

*a TCU/DATAR Training Module*

# ***Mapping New Roads to Recovery***

**Cognitive Enhancements  
to Counseling**



**Institute of Behavioral Research  
Texas Christian University**

# **Mapping New Roads to Recovery**



**Cognitive  
Enhancements  
to Counseling**

**a Training  
Manual  
from the  
TCU/DATAR  
Project**

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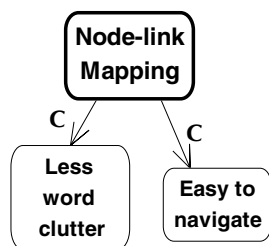
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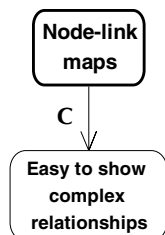


(C = characteristic)

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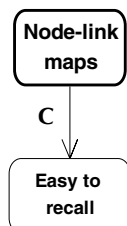
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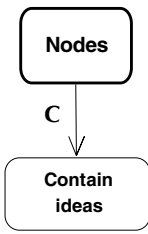
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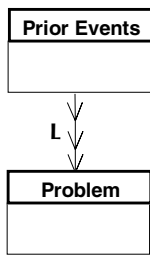


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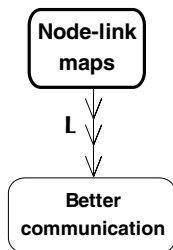
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(L = leads to)

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## Preface

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This manual is intended to help drug abuse counselors implement node-link mapping in their individual and group counseling sessions. Node-link mapping used as a counseling tool is a method for visually representing problems, issues, and potential solutions. Research to date indicates that this approach can facilitate important counseling outcomes.

### **Product of Extensive Research**

Mapping materials and ideas presented in this manual are the product of extensive research in treatment evaluation and cognitive psychology. As part of the Drug Abuse Treatment for AIDS-Risk Reduction (DATAR) project, these areas of research have been merged and tailored to the drug abuse treatment setting. Practitioners—program counselors and staff dedicated to helping drug abusers—and scientists have worked together to implement, adjust, and evaluate these and other strategies for enhancing therapeutic services. The success of DATAR demonstrates the unique value of applied research projects funded by the National Institute on Drug Abuse.

### **A Central Strategy**

Our initial planning for the DATAR project emphasized the need to improve the thinking and planning skills of drug abusers. At that time, node-link mapping was a system developed by psychologists at Texas Christian University for graphically displaying information; efforts were in progress to extend this technique to drug abuse prevention interventions. After making necessary adaptations to the clinical setting, mapping was incorporated as a central strategy for enhancing treatment services in the DATAR project.

### **Two Major Functions**

In keeping with DATAR objectives, mapping serves two major functions in the counseling process. First, *it provides a visual or diagrammatic “communication tool” for clarifying information shared between the client and counselor.* Mapping can enhance communication with a client whose cognitive awareness is blunted (due to acute or chronic effects of drugs), and can be used in tandem with whatever therapeutic orientation or style a counselor may follow. Second, *the regular use of mapping during counseling sessions provides a model for systematic and “cause-effect” thinking and problem solving that clients hopefully will begin to adopt.*

**Benefits to the Counseling Setting**

Since the project began in 1989, strategies for incorporating mapping techniques into group and individual counseling sessions have emerged. This training manual is based both on the input of counselors at three collaborating treatment sites, and on preliminary evidence supporting the value of mapping. Research findings consistently favor the use of mapping over “standard” (non-mapping) counseling. At this point, we know that the addition of mapping to standard counseling increases