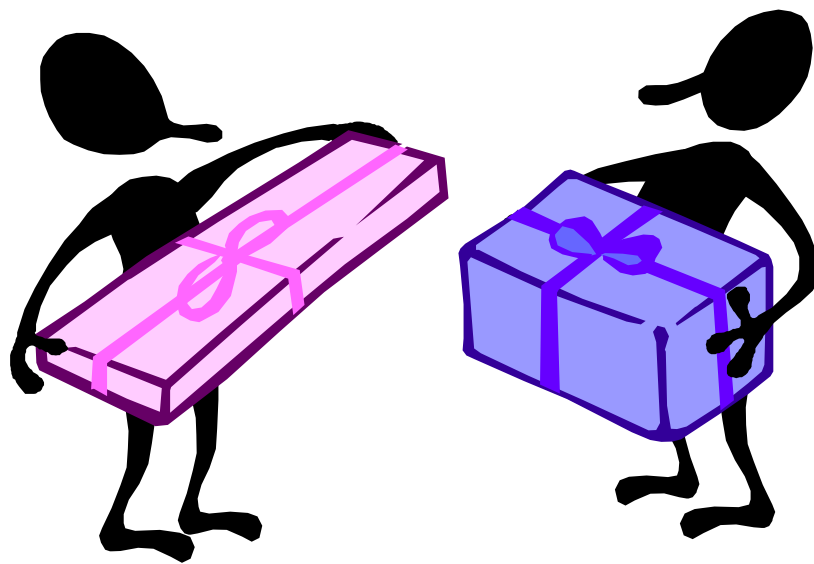


# *TCU Guide Maps: a Resource for Counselors*

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## *Table of Contents*

<i>Acknowledgements</i> .....	iii
<i>Fireworks Up-Front</i> .....	1

### *Why use maps?*

<i>Chapter One A bedtime story: research on mapping</i> .....	5
---	---

### *How can you use maps in a treatment program?*

<i>Chapter Two Setting the stage</i> .....	15
<i>Getting to know you! First map</i> .....	17
<i>Chapter Three What's a map?</i> .....	23
<i>Chapter Four I have to PLAN for my treatment?</i> .....	27
<i>Chapter Five Deal with important issues: Map them!</i> .....	37
<i>Chapter Six After treatment: mapping the future</i> .....	47

### *Choose and use!*

<i>Chapter Seven Food for the copy machine</i> .....	59
A. <i>Dr. C's Treatment Packet</i> ..	60
B. <i>Dealing with Myself</i> ..	78
C. <i>Dealing with Other People</i> ..	92
D. <i>Planning Ahead, Decision Making,</i> <i>and Problem Solving</i> ..	100
E. <i>Learning from Situations</i> ..	104
F. <i>Dealing with Substance Abuse</i> ..	112
G. <i>Dealing with HIV/ AIDS</i> ..	115
H. <i>General</i> ..	119



## Fireworks Up-Front.....

This manual is designed to show you how tools we call "guide maps" have been used to enhance counseling sessions in a substance abuse treatment program. We'll do this by laying out a sequence of maps and providing examples of completed maps for a 4-month treatment program. Although the examples used here are based on experiences with large-group residential treatment in a criminal justice facility, the maps themselves are also appropriate for both small group and individual counseling or therapy programs in a variety of settings. Here's what's important for you to know before you begin with the maps:



\* ***Guide Maps give individuals more outlets for personal expression*** in a large group setting. These maps are designed to help counselors and their clients

- organize thoughts,
- remember plans,
- remember important parts of therapy sessions, and
- communicate with each other.

\* ***Four major research projects have shown that maps have a positive impact*** on the counseling process and on outcomes, especially for group counseling (see Chapter One for more on this).

\* ***Maps are enhancements to counseling***, they aren't intended to change or interfere with a counselor's basic approach or style.

\* ***Chapter One shows how we know that maps work*** and give you a reference list for extra reading in case we need to convince you that maps are

worth using. *You don't have to read Chapter One*, of course, but you will know more about the scientific basis of this strategy if you do. *Leave it till last if you want!*

★ *Chapters Two through Six show you how to use Guide Maps by example:* we have created a typical use of maps in a 4-month treatment program. Chapter Eight gives you a set of templates that you can send through a copier or a scanner to use for your own purposes.

★ *Maps in this manual are good but not "gospel."* You can tailor to your own needs the number or sequence of maps, and the look of any map. You can even make your own maps. Ours are in Microsoft Office PowerPoint. We encourage folks to be creative!