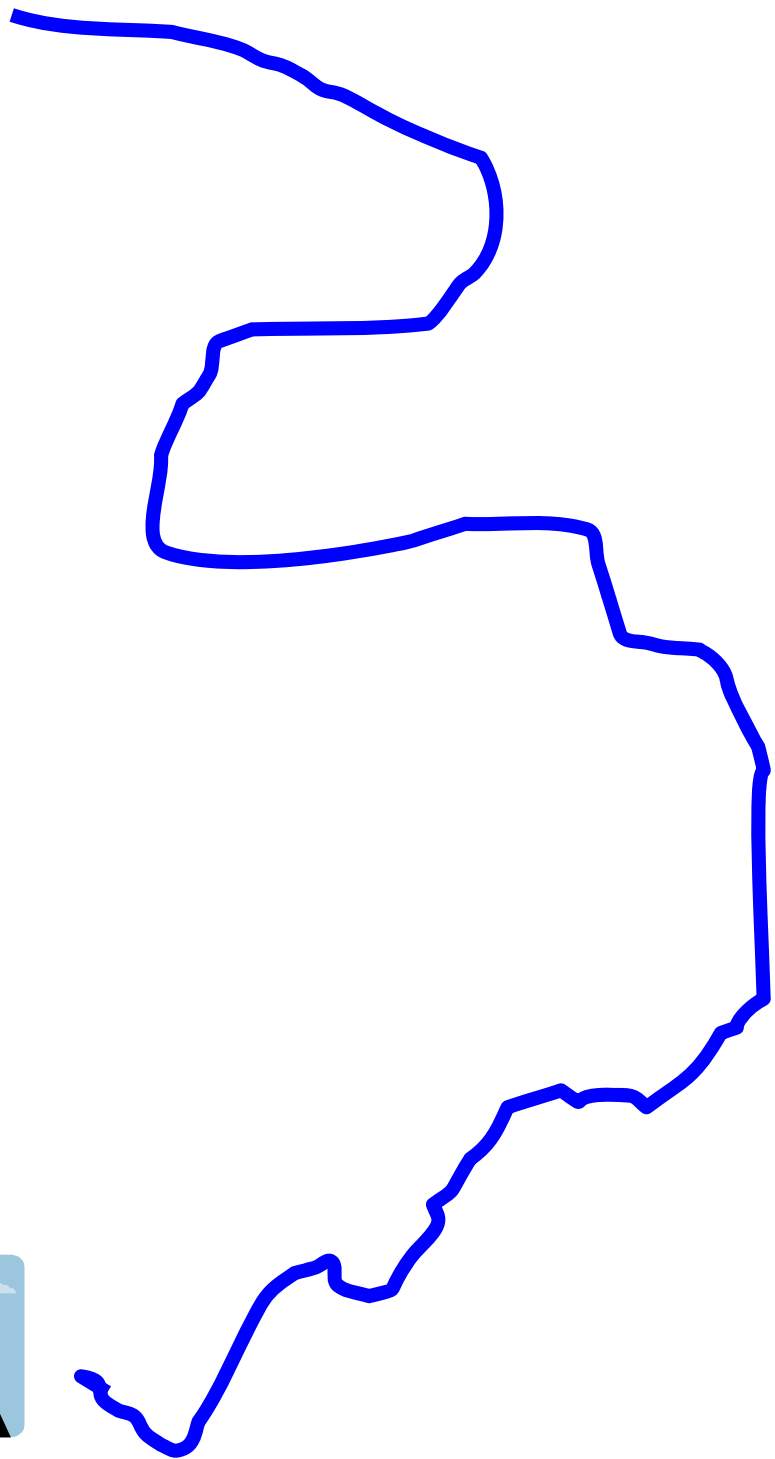
The guide map templates contained in this collection also are available for download as PowerPoint slides. This makes it possible to highlight the "text boxes" and change or customize questions or issues within the nodes to meet individual client or group needs.

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.

