What is mapping?

Mapping is a cognitive enhancement that helps organize information and ideas spatially and allows people to see ideas from a different perspective.

Node-link mapping uses boxes - nodes - to include central ideas and connects these nodes with lines - links - representing different types of relationships.

A Texan’s view of the United States

High above the hushed crowd, Rex tried to remain focused. Still, he couldn’t shake one nagging thought: He was an old dog and this was a new trick.
**Visual Thinking**

“A picture is worth 957 words.”

(Reference:current economic downturn has affected everything)

“I see what you mean.”

“That’s circular reasoning.”

“He’s going off on a tangent.”

“Thinking outside the box.”

“I don’t follow that line of reasoning.”

“Those are parallel ideas.”

“Let’s get this discussion off dead center.”

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**Language Limitations**

- Specific reading direction/pattern (top left to bottom right)
- Restrictions freedom to explore a topic
- Improves exploration capability
- Different languages have different organizational (grammatical) rules
- Makes it hard to learn and translate other languages
- Use simple, standard grammar:
  - Spoken/read one word at a time
  - Puts a heavy load on memory and thus makes it hard to explain complex topics
  - Use two dimensions to take advantage of spatial organization and memory

**Node-Link Mapping**

- Can be used in group and individual counseling
- Over 50 publications have shown its effectiveness

**Information Maps**
- Expert produced
- Convey information

**Free Mapping**
- Jointly produced
- Spontaneous
- Represent & explore personal issues

**Guide Maps**
- Framework provided by counselor
- Structured/free
- Represent & explore personal issues

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**MAPPING**

- Communication and thinking booster
- Adds visualization to standard counseling
- Select starting node
- Not a “stand alone” treatment
- Add links and other nodes
- Look for patterns and discuss
Wayne E. K. Lehman, Ph.D., Senior Scientist
TCU Mapping Enhanced Counseling

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"The art of remembering is the art of thinking . . . our conscious effort should not be so much to impress or retain (knowledge) as to connect it with something already there."

- William James

**GENERAL BENEFITS OF MAPS**

- Provide a workspace for exploring problems and solutions. Can help illustrate cause and effect, feedback loops, and other complex patterns.
  - Focus attention on the topic at hand
  - Provide easy reference to earlier discussions
  - Provide a method for getting "unstuck"
  - Create memory aids for client and counselor
  - Train clearer and more systematic thinking
- Groups working with maps build stronger relationships due to better communication.

**USING MAPS: The Rules**

1. A "good" map is one that HELPS; there are no other rules.
2. Maps are designed to stimulate and organize discussions not suppress them.
3. Maps are like Swiss Army Knives. They are tools that can be used in many different ways.
4. If a map isn’t working, move on to another one.
5. Key words and even sketches may sometimes be all you need in filling out a map.
6. Colored pencils and markers may help make things more vivid.
7. Don’t be afraid to leave some boxes blank.
8. Neatness doesn’t count: “Color outside the lines,” mark up the maps to your heart’s content.
9. Don’t give up on mapping, keep coming back to it. You will eventually have success, we guarantee it.

There are times when it is important to learn the procedure!
Main “Parts” of Node-Link Maps

- A node, which is just an idea captured in a box, circle, or other shape
  
  For Example: Blockbuster Movie
  
- Links (named or not) which show the relationship between nodes
  
  For Example: Blockbuster Movie - Titanic
  
  “An Example of a Blockbuster Movie is Titanic”

Some Mapping Structures

- Hierarchy
- Spider
- Chain

Mapping Training

Great wealth*

Mapping Training

Examples: Actions

Influences

Amount of food in stomach

\[ \rightarrow \text{Effects of alcohol} \]

Leads To

Poor self-image

\[ \rightarrow \text{Heavy drinking} \]

\[ \rightarrow \text{Hangover} \]

Next

Decide on goal

\[ \text{N} \rightarrow \text{Develop an action plan} \]

Examples: Descriptions

Characteristic

Cocaine affects cells in the body

Part

Successful behavior change

Motivation

An effective plan of action

Type

Abuse

Chronic

Acute

Examples: Insight

Analogy

Hangover

Being stuck in a clothes dryer

Comment

Cocaine intake can be controlled

Go

I DON'T BELIEVE IT

Example

Abusive Behavior

Chemicals for breakfast

* We wish
HIV is a human virus that invades and destroys the cells of the immune system.

AIDS is the late stage of HIV infection, resulting in illnesses and cancers the body can no longer fight off.

HIV is a human virus that invades and destroys the cells of the immune system.

AIDS is the late stage of HIV infection, resulting in illnesses and cancers the body can no longer fight off.

The immune system that fights disease

Smallest living microbe (germ)

Survives by invading cells and destroying them

AIDS is the late stage of HIV infection, resulting in illnesses and cancers the body can no longer fight off.

Why do you want to reach this goal?

I want to be able to stay clean

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Evidence for Mapping Effectiveness

- NREPP: SAMHSA's National Registry of Evidence-based Programs and Practices
  http://nrepp.samhsa.gov

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Background and support for mapping:

- 9 studies have supported the use of mapping during sessions to increase focus and attention on counseling topics and improve memory for material covered in the session.
- 3 studies found clients who learned to use maps reported greater confidence in their ability to communicate.
- 5 studies have shown that mapping facilitates the production of ideas and insights during sessions.
- 4 studies support mapping for improving rapport, communication, and working alliance between counselor and client.

References:

Manuals for Learning Cognitive Mapping Strategies in Counseling

This mapping "primer" features step-by-step information and practice exercises. It details the use of free mapping (i.e., maps made by counselors and clients from scratch) and contains examples of counseling session maps. (148 pages)

This manual presents a collection of fill-in-the-blank maps that cover numerous counseling topics. (122 pages)

This is a more targeted manual that provides guide maps for learning and processing the information in 12 step programs. (138 pages)

Also available in Spanish

This manual uses guide maps and information maps for relapse prevention and building social support for recovery. (218 pages)

10 sessions

Topic Specific Manuals
This manual uses mapping worksheets to help clients visualize decisional balances, self-identify motivations for change, and plan goals. (53 pages)

This manual presents a mapping-focused guide for working with clients to establish meaningful and useful treatment goals. (54 pages)

This manual uses mapping to focus on identifying and changing unproductive cognitive distortions that interfere with treatment and recovery. (55 pages)

And there’s more!

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“Process Model” for Treatment

Simpson, 2002, 2004; (Substance Abuse Treatment)

“Sequence” of Recovery Stages??


TCU Treatment Model

Simpson, Knight & Damereau, 2004 (Journal of Community Corrections)

Assessing Client Needs and Progress During Treatment

Simpson, 2002, 2004; (Substance Abuse Treatment)

“TCU Mapping” Interventions for Adaptive Treatment Process

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