

RESEARCH ROUNDUP

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New DATAR Training Manual Emphasizes Cognitive Enhancements in Counseling

A new training manual that teaches clinicians how to incorporate cognitive enhancements into drug abuse counseling has been developed at IBR. The manual, *Mapping New Roads to Recovery: Cognitive Enhancements to Counseling*, is designed as a primer for drug abuse counselors on the use of *node-link mapping*, a visual representation system for helping clients improve personal problem-solving and decision making skills. The manual was written by Drs. Don F. Dansereau, Sandra M. Dees, Lois R. Chatham, Jeannie Boatler, and Dwayne Simpson.

Studies have shown that clients may be helped by "seeing" their problems (through visual representation) in addition to talking about them. Mapping enhances a clinician's repertoire of skills and provides an easy-to-use tool for helping clients make decisions and solve problems. Node-link mapping spatially represents

the interrelationships among the thoughts, actions, and feelings that impact problems and problem solutions. Using a flip chart, chalkboard, or paper and pencil, the client(s) and counselor work together to create a "map" or visual representation of the problem or issue under discussion. The nodes are drawn as enclosed boxes and represent thoughts, actions, or feelings. The links are simple lines with arrows which are labeled to show the direction of influence and the interrelationships among the nodes (see Figure 1 below).

See *Mapping New Roads* on page 2.

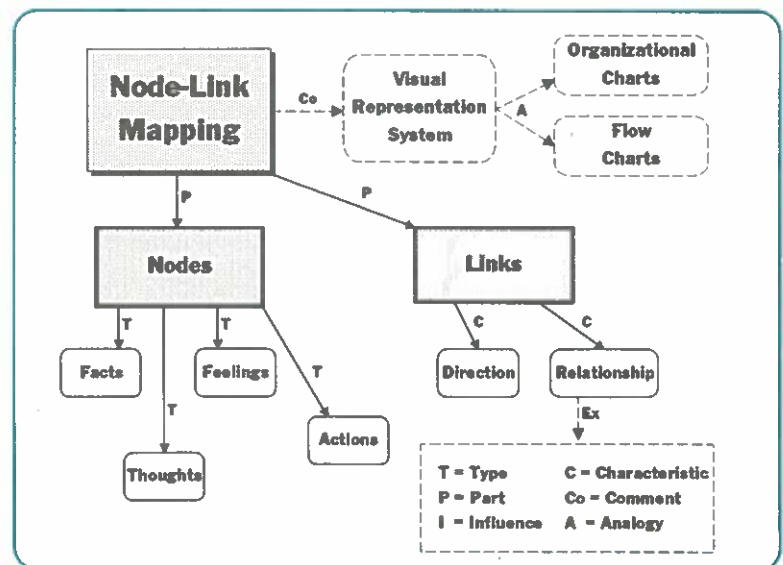


Figure 1. A map of "node-link mapping."

Mapping New Roads (continued from page 1)

The *Mapping New Roads to Recovery* manual uses a step-by-step format to explain both the theory and techniques of node-link mapping. Once familiar with this system, a clinician may use mapping in either individual or group counseling sessions. Studies by Dr. Dansereau and his colleagues of node-link mapping in educational settings have shown it enhances comprehension, retention, and means-end thinking.

Research Suggests Node-link Mapping Is Effective

IBR's DATAR Project, designed to study ways of improving drug treatment retention through enhanced intervention strategies, has studied the impact of node-link mapping in the counseling setting since 1990. In the first set of studies designed by Dr. George Joe, in conjunction with Drs. Dansereau and Simpson, node-link mapping was taught to randomly selected counselors in three methadone maintenance programs in Texas. These studies suggest that the use of mapping in the first three months of treatment enhanced client commitment to counseling (based on counseling session attendance). Counselor perceptions of the clients' motivation and communication effectiveness were also higher when mapping was used.

A subsequent study by Dr. Danica Knight, and Drs. Dansereau, Joe, and Simpson showed that clients exposed to mapping-enhanced counseling scored higher on a series of cognitive-behavioral and motiva-

tional variables than did clients in the nonmapping condition. In addition, they also perceived group counseling to be a more valuable experience.

A preliminary framework emerging from these studies suggested that mapping might be particularly helpful for clients with cognitive difficulties associated with cocaine use. To examine this possibility, Drs. Joe, Dansereau, and Simpson next studied clients identified as high-level cocaine users (weekly or daily use). Measures of client commitment to treatment, and counselor ratings of clients during treatment, suggest node-link mapping enhances the therapeutic process.