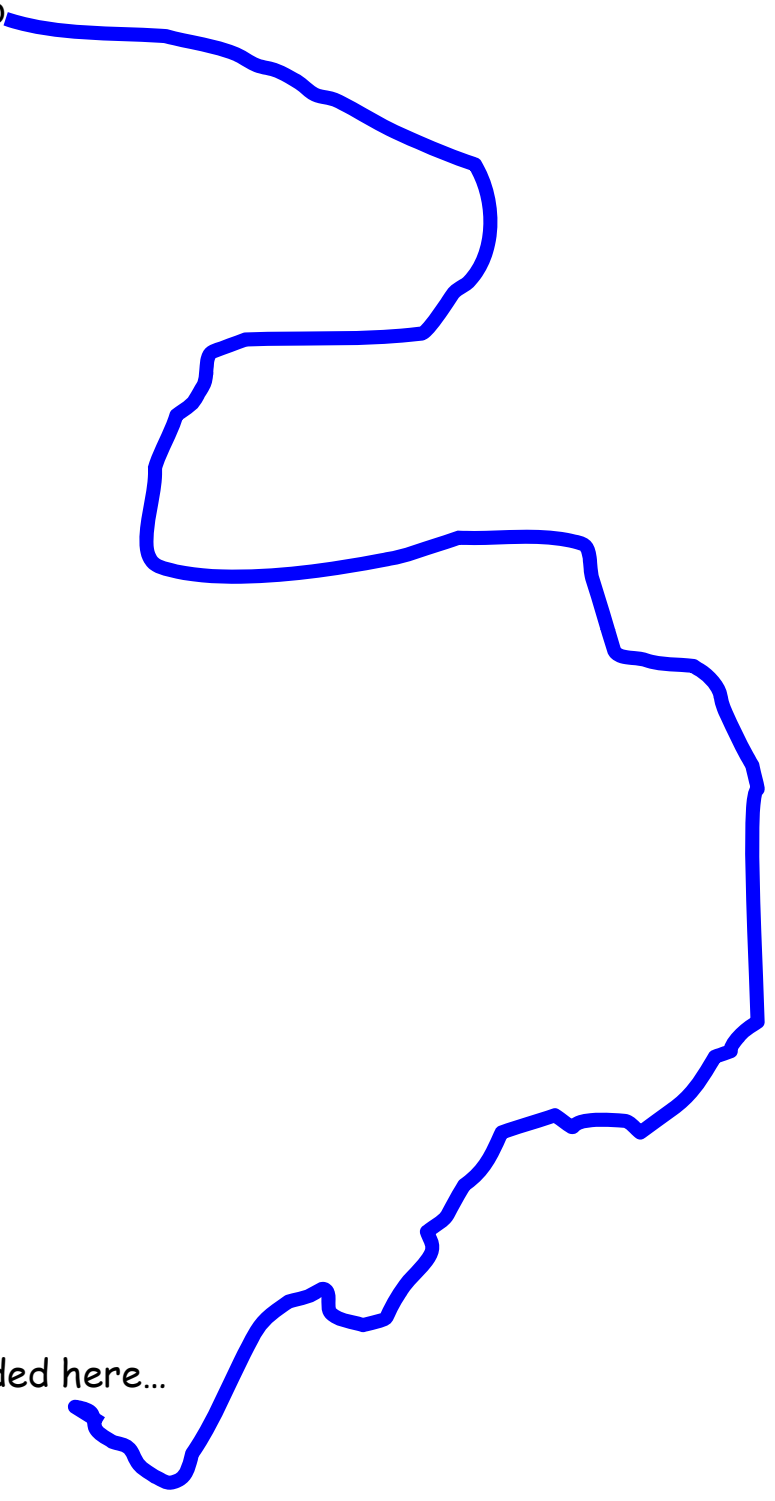


YOU ARE HERE



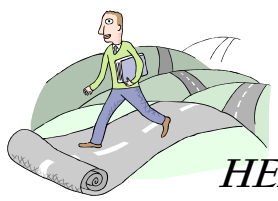
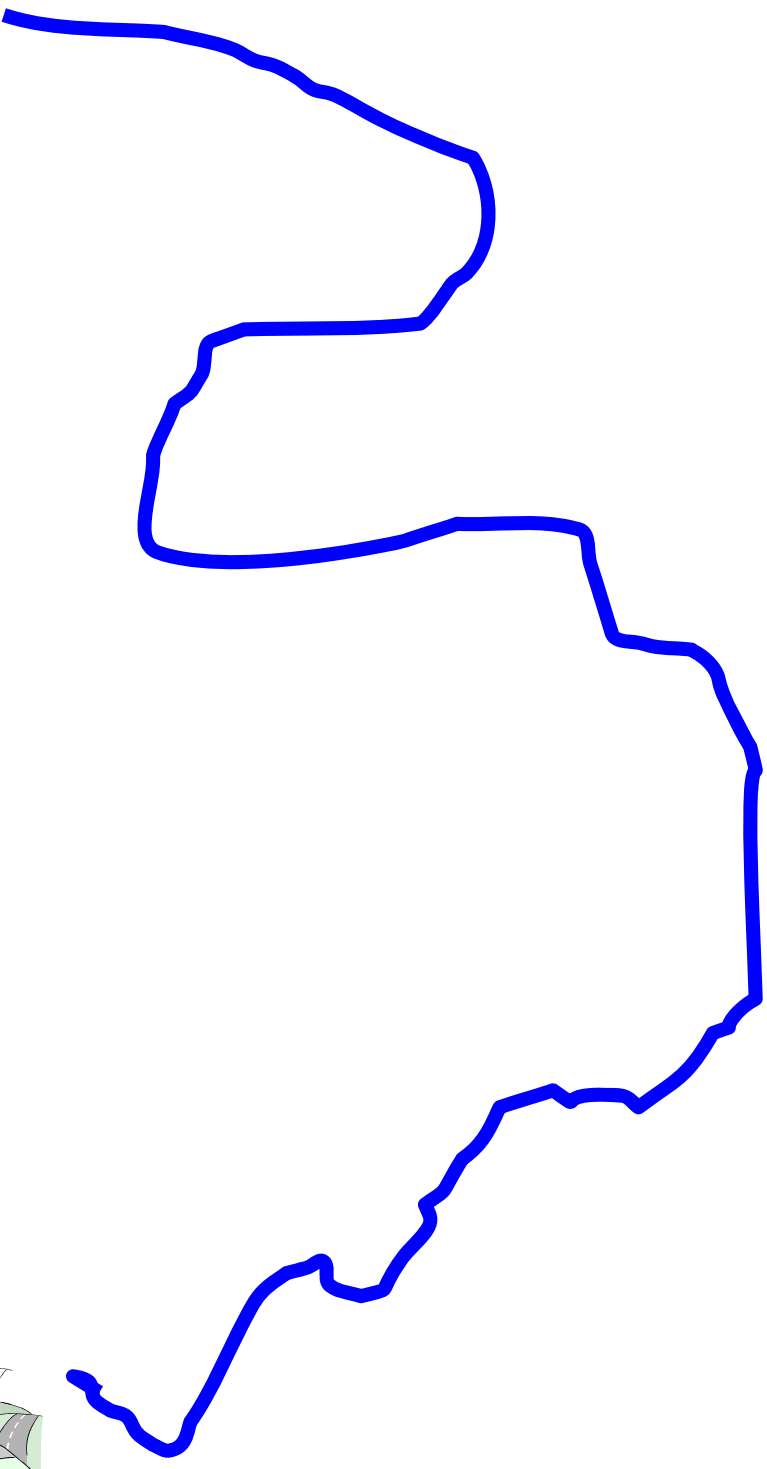
YOU WANT TO GET HERE

Starting point:
5 years ago



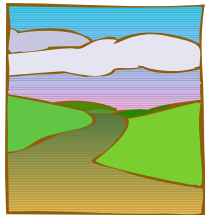
Then you landed here...

