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Improving Drug Abuse Treatment for AIDS-Risk Reduction (DATAR).

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Types of Structured Maps

Maps can serve many purposes. In contrast to the “process” maps that originate and develop as a result of counselor-client interactions, the maps presented in this chapter are “pre-packaged,” developed in advance to serve special purposes during counseling. We have labeled these pre-packaged tools as “fill-in” maps and “presentation” maps.

“Fill-in” maps allow personal content to be added into a pre-drawn structure. These structured designs (often presented on oversized 11x17 sheets of paper) guide the client, with the assistance of the counselor, through step-by-step analyses of specific areas of concern. The structure provides a framework for discussion and for the personal content of the map, which is added by the counselor or client. These maps may also be used as solitary “self-discovery” exercises for clients, something to be done outside the counseling session and then discussed with the counselor at the next session.

Presentation maps are finished products designed to convey information for lectures or structured discussions. They are primarily teaching and reference tools. Counselors have used these maps in planning for counseling sessions, in providing information to clients, and to stimulate discussion on a particular topic. Clients can use presentation maps as study sheets.

Examples of both types of structured maps are presented on the following pages. Note that these maps can be used with both groups and individuals.

“Fill-in” Maps

Examples of fill-in maps shown in this section represent topics of major concern in the counseling process. We will present these in a sequence which might be introduced over several months of counseling. These maps are:

◆ **Examining the self**

Divisions of Self (5.1a and 5.1b)

◆ **Analysis of specific situations**

Treatment Plan (5.2a and 5.2b)

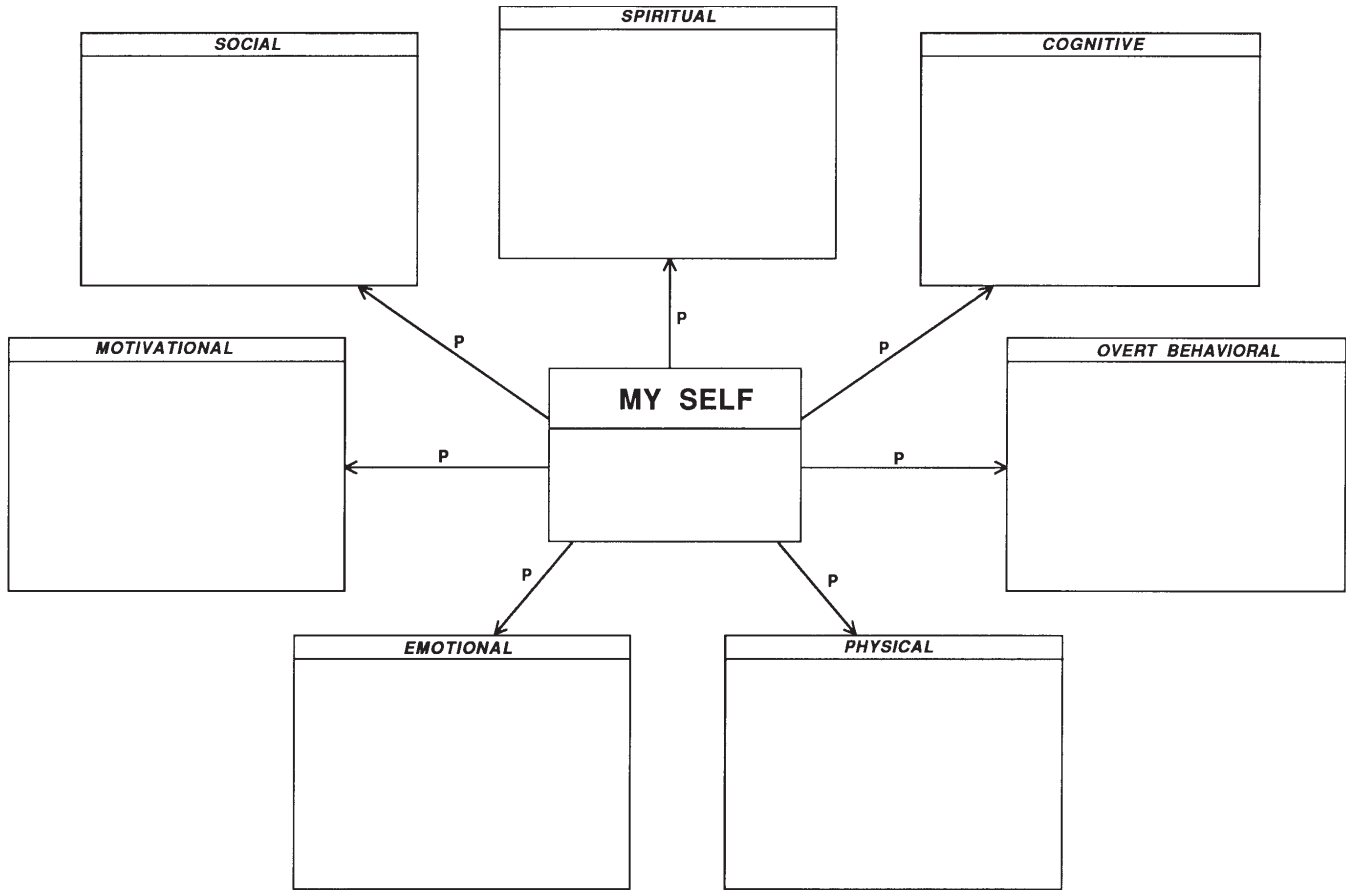
Problem Analyzer (5.3a and 5.3b)

Solution Search (5.4a and 5.4b)

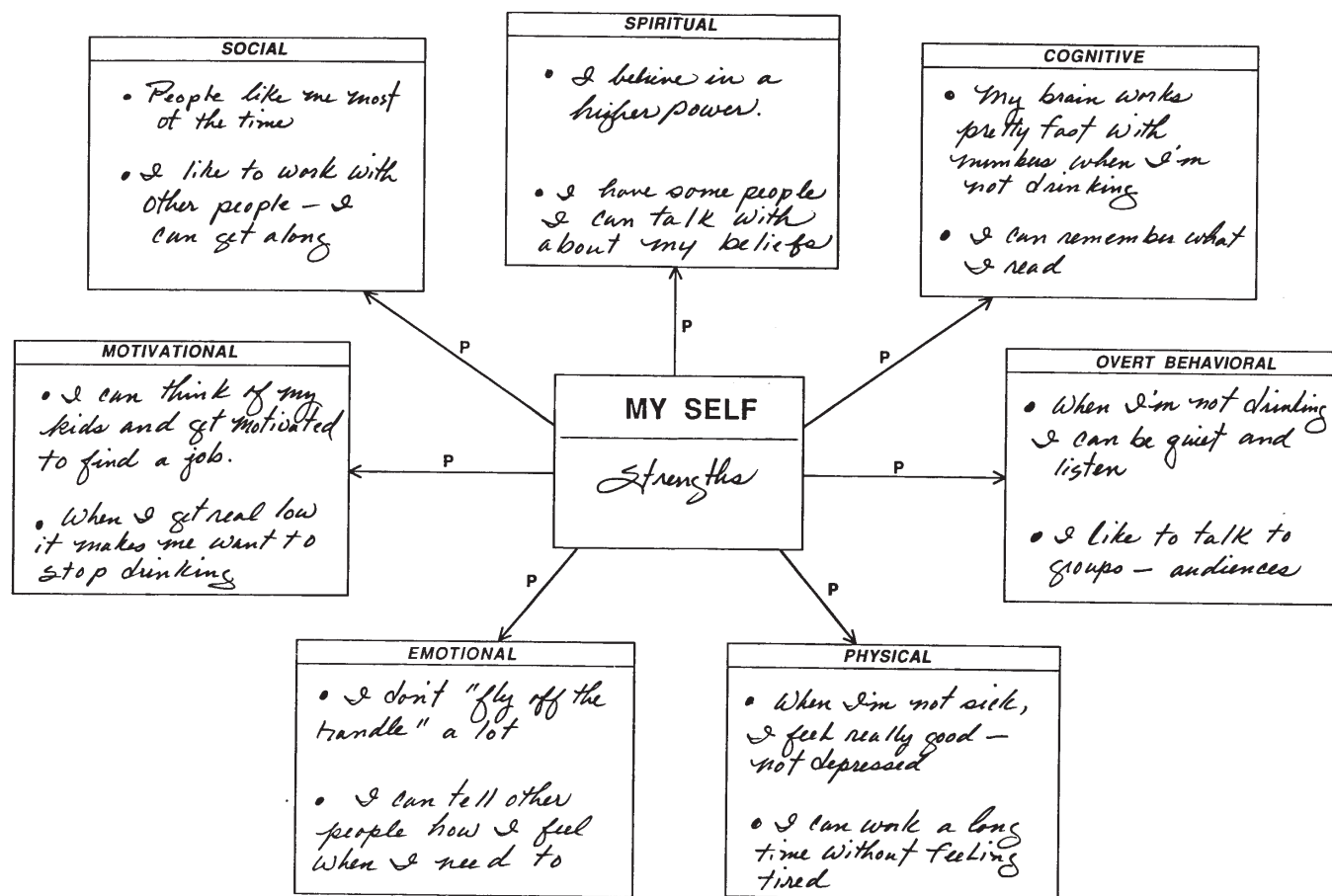
Success Analyzer (5.5a and 5.5b)

