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For more information, contact:

Institute of Behavioral Research
Texas Christian University
P.O. Box 298740
Fort Worth, TX 76129
(817) 257-7226
FAX 257-7290
E-Mail IBR@TCU.EDU
Web site: www.ibr.tcu.edu

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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!