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

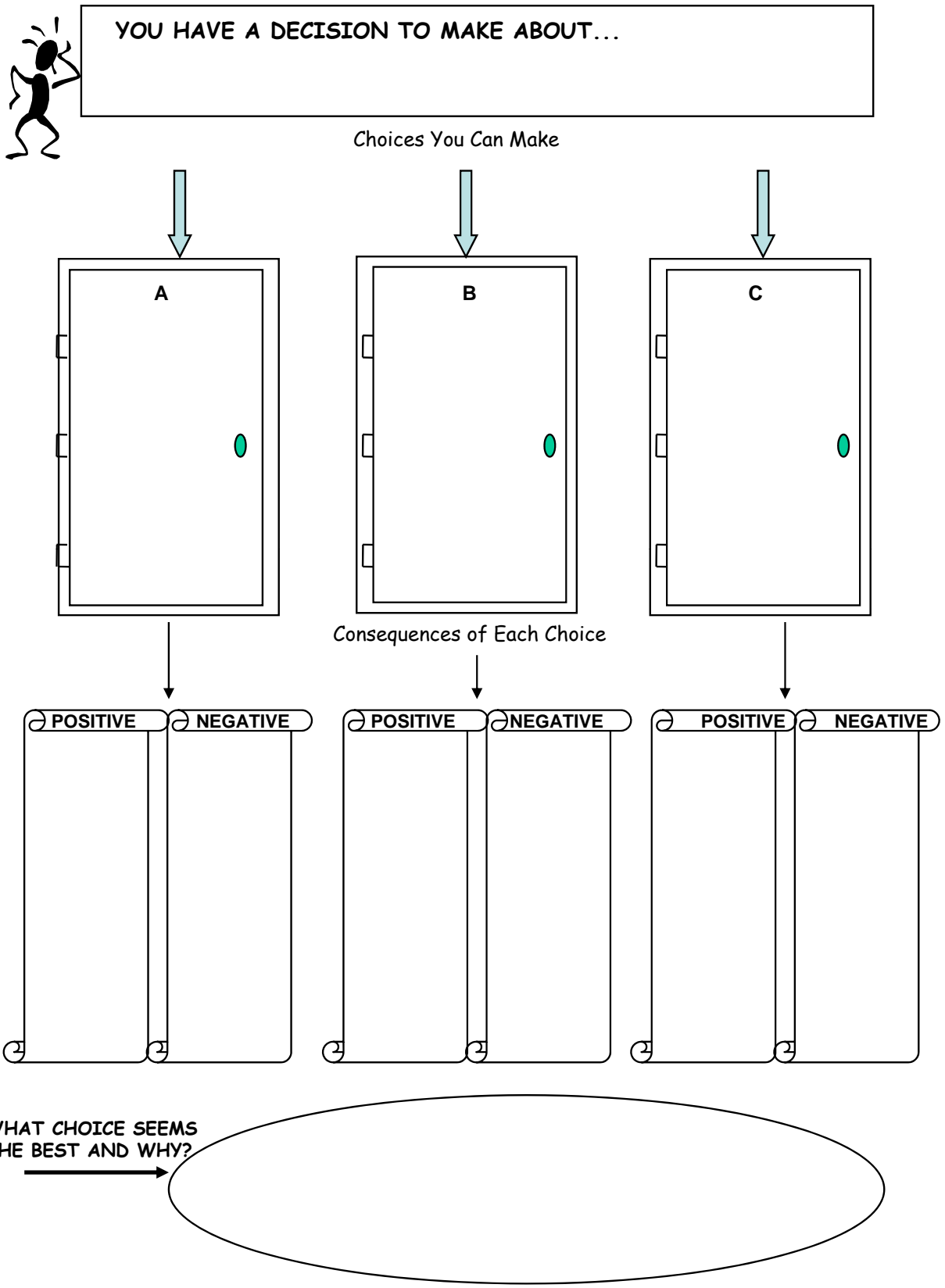


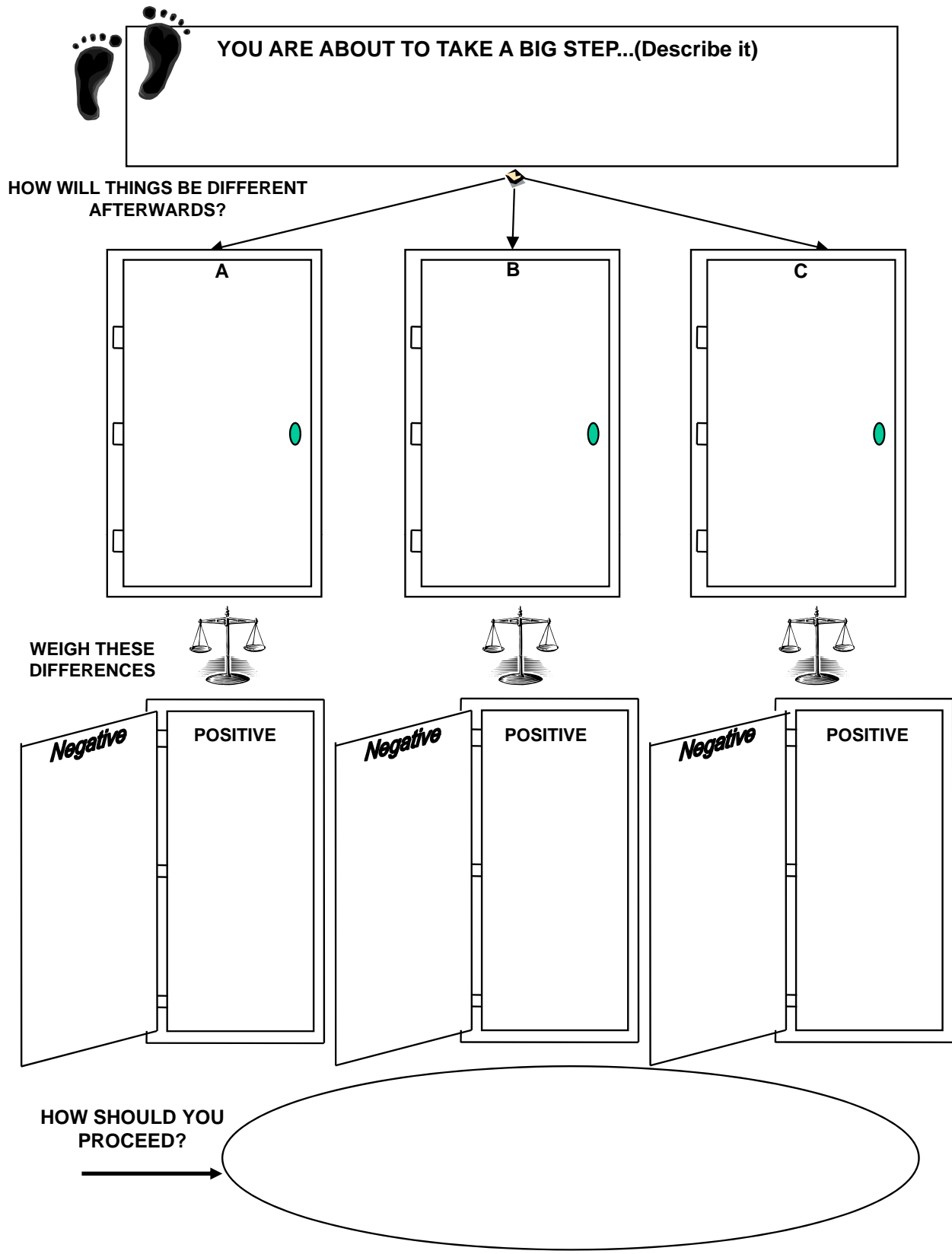
HERE YOU ARE TODAY

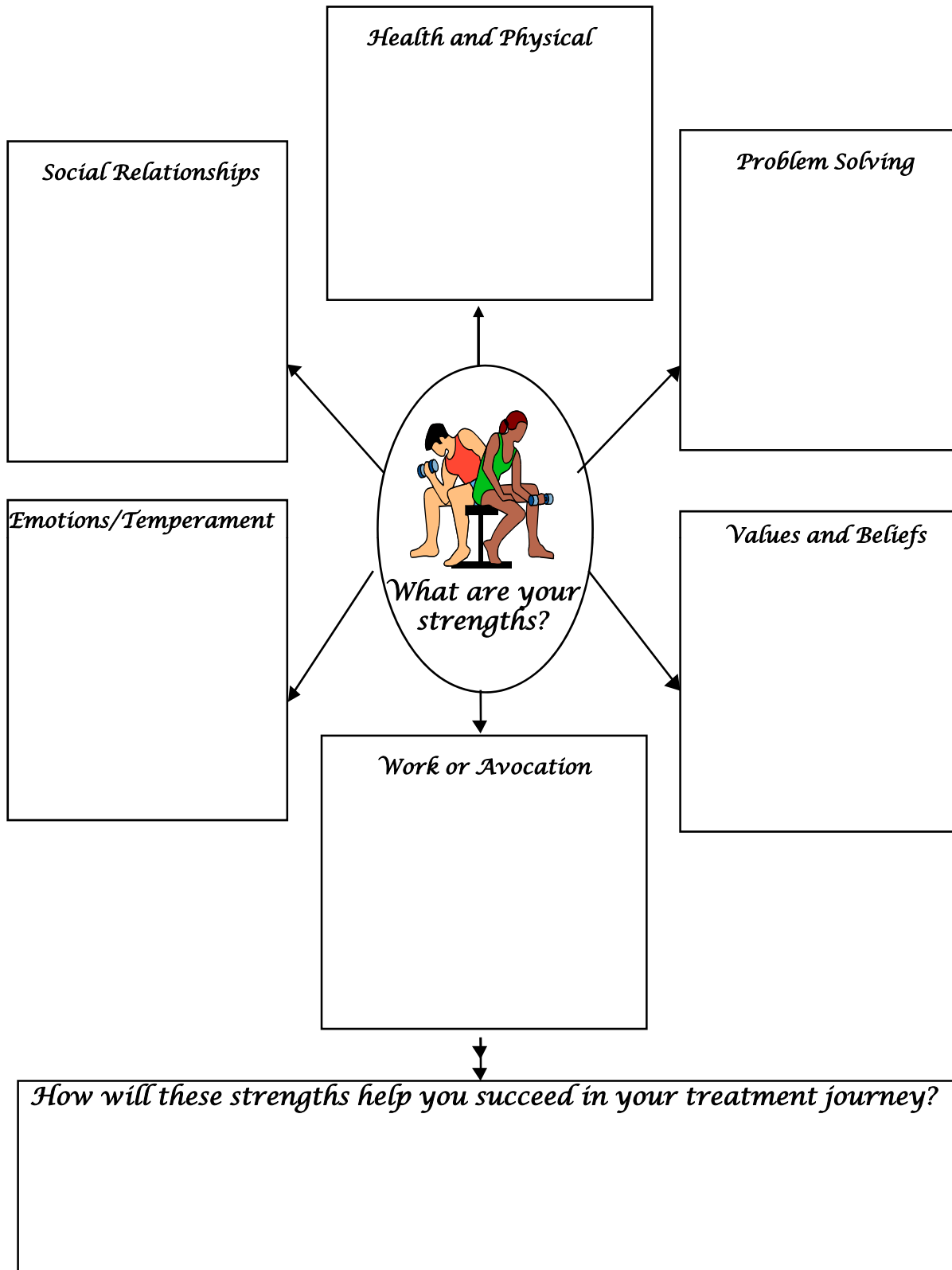
