

***TRIP APPENDIX***

***Appendix 4***



***Mapping Bibliography***

# TCU Mapping-Enhanced Counseling



SAMHSA's National Registry of Evidence-based Programs and Practices  
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TCU Mapping Atlas / Instructions

The **TCU Mapping Atlas** is a dissemination aid for TCU Mapping-Enhanced Counseling. It assists treatment practitioners in locating a particular map. About 70 maps are linked from the 7-page atlas, and the matrix structure identifies maps under 18 counseling topics. Also, the **Manuals Selection Matrix** links to all TCU mapping guides with treatment maps.

**Mapping-enhanced counseling** is a cognitive strategy shown to be effective in increasing client motivation, engagement, participation, and retention in treatment. It also promotes more positive interactions with other clients and treatment staff, both in community-based and correctional settings. TCU manuals for adaptive treatment services provide guidance on the use of mapping techniques (a visual representation and communication strategy for group and individual counseling) using a variety of structured and free-flow formats, as well as a related series of motivational readiness interventions. All **TCU Counseling Manuals** are based on this counseling technique for improving psychosocial and related decision-making skills.

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- [➤ Manuals Selection Matrix](#)
- [➤ List of Mapping Manuals and Guides](#)
- [☑ Published evidence for TCU Mapping-Enhanced Counseling](#)

## Overview of Evidence

by **D. F. Dansereau** and **D. D. Simpson**

**TCU Mapping-Enhanced Counseling** is a graphic representation strategy used to visually enhance the counseling process, including the presentation, training, and implementation of the TCU intervention manuals (Dansereau & Simpson, 2009; Dansereau, Joe, & Simpson, 1993; Dees, Dansereau, & Simpson, 1994). Training workshops follow a set of guidelines established for use with counselors, clinical supervisors, and trainers (*Teaching People How to Map: Leader's Manual* -- [PDF / 556 KB / 19 pages](#)).

**Node-link mapping (NLM)**—which uses boxes (nodes) and lines (links) to illustrate thoughts, feelings, and actions, and how they relate to each other—forms the foundation of the TCU counseling approach. Research in psychology and communication shows there are strong communication and thinking advantages for graphic representations like NLM in comparison to traditional language

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## TCU (Texas Christian University) Mapping-Enhanced Counseling

TCU (Texas Christian University) Mapping-Enhanced Counseling is a communication and decision-making technique designed to support delivery of treatment services by improving client and counselor interactions through graphic visualization tools that focus on critical issues and recovery strategies. As a therapeutic tool, it helps address problems more clearly than when relying strictly on verbal skills. Mapping-Enhanced Counseling is the cognitive centerpiece for an adaptive approach to addiction treatment that incorporates client assessments of needs and progress with the planning and delivery of interventions targeted to client readiness, engagement, and life-skills building stages of recovery. The technique centers on the use of "node-link" maps to depict interrelationships among people, events, actions, thoughts, and feelings that underlie negative circumstances and the search for potential solutions. There are three types of maps: (1) information maps are produced by a counselor or content expert to communicate important ideas (e.g., causes and consequences of HIV); (2) guide maps are predrawn "fill-in-the-node" displays completed by the client (either with assistance from the counselor or as homework); and (3) free style maps are drawn "from scratch" on paper or a marker board while a session progresses. These map types can be used independently or in combination to capitalize on the cognitive advantages of graphical representation while augmenting the flexibility and power of a verbal dialog between clients and counselors/therapists. They also document process and progress across sessions.

TCU Mapping-Enhanced Counseling training relies on manuals and/or workshops to emphasize the importance of integrating applications into the unique styles of counselors and client circumstances. Guidelines are provided for sequencing and timing of mapping activities, but flexibility permits modifications to fit unique situations. This technique has been evaluated across diverse outpatient and residential treatment settings, using both individual and group counseling. Its applications address common treatment issues (e.g., motivation, anger management, thinking errors, relationships) as well as how to facilitate organizational changes within treatment systems.

### Descriptive Information

<b>Areas of Interest</b>	Substance abuse treatment Co-occurring disorders
<b>Outcomes</b>	<b>Review Date: July 2008</b> 1: Substance use 2: Counseling session attendance 3: Client rapport, motivation, and self-confidence 4: HIV risk behavior 5: Criminal behavior 6: Participation in group meetings 7: Perceived treatment progress, affect, and engagement 8: Treatment retention
<b>Outcome Categories</b>	Crime/delinquency Drugs Treatment/recovery
<b>Ages</b>	18-25 (Young adult) 26-55 (Adult) 55+ (Older adult)
<b>Genders</b>	Male Female
<b>Races/Ethnicities</b>	American Indian or Alaska Native Black or African American Hispanic or Latino White Race/ethnicity unspecified
<b>Settings</b>	Residential Outpatient

## Mapping Bibliography

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