Rather than provide commentary on each map, we have chosen to show first the map structure and then follow this with a self-explanatory example of the completed map. Again, these maps can be used with individuals, with groups, or as “take home” exercises. If the map is to be a solitary self-discovery exercise, the counselor should make sure that the client can read the map and understand what is being asked at each point.

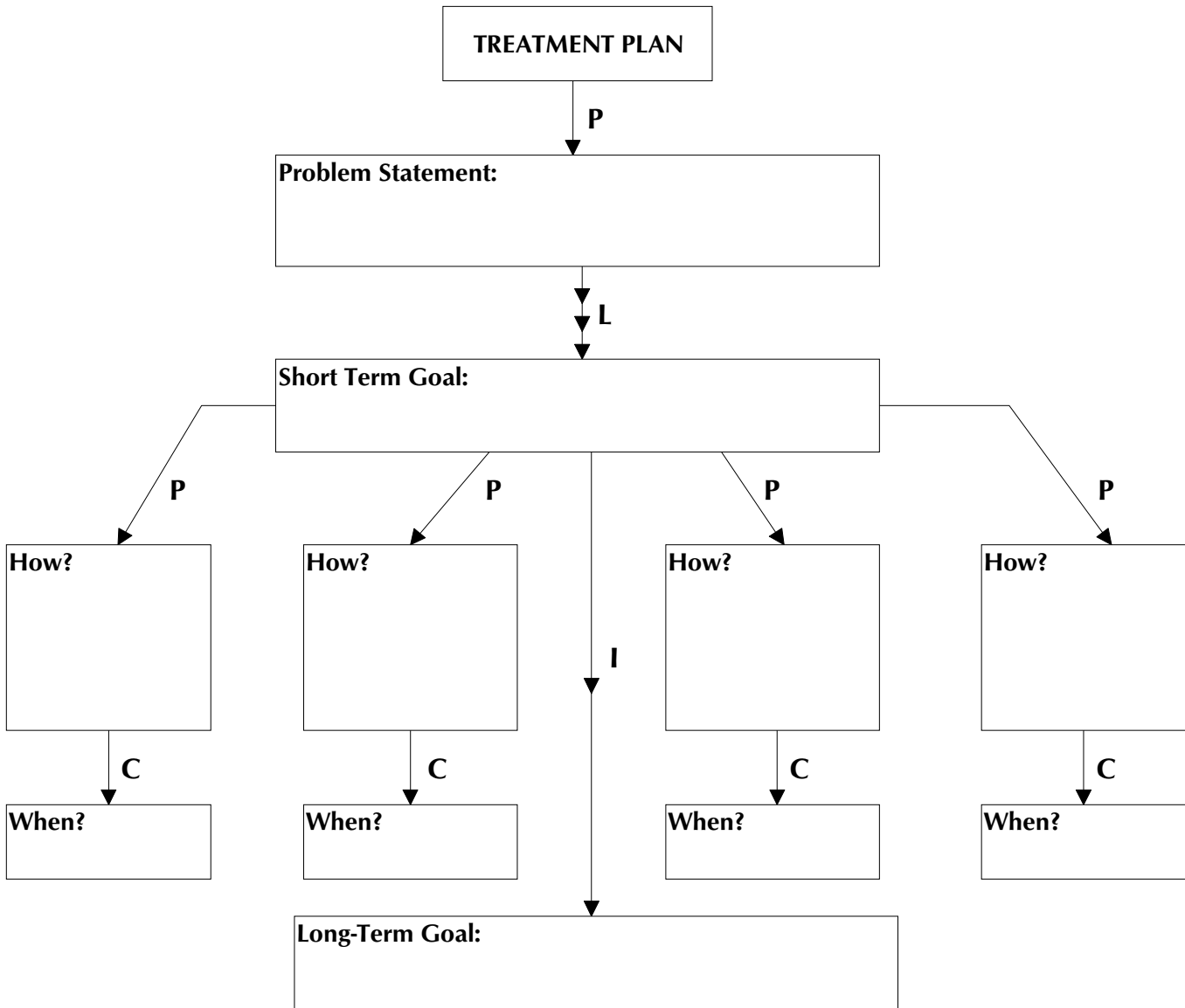
After a fill-in map is completed, it can be used as a starting point for future counseling sessions. Reviewing a map several months after it was done—or doing a second version and comparing it with the first—can be an effective means of assessing progress.