STARTING POINT
YEAR _____

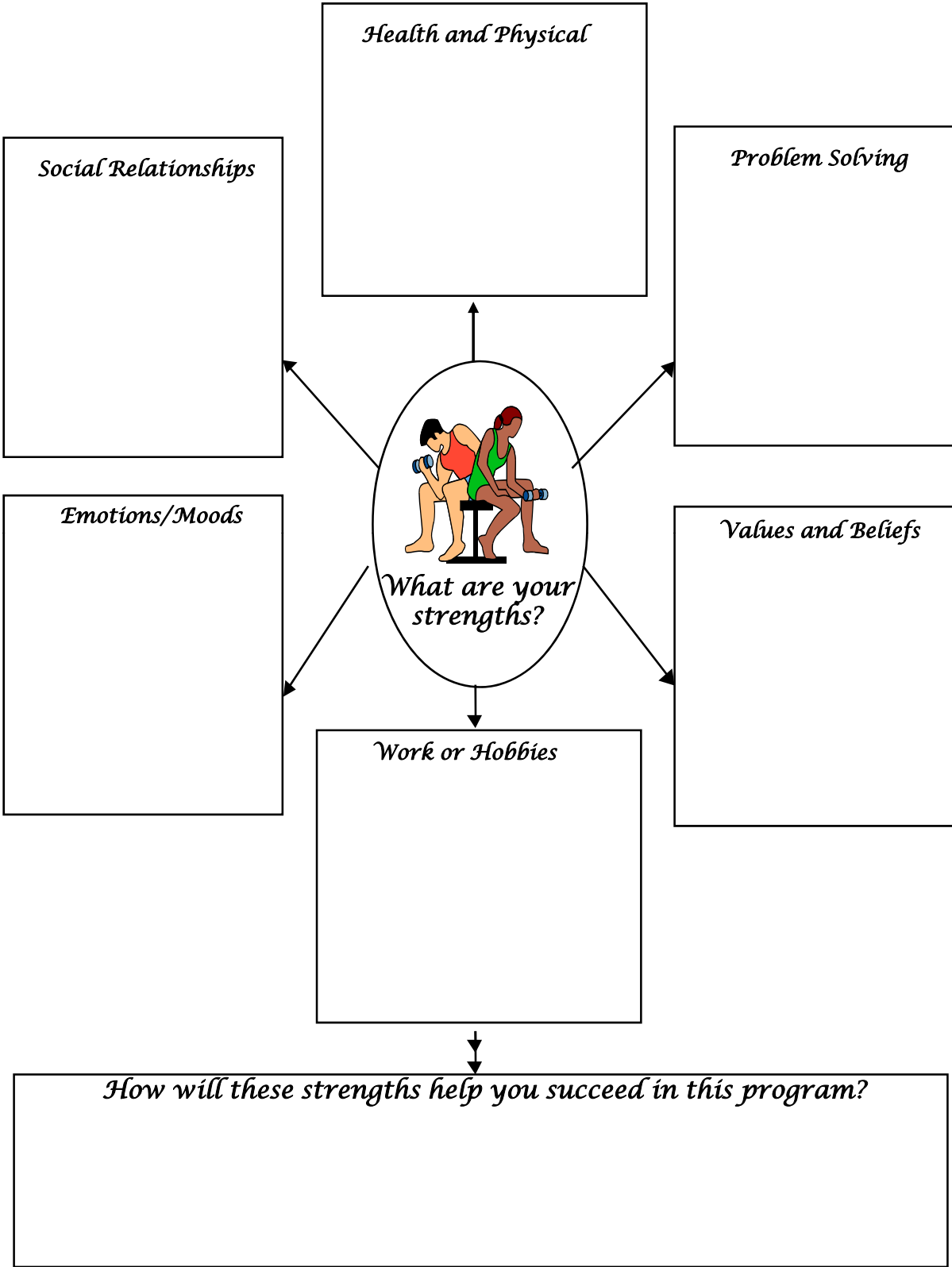


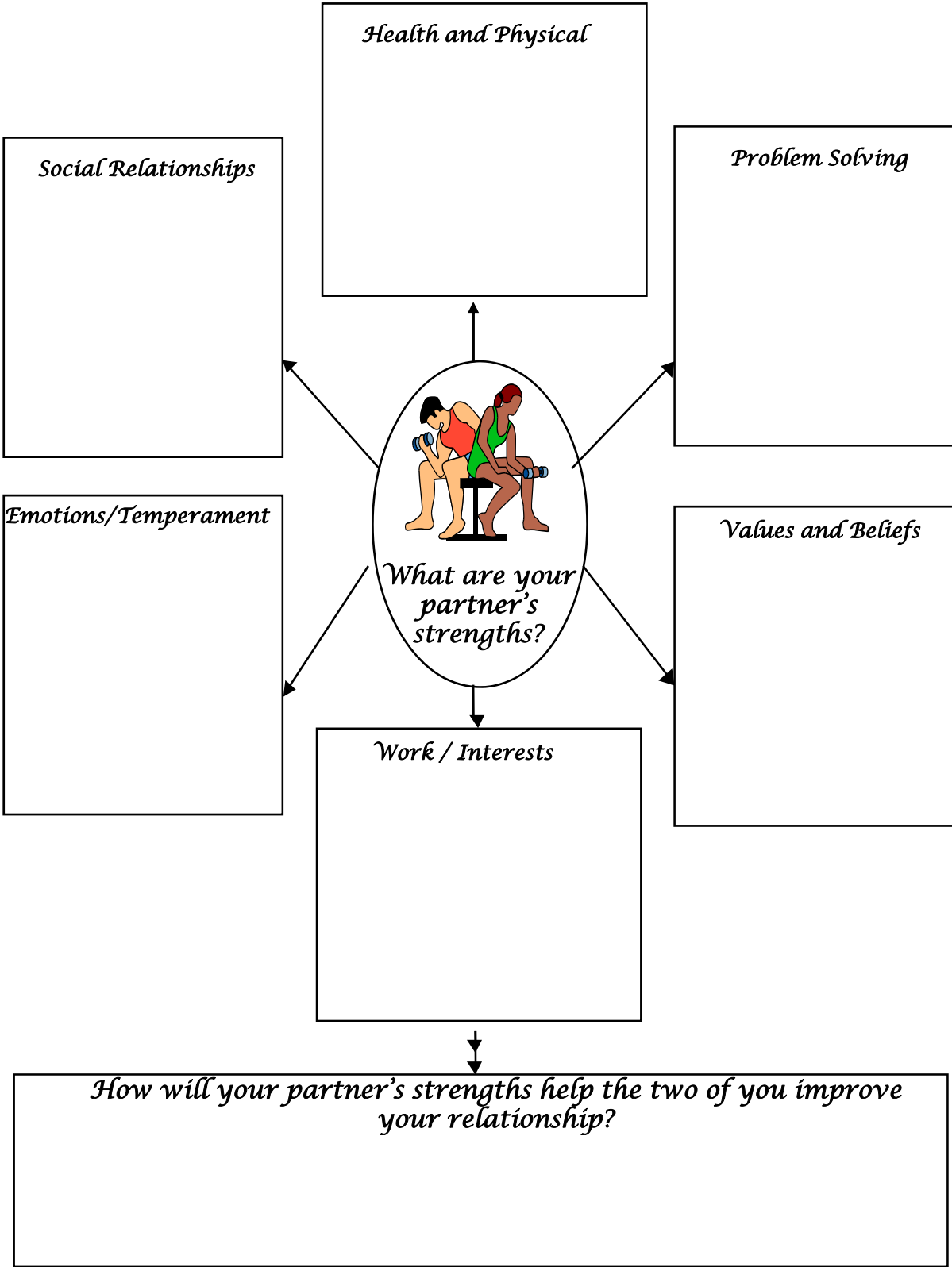
YOU ARE HERE

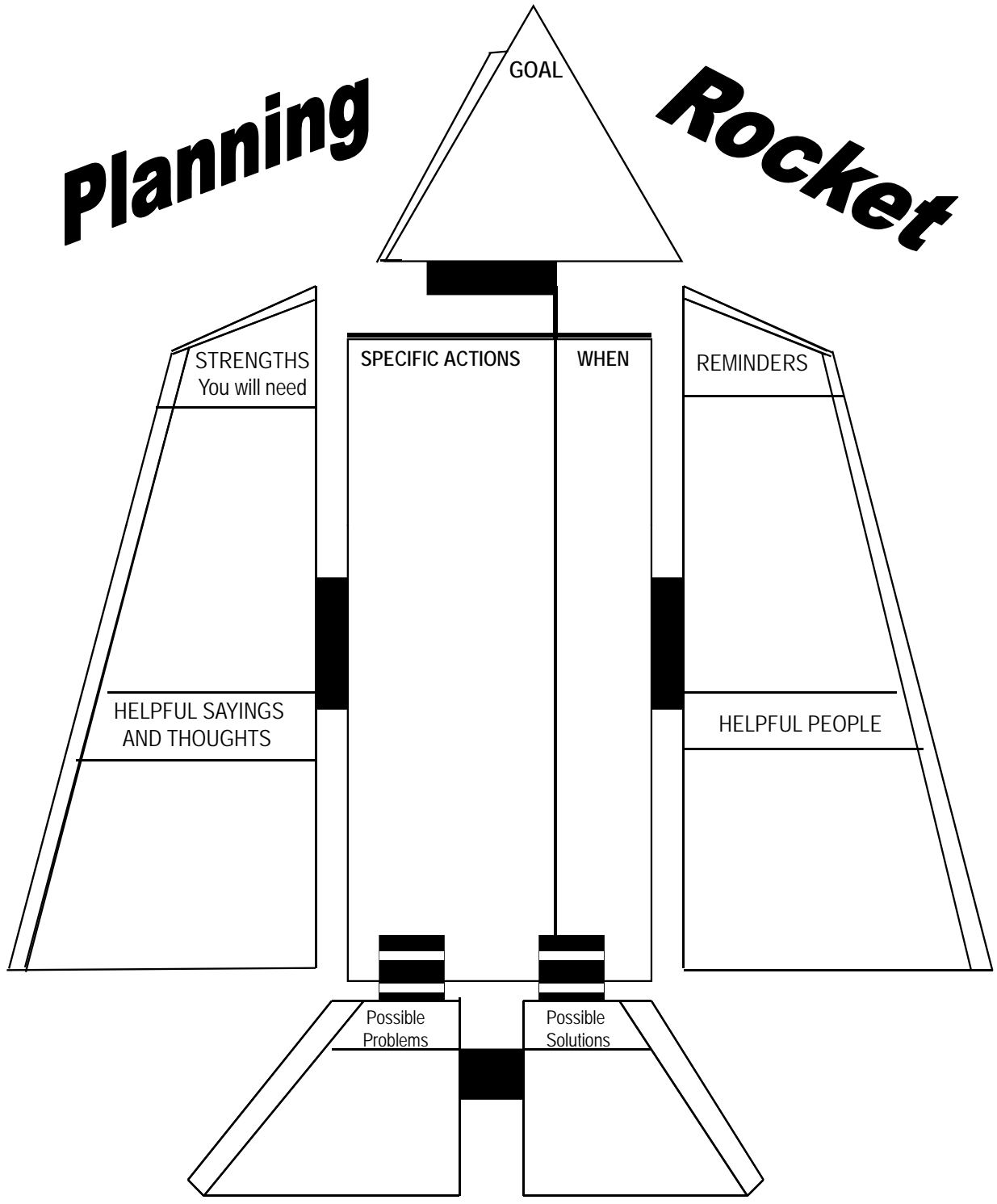


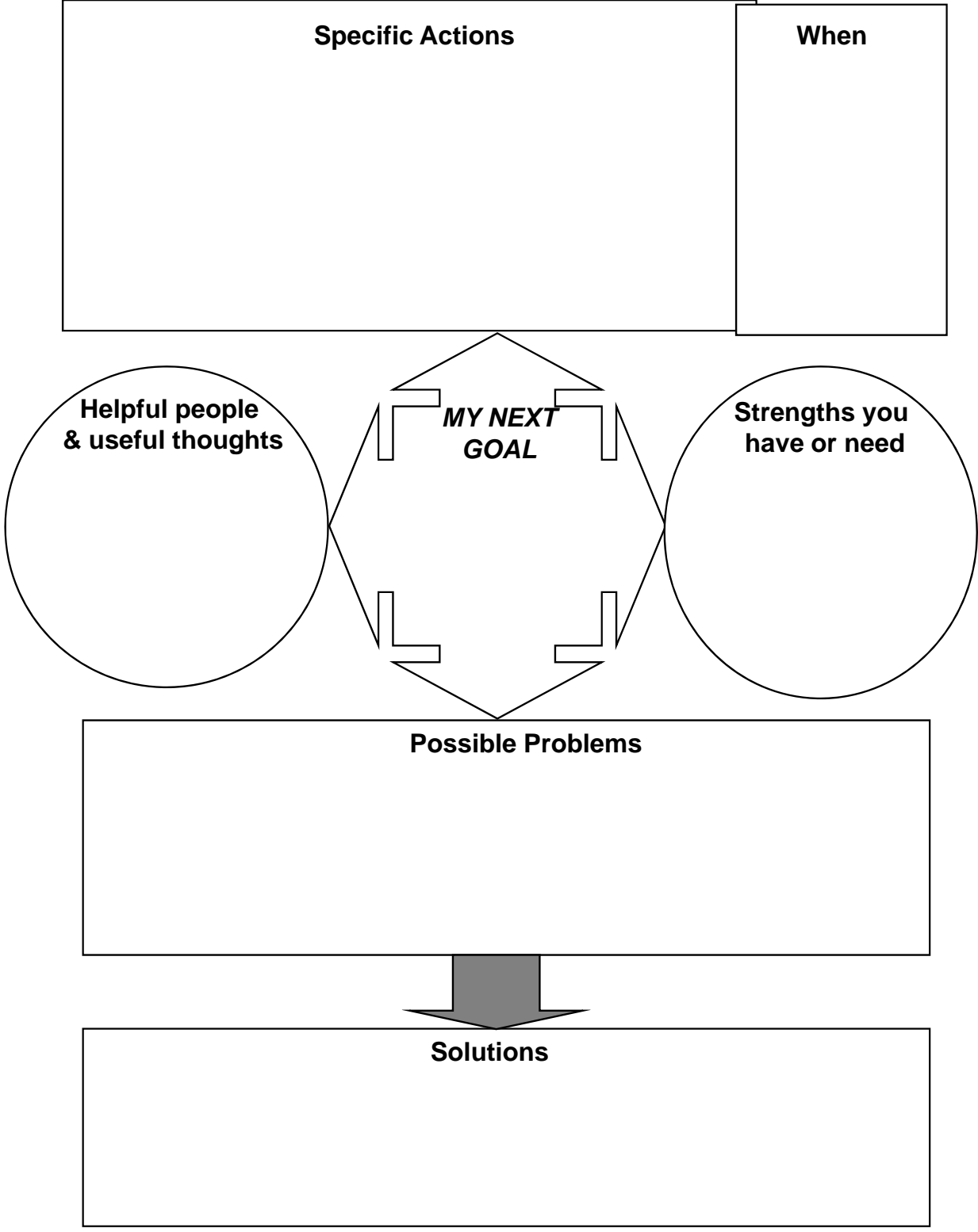