Future Directions

Node-link mapping appears to be an important tool for drug abuse counseling. Preliminary results of a new study suggest that mapping helps counselors more readily identify clients with memory and comprehension difficulties. This knowledge allows counselors to tailor their counseling style to meet the needs of these clients. Future studies will focus on: (1) measuring the impact of mapping-enhanced counseling on behavioral outcomes (drug use and treatment compliance); (2) developing methods of predicting which clients benefit most from mapping (client matching); (3) determining what constitutes effective mapping in the counseling session; and (4) determining how mapping influences counseling dynamics. ♣

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DATAR to Pilot Recovery Skills Treatment Module

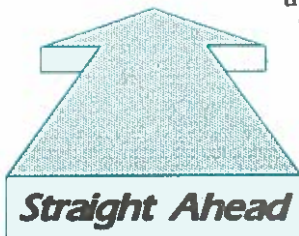
A ten-session life skills enhancement module for clients who have shown improvement during treatment has been developed through IBR's DATAR project.

The program is designed to help clients improve their social networks and otherwise strengthen their recovery efforts during the difficult treatment-to-aftercare transition period.

The program manual, called *Straight Ahead: Transition*

Skills for Recovery, was written by Norma Bartholomew, Dr. Lois R. Chatham, and Dr. Dwayne Simpson.

The module focuses on recovery maintenance skills, enhancing personal relationships, building drug-free social networks, utilizing community-based self-help groups, improving communication, managing negative emotions, and problem solving skills. The material, organized for presentation in weekly two-hour workshops for six to ten participants, uses open discussion, interactive exercises, experience sharing, role play, and cognitive enhancements such as node-link mapping. The program will be pilot-tested at DATAR's research site in Houston, Texas this summer. ♣



Time Out! For Me Module Suggests "Holding Power"

Analyses of data from DATAR's six-session women's assertiveness module, *Time Out! For Me*, shows that women who took part in the program stayed in treatment significantly longer than women who did not participate. The study was conducted by IBR Associate Research Scientist **Dr. Grace Rowan-Szal**.

The module addresses assertiveness skills, safer sex options, reproductive health care, and self-esteem enhancement. Further

analysis found that women completing four or more sessions of *Time Out!* showed significant gains in knowledge and self-esteem compared to those who took fewer sessions, based on pre and posttest scores and psychosocial functioning scales. 🌱

The module addresses assertiveness skills, safer sex options, reproductive health care, and self-esteem enhancement.

IBR Scientists Invited to Summer Conferences

Several representatives from IBR will take part in the National Institute on Drug Abuse (NIDA) National Conference on Drug Abuse Research and Practice in Washington, DC. IBR Director **Dr. D. Dwayne Simpson** will present findings from the DATAR project, *Improving Drug Abuse Treatment: Findings from NIDA's Research Demonstration Project*, and Research Associate **Norma Bartholomew**, Senior Research Scientist **Dr. Lois R. Chatham**, and Dr. Simpson will conduct two six-hour workshops on *Improving Effectiveness of Treatment for Women Through Specialized Training*. In addition, Research Scientist **Dr. Wayne E.K. Lehman**, who heads IBR's

Drugs in the Workplace Project, will do a Poster Presentation entitled: *A Management Information Evaluation System for Drug Testing Programs*. The conference dates are July 14 - 17.

Ms. Bartholomew and Dr. Chatham also presented a workshop at the Seventh Annual Women's Issues Conference of the Alcohol and Drug Problems Association in Minneapolis in June. Their workshop presentation, *Sexual Assertiveness Skills for HIV Prevention*, was based on the DATAR *Time Out! For Me* treatment module. 🌱

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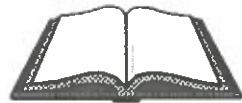
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DATAR Manuals

The following treatment enhancement manuals are available from IBR's DATAR Project:

AIDS/HIV. A counselor manual for leading four educational group sessions and two individual counseling sessions in a node-link mapping approach to AIDS education for clients in drug treatment. 64 pp., illus., bibl., appen. Handouts.

MAPPING NEW ROADS TO RECOVERY: Cognitive Enhancements to Counseling. A self-paced training manual for counselors interested in learning node-link mapping. 131 pp., illus., bibl., appen., exercises, glos., index. Available in August, 1993.

STRAIGHT AHEAD: Transition Skills for Recovery. A counselor manual for leading ten educational group sessions incorporating node-link mapping. Designed for clients ready for transition into aftercare. Approx. 215 pp., illus., appen. including "How to Use this Manual," bibl., index. Handouts for each session. Available in August, 1993.

TIME OUT! FOR ME: An Assertiveness and Sexuality Workshop Specially Designed for Women. A counselor manual for leading six educational group sessions for women. 218 pp., illus., bibl., appen. including "How to Use This Manual" and "FACTS Manual Reference Section." Handouts for each session.

Copies of these manuals are available for \$15 per manual to cover printing and shipping costs. Free copies are available for small-budget, nonprofit groups. For more information, contact **Norma Bartholomew** or **Lois Chatham** at IBR's address listed below.

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