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Chapter Three

What’s a map?
What's a map?

Time: Sometime before or during 3rd group session
Materials: 15 copies of the knowledge map “A Map to Explain Maps” & overhead copy of the map

Dr. C:

"I'll be using guide maps a lot with this group, especially at the beginning of our work. As things move along, there will be some short map homework and special assignments for each of you. Since that's my plan, I want you to understand why I use "guide maps" with my groups. I think the best way to explain mapping is with a map."

I use maps to represent ideas visually: these boxes, or "nodes," hold the ideas and the links between them show how they are related. There are lots of reasons for using a map. Ideas presented this way are usually easy to understand, to recall, and can really make some complex ideas --- broken down into parts -- a lot simpler. When I use maps in my groups, it seems to focus attention on a topic, keeps the discussion on target and helps all of us understand each other a little better. I think it's a lot easier to see solutions to problems using a map."
Node-Link Maps

Three formats

- **“Information Map”**: Blanks are filled in prior to use. The map you are reading is an information map.
- **“Free Map”**: Create as you talk or think.

Potential payoffs

- Facilitates communication. Focuses group discussions.
- Can focus the attention and promote organized thinking.
- Can make problem solving easier.
- Aids memory for important parts of a therapy session and plans for the future.

A map to explain maps!