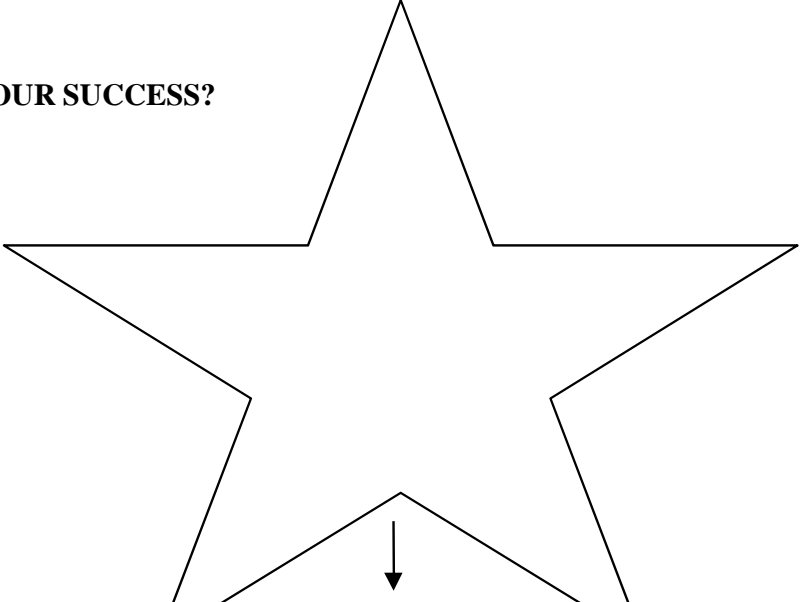


<p>What is your primary concern at this time?</p> <p>What specific goal do you have?</p>
<p>Goal:</p>

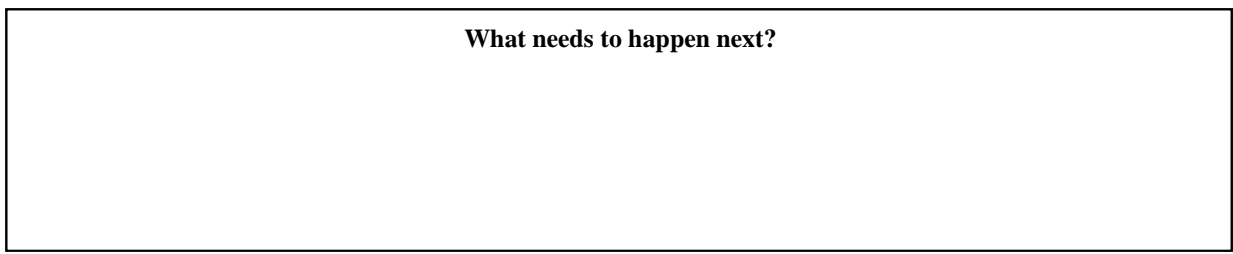