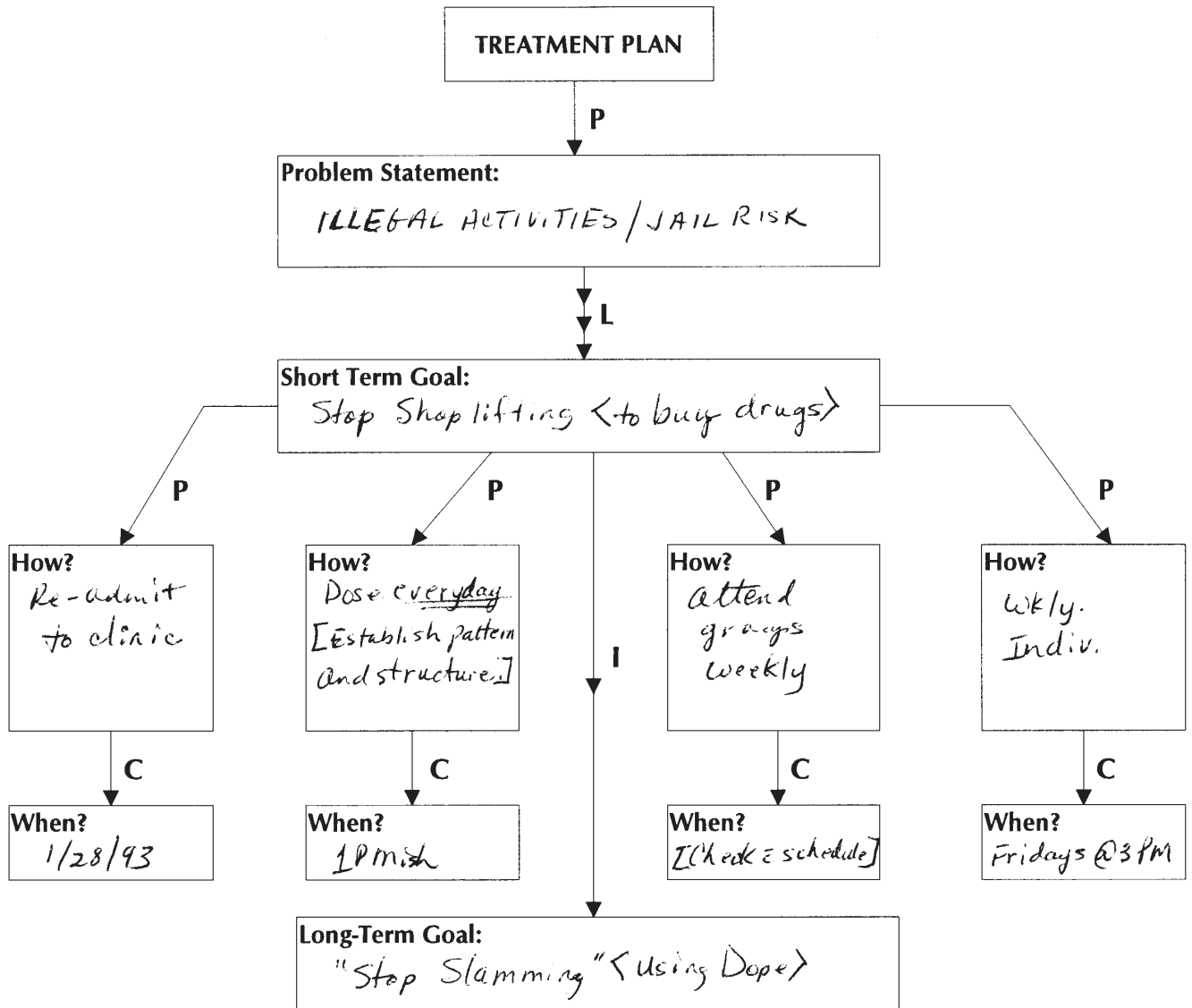
MAP 5.1a: **DIVISIONS OF SELF**



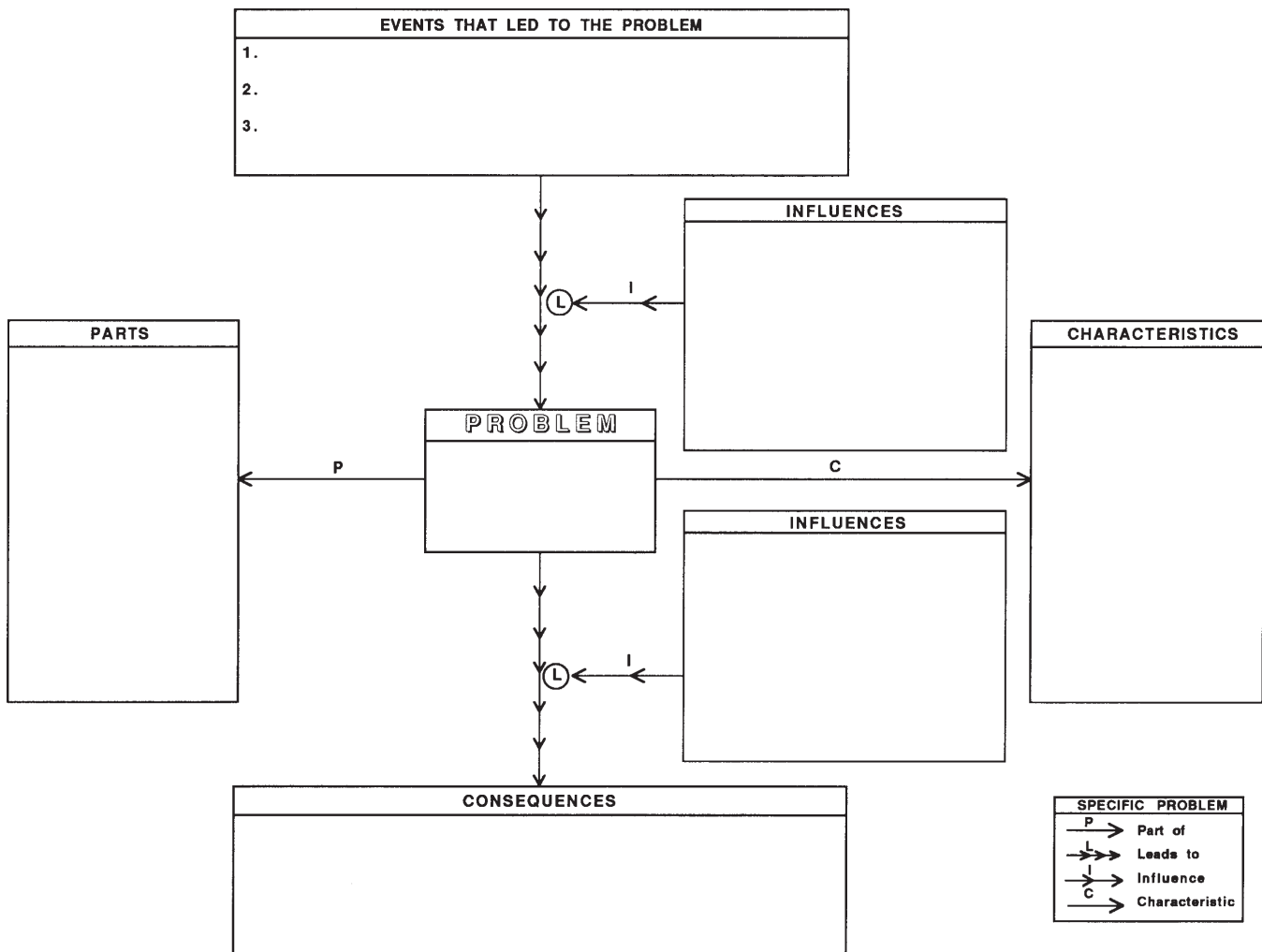
MAP 5.1b: DIVISIONS OF SELF (Completed)



