Mental Roadmaps: An Introduction and Background

Node-link Mapping

- Less word clutter
- Easy to navigate

C = characteristic

What Are Mental Roadmaps?

Why Use Node-link Maps?

How Do You Do Simple Mapping?
Chapter 2

Using Maps for Group Counseling

Node-link maps

Easy to show complex relationships

C = characteristic

“Growing” Maps in Group Settings

Group Session Example #1 and Comments on the Process

Group Session Example #2 and Comments on the Process
CHAPTER 3

Using Maps for Individual Counseling

Node-link maps

C

Easy to recall

C = characteristic

Drawing Maps in Individual Counseling

Individual Session Example #1 and Comments on the Process

Individual Session Example #2 and Comments on the Process
CHAPTER 4

Introducing Clients to Mapping

Nodes

C

Contain ideas

C = characteristic

Showing a Client How Maps Work

An Example

Comments on the Process
CHAPTER 5

Structured Maps

Prior Events

L

Problem

L = leads to

Types of Structured Maps

“Fill-in” Maps

Presentation Maps
APPENDICES

Node-link
maps

Better
communication

L = leads to

Appendix A — Group Counseling Session Maps
Appendix B — Individual Counseling Session Maps
Appendix C — Additional Practice with Mapping
Glossary