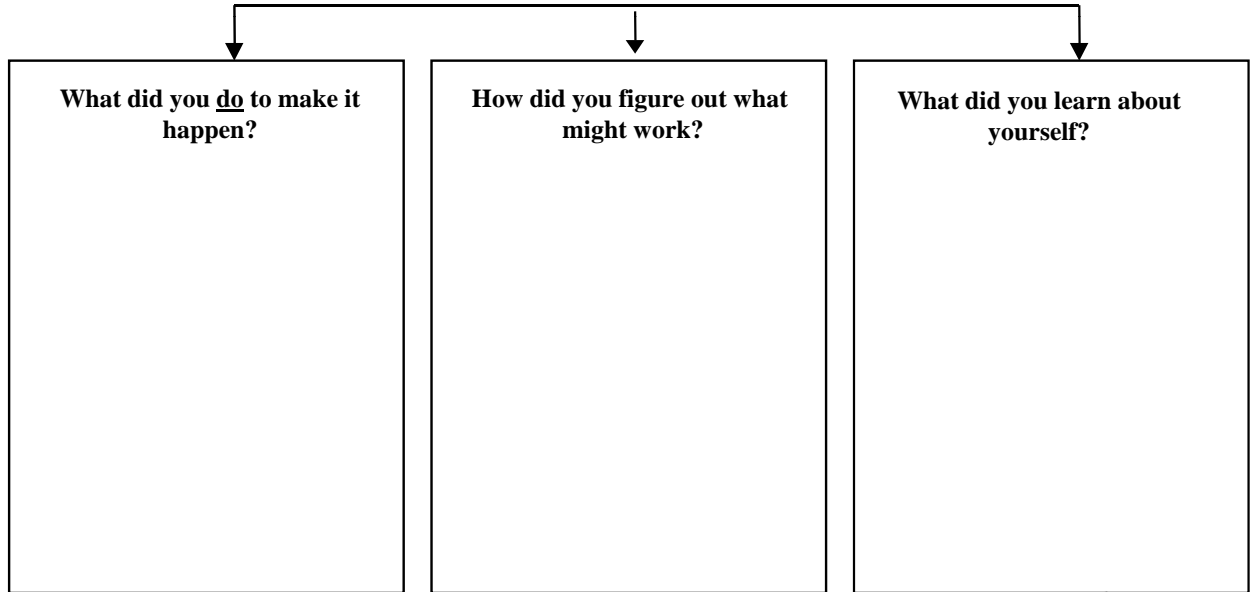


<i>Steps needed toward your goal</i>	<i>What makes this step important?</i>

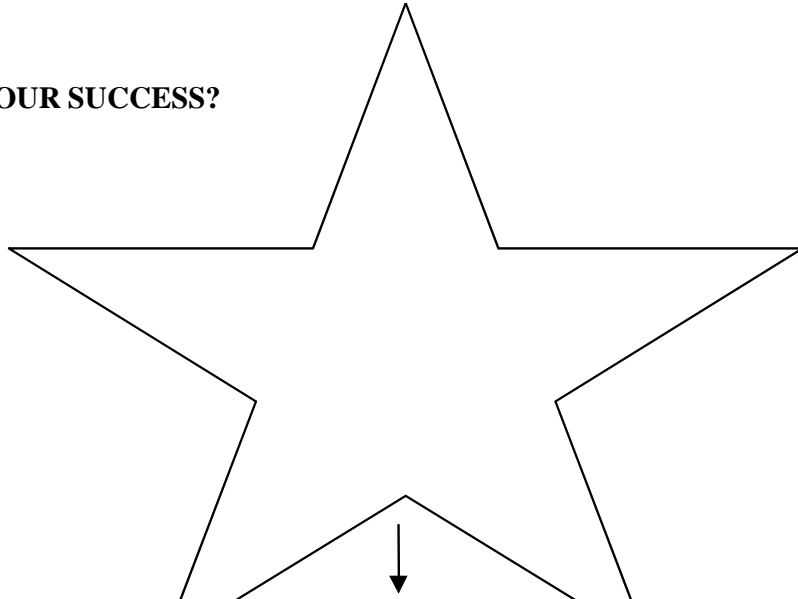
WHAT WAS YOUR SUCCESS?