MAP 5.2a: TREATMENT PLAN



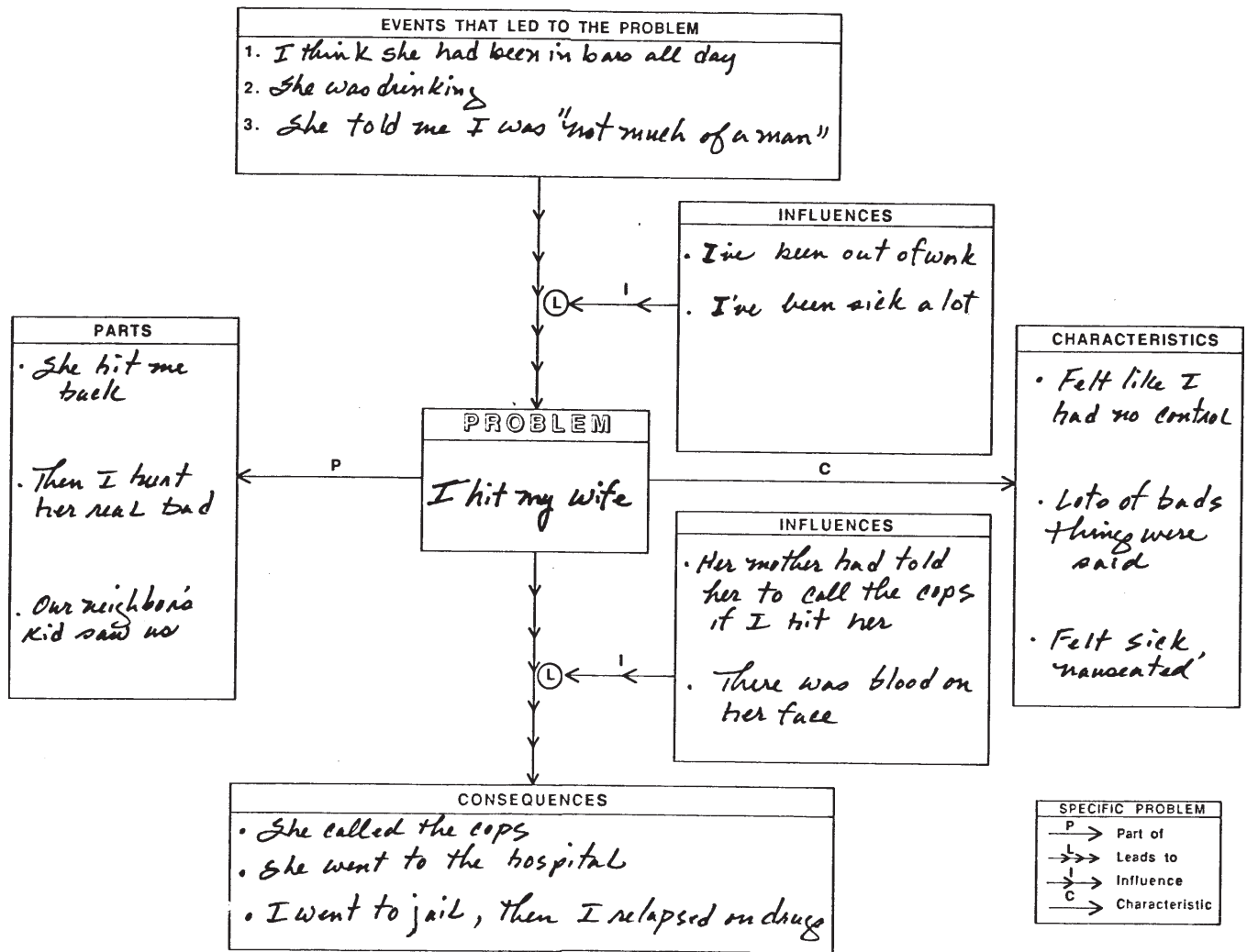
MAP 5.2b: TREATMENT PLAN (Completed)



MAP 5.3a: **PROBLEM ANALYZER***

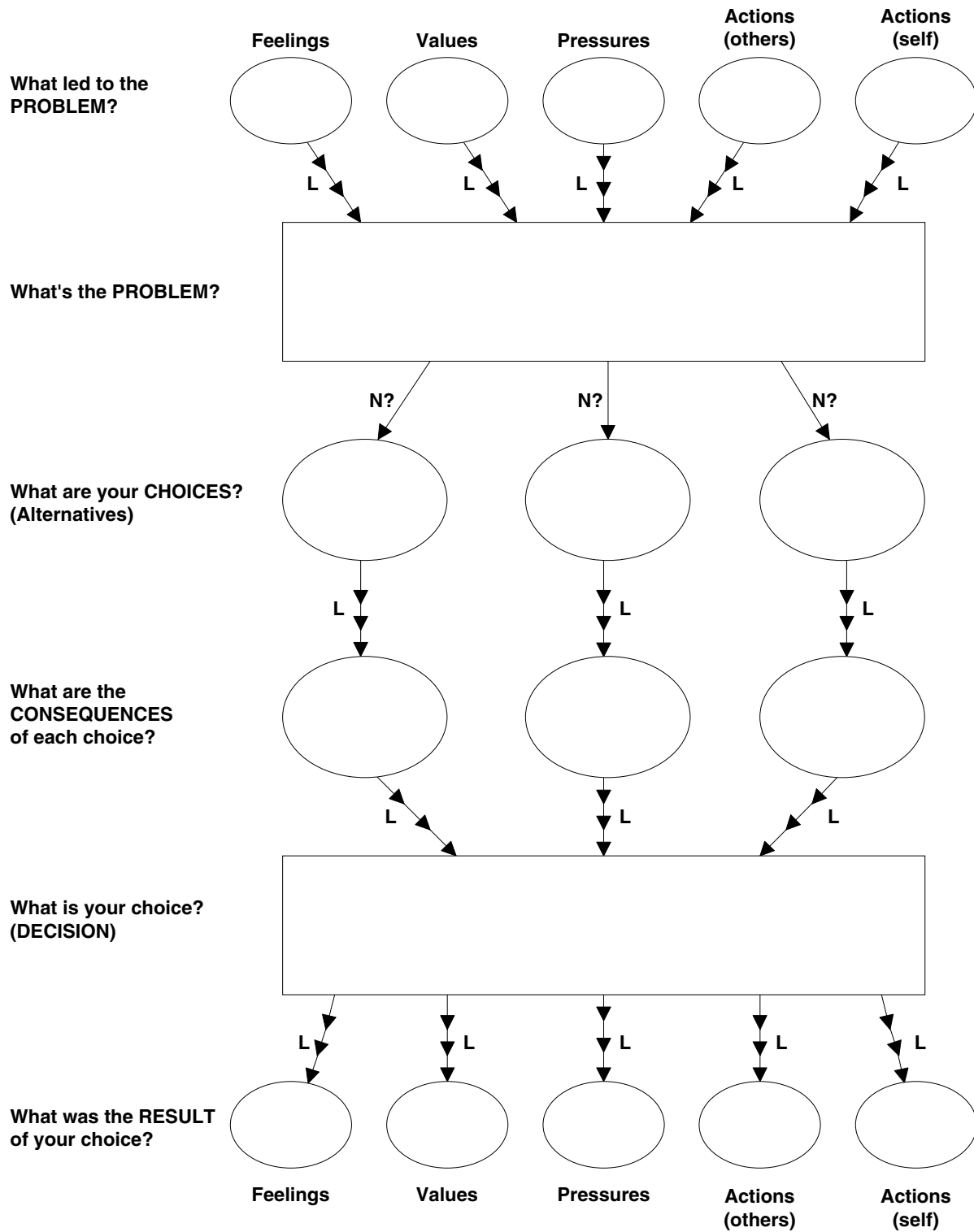
***Link-to-link Connections**

Note the link-to-link connections in the central portion of this map, indicating (in this case) an “influence” or moderating effect on the strength of a “leads to” link (i.e., on the extent to which one set of events will lead to another). We have found the link-to-link connection a useful addition to the more usual link-to-node format.



MAP 5.3b: **PROBLEM ANALYZER (Completed)**

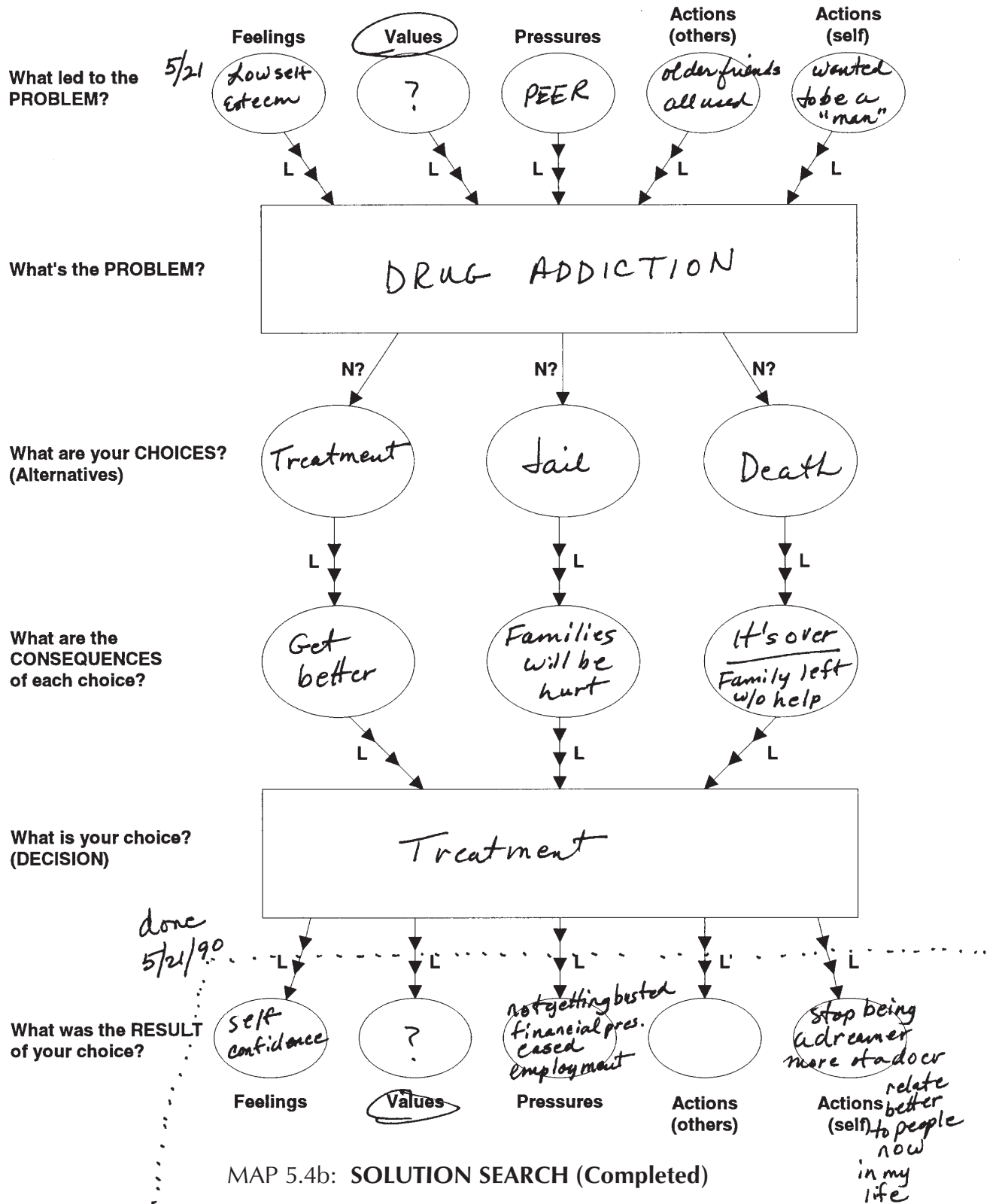
PROBLEM MAP



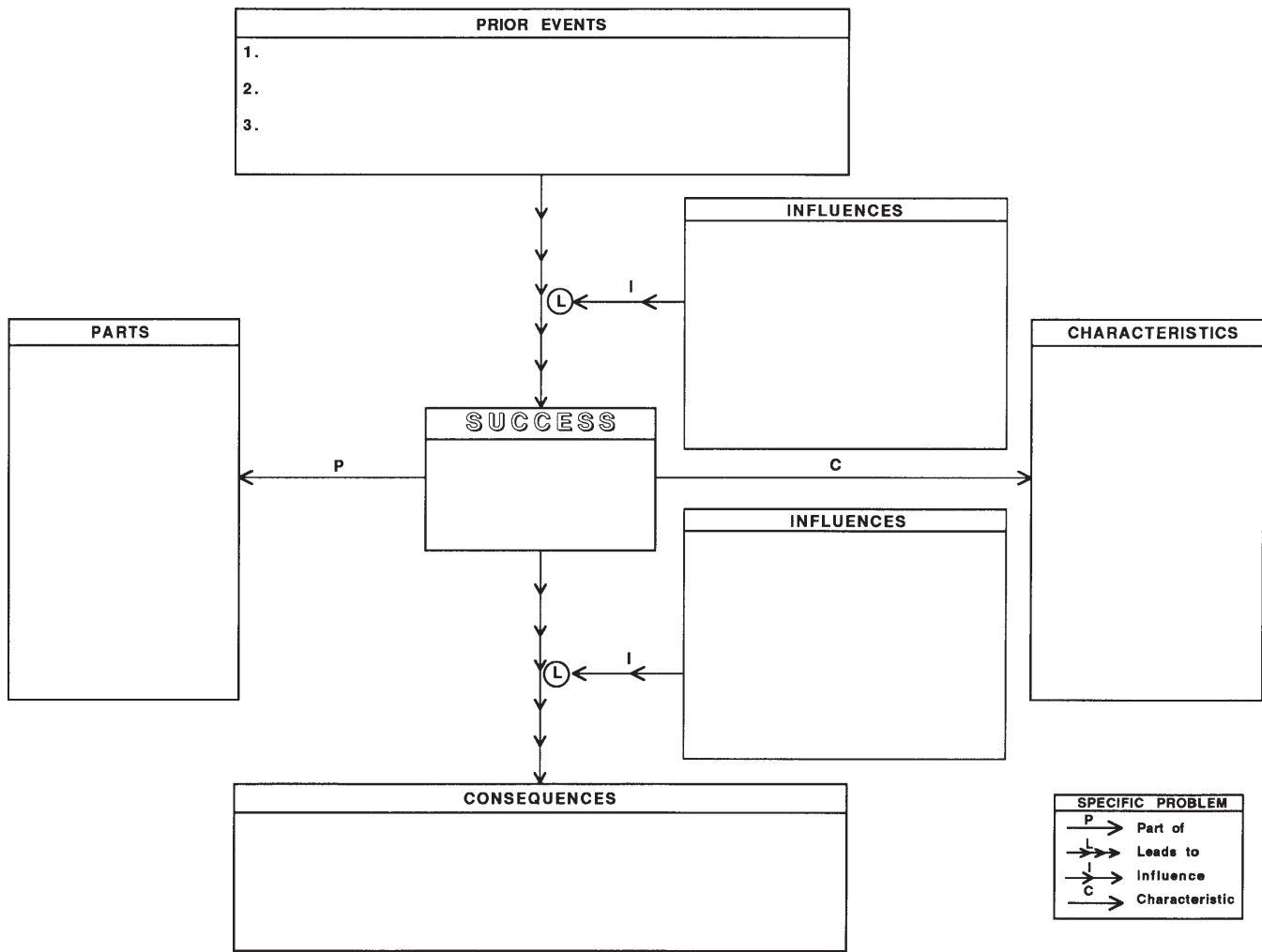
MAP 5.4a: SOLUTION SEARCH*

*This map was developed at the Rochester Institute of Technology by K.W. Chase, E. Rusling, and G. Long.

PROBLEM MAP



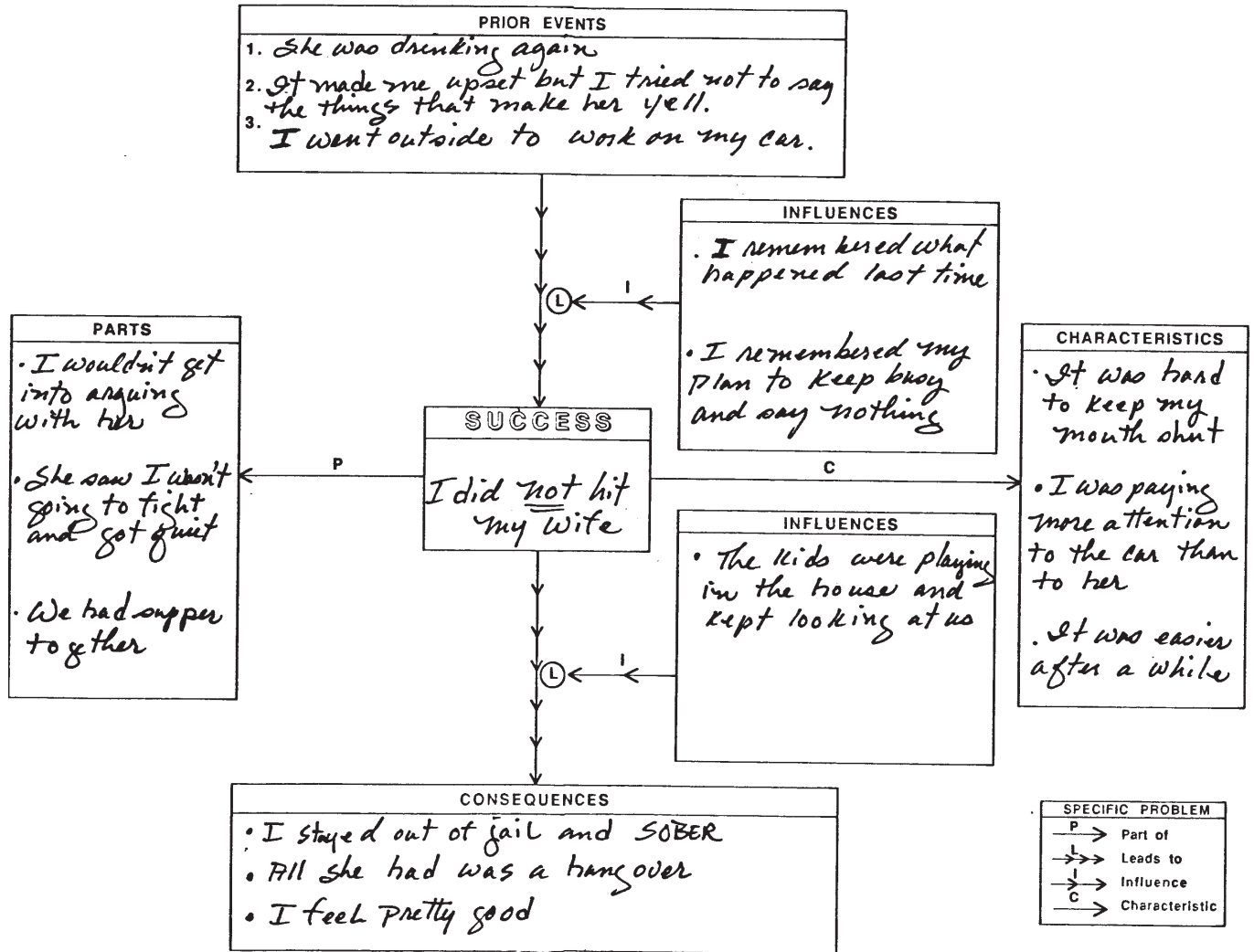
MAP 5.4b: SOLUTION SEARCH (Completed)



MAP 5.5a: **SUCCESS ANALYZER***

***Link-to-link Connections**

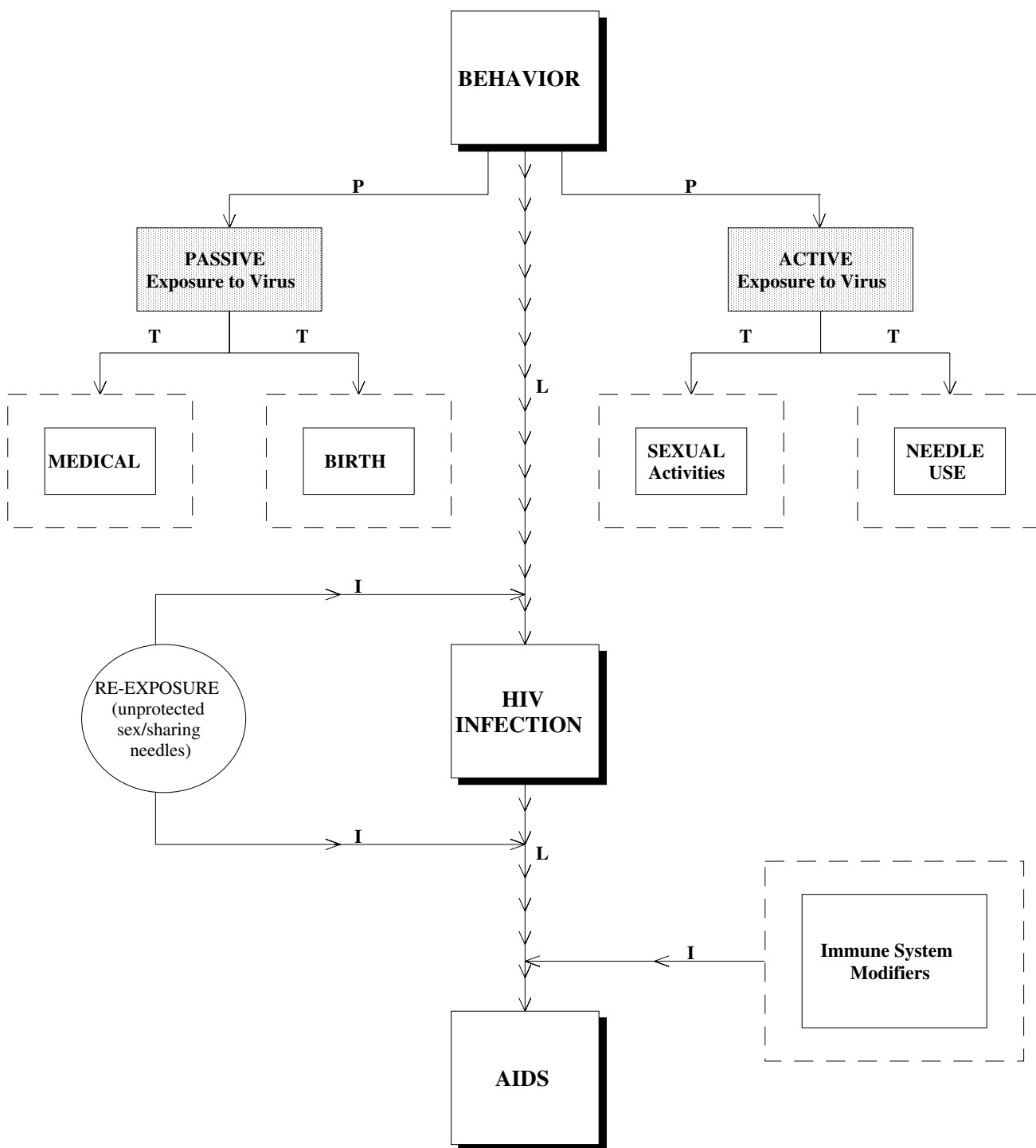
Note the link-to-link connections in the central portion of this map, indicating (in this case) an "influence" or moderating effect on the strength of a "leads to" link (i.e., on the extent to which one set of events will lead to another). We have found the link-to-link connection a useful addition to the more usual link-to-node format.



MAP 5.5b: SUCCESS ANALYZER (Completed)