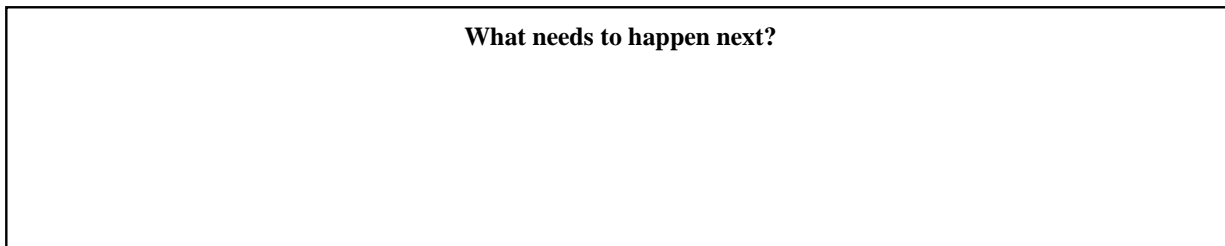
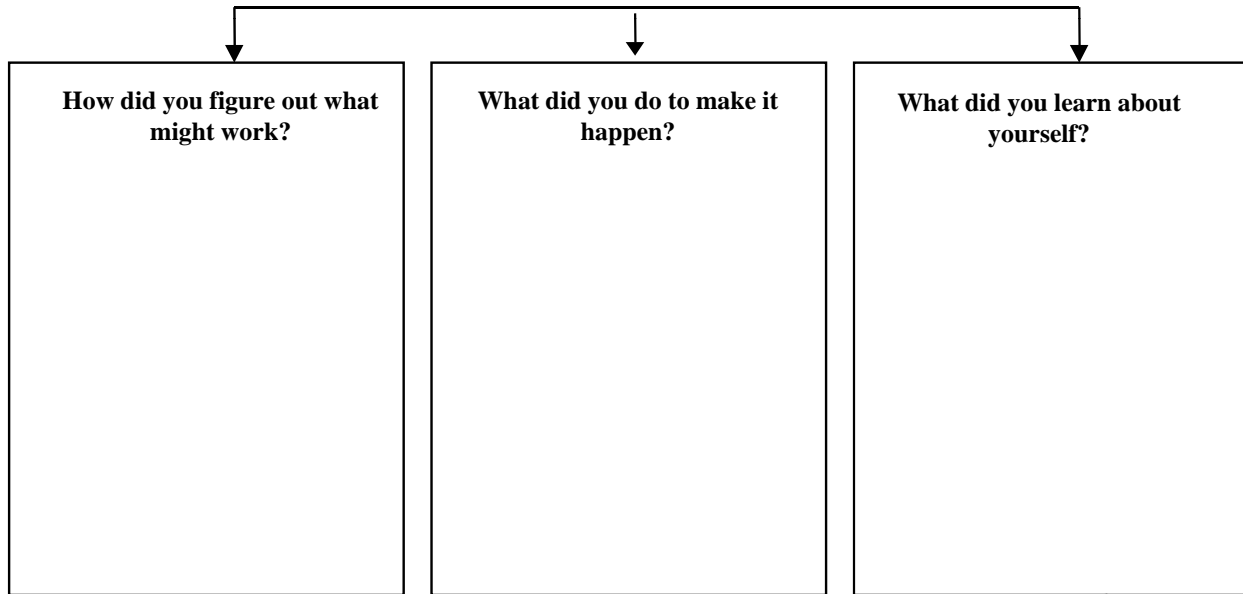
HOW DID YOU MAKE IT HAPPEN?



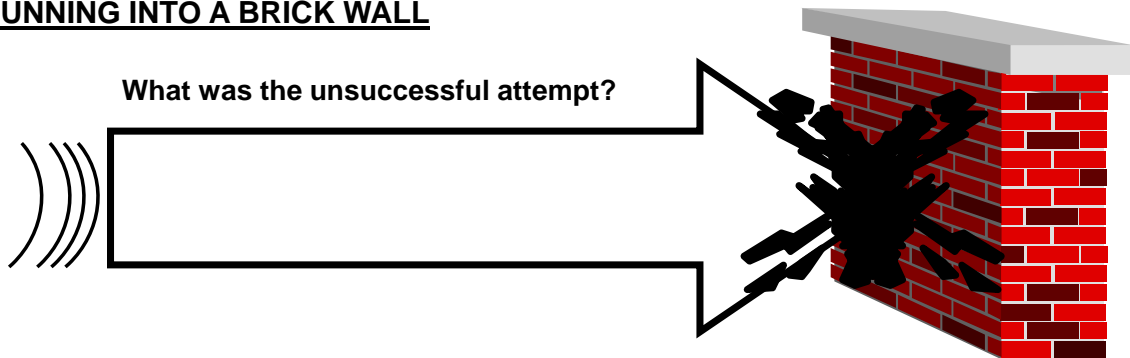
WHAT WAS YOUR SUCCESS?



HOW DID YOU MAKE IT HAPPEN?



RUNNING INTO A BRICK WALL



What was the unsuccessful attempt?

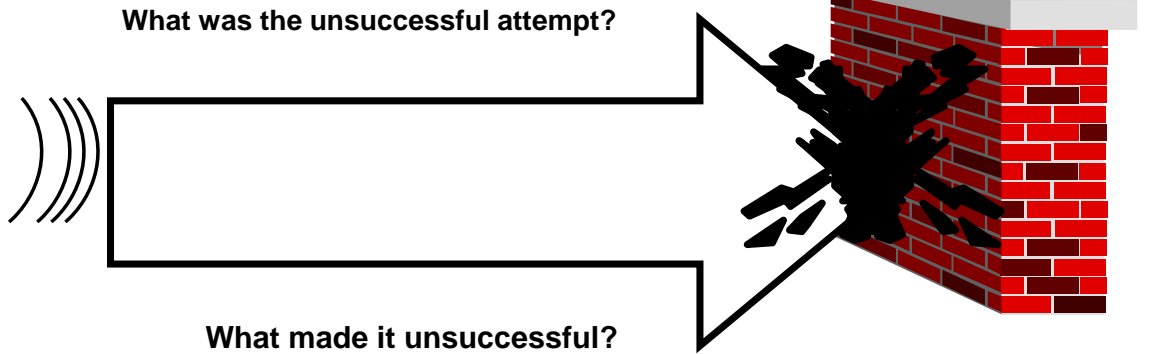
What made it unsuccessful?

<p>Your actions?</p>	<p>Your thoughts?</p>	<p>Describe how this has happened to you before?</p>
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What can you do differently next time?



RUNNING INTO A BRICK WALL




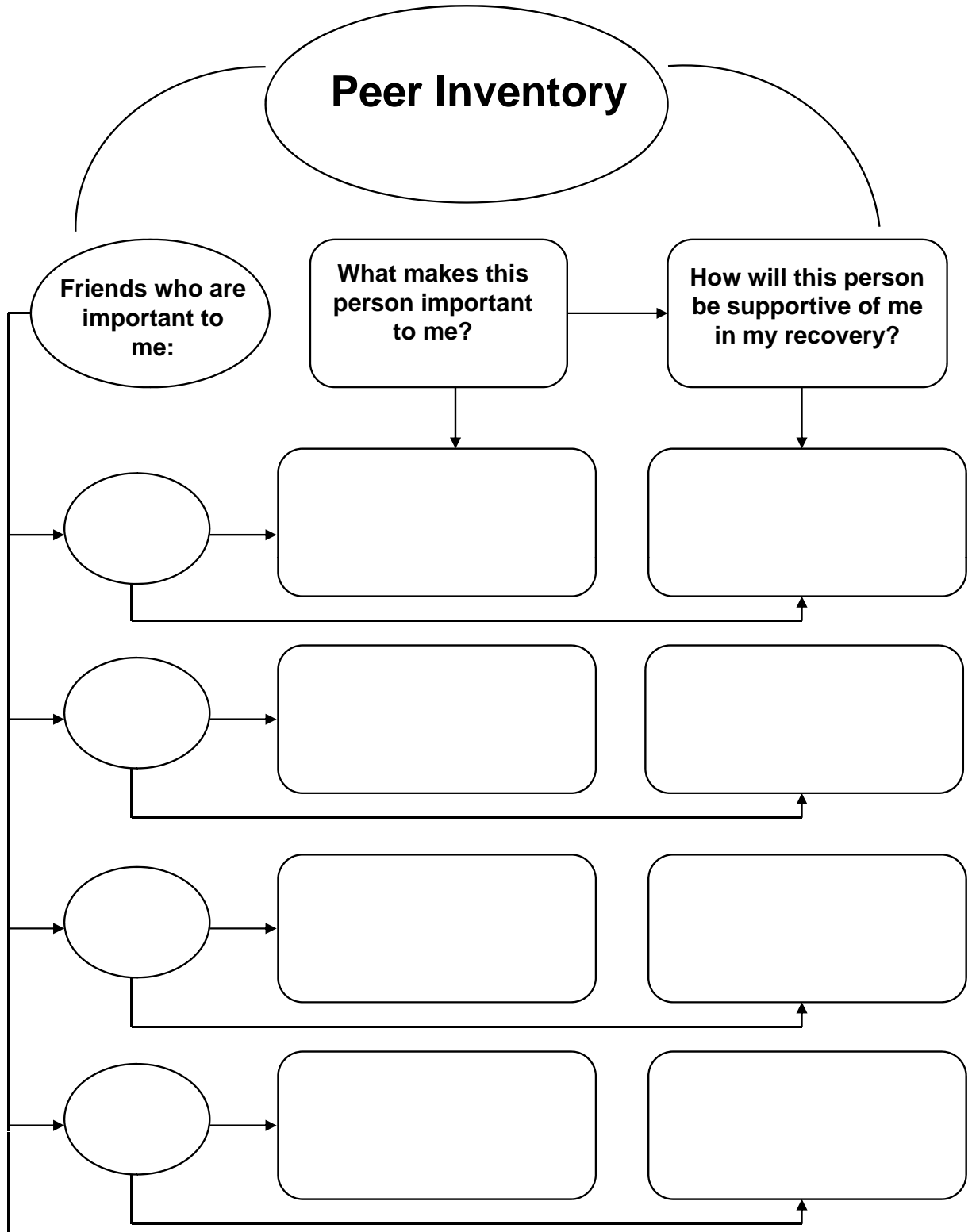
Your thoughts and actions leading up to it?

Your thoughts and actions at the time?

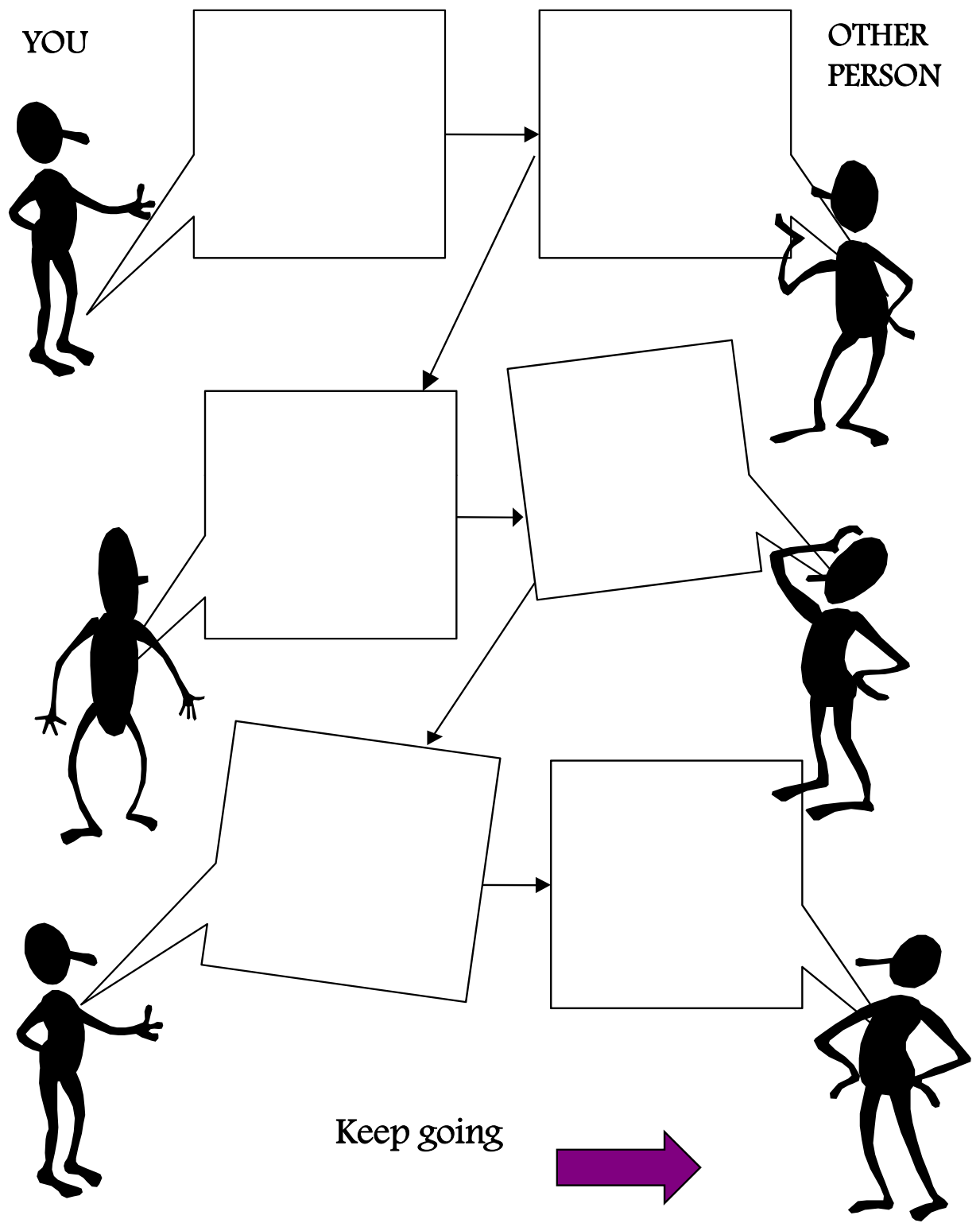
What kept it from being even worse?

How has this experience made you wiser?





AN IMPORTANT CONVERSATION



MORE CONVERATION