Presentation Maps

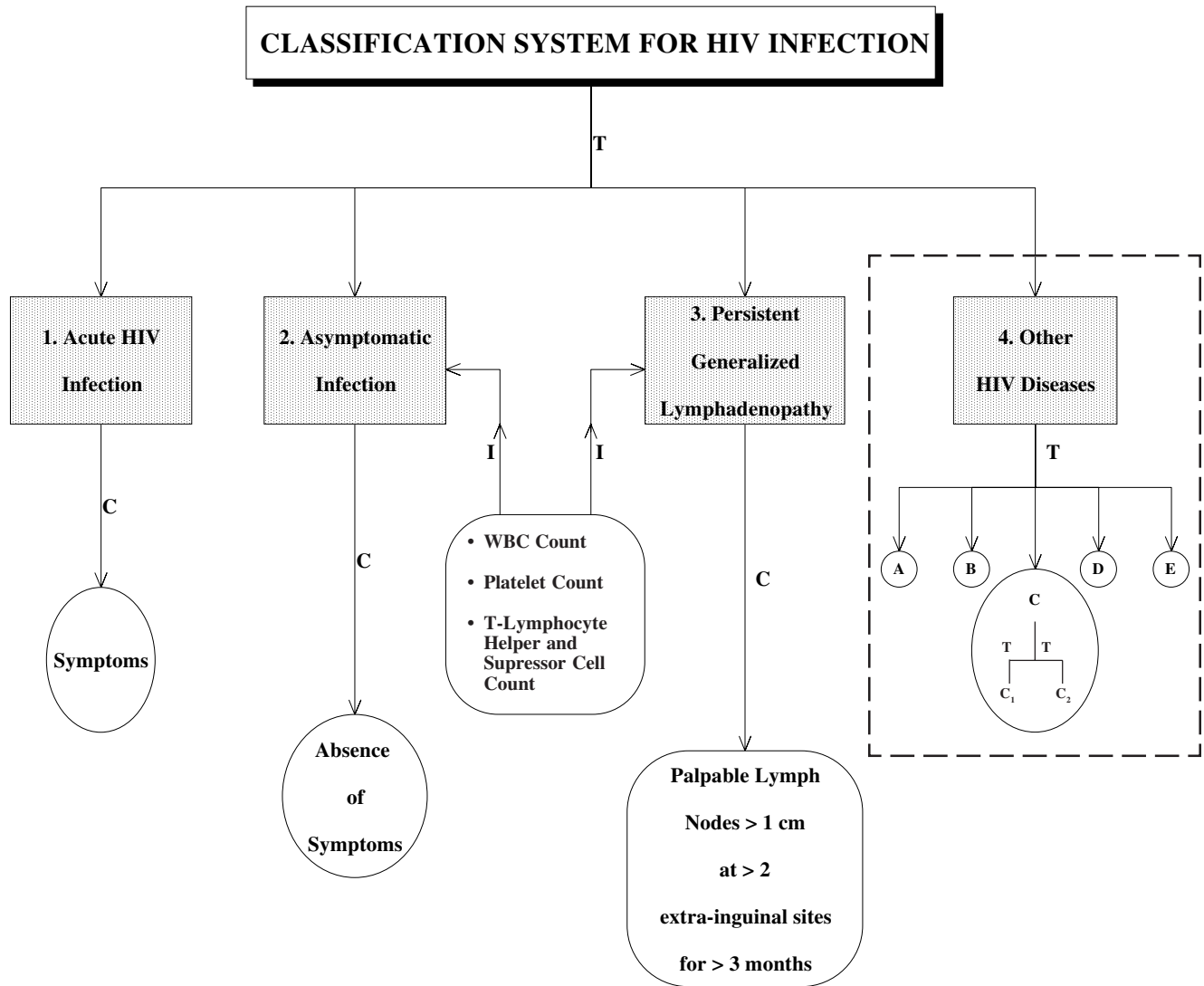
The counselor may use a pre-prepared map as an instructional tool to present specific information about a topic, as have been done in Maps 5.6, 5.7 and 5.8 for AIDS information (the DATAR AIDS/HIV module). Maps 5.9 and 5.10 has been used to teach constructive approaches to dealing with problems. These appear in *Straight Ahead: Transition Skills for Recovery* (also a DATAR manual). Presentation maps are frequently used as overhead transparencies and as handouts. They are especially useful in organizing a lecture or maintaining the focus of discussion on a topic.



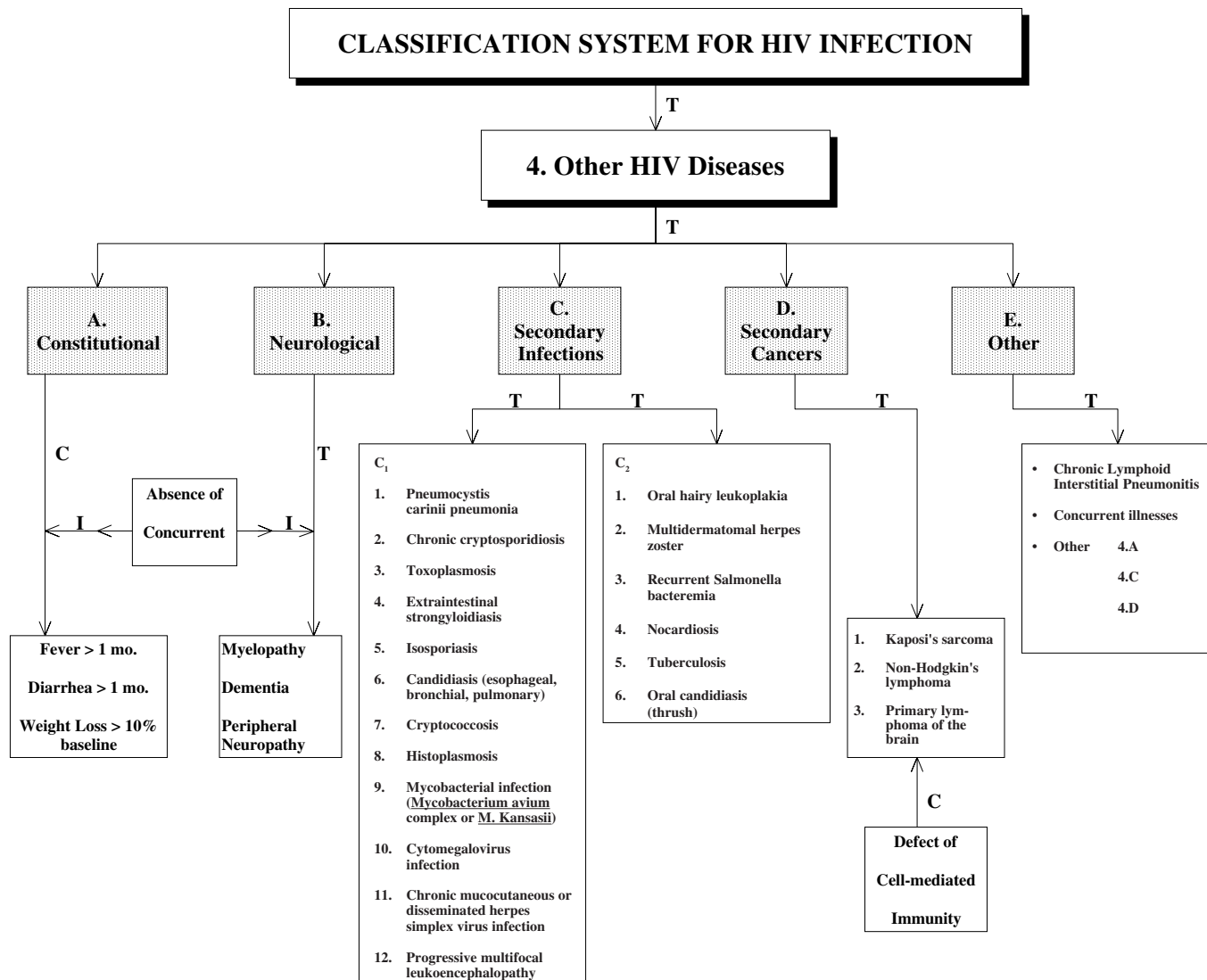
MAP 5.6: THE ROLE OF BEHAVIOR IN HIV INFECTION* (From AIDS Module)

***Link-to-link Connections**

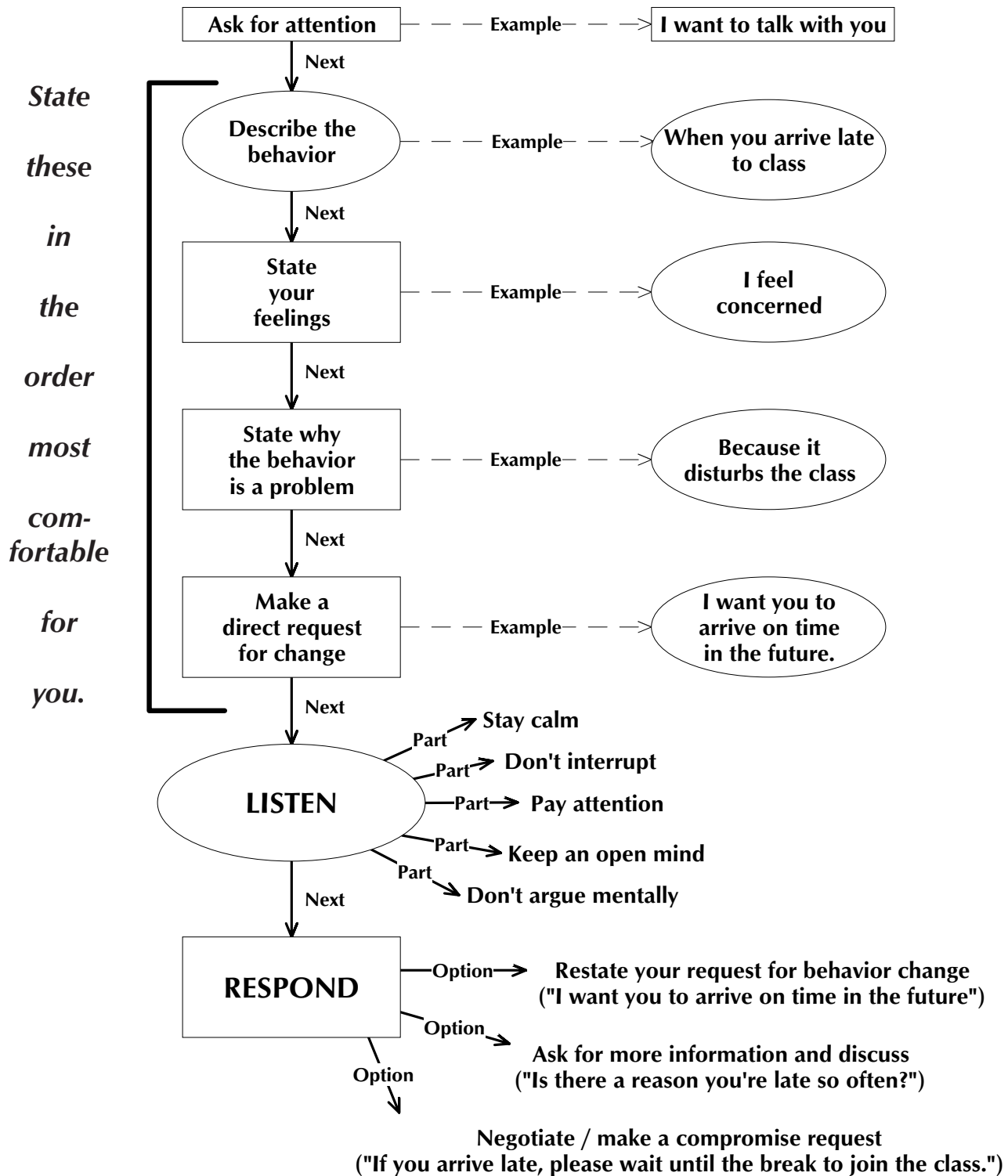
Note the link-to-link connections in the central portion of this map, indicating (in this case) an “influence” or moderating effect on the strength of a “leads to” link (i.e., on the extent to which one set of events will lead to another). We have found the link-to-link connection a useful addition to the more usual link-to-node format.



MAP 5.7: CLASSIFICATION SYSTEM FOR HIV INFECTION - I (From AIDS Module)



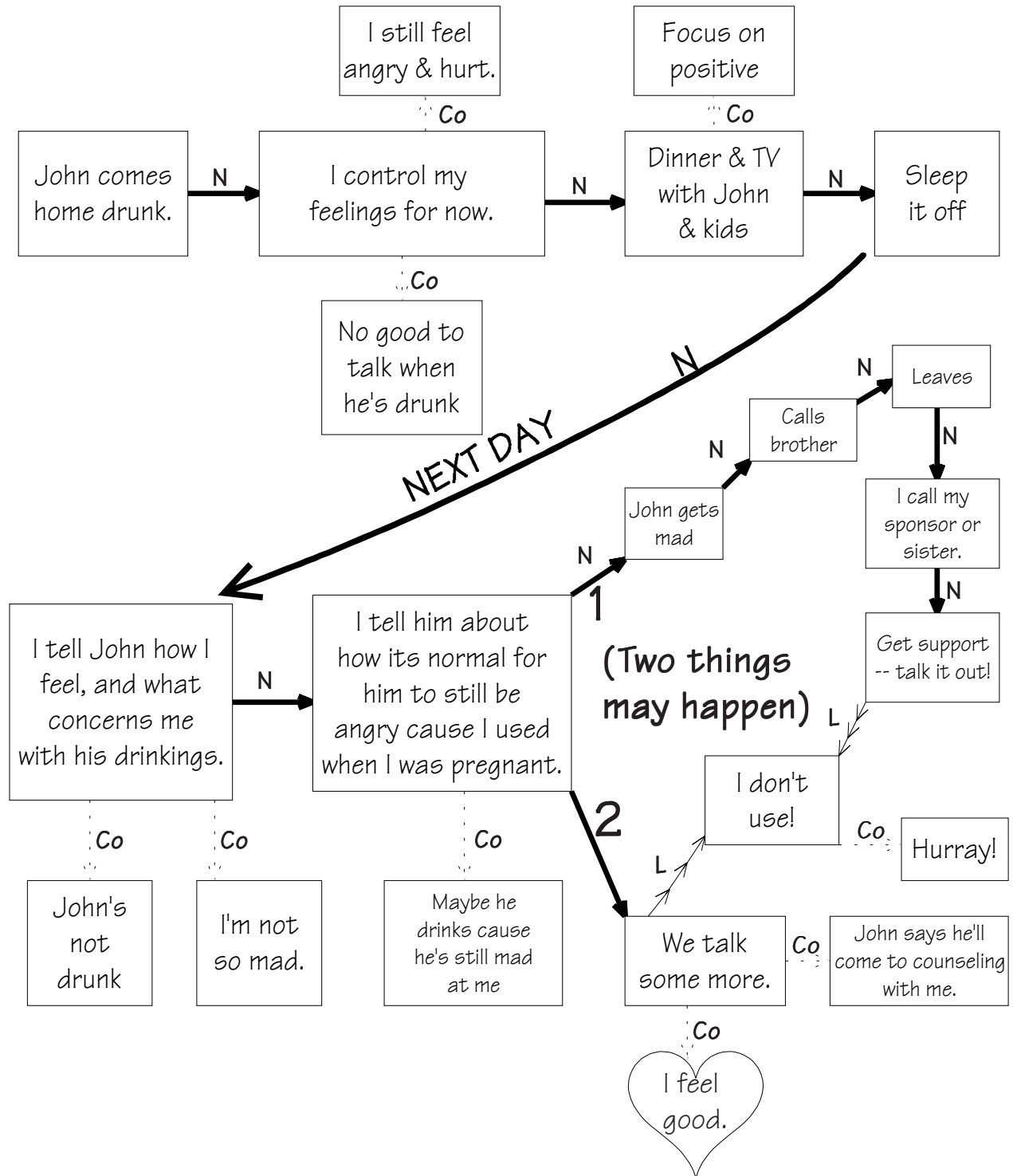
MAP 5.8: CLASSIFICATION SYSTEM FOR HIV INFECTION - II (From AIDS Module)



MAP 5.9: ASSERTIVE MESSAGE MAP* (From DATAR'S STRAIGHT AHEAD Manual)

*This map was prepared for clients who may or may not have been introduced to the mapping link system.

Problem: Husband drinks
 won't talk to me
 gets angry
 runs away from talking



MAP 5.10: PROBLEM SOLVING MAP (From DATAR'S STRAIGHT AHEAD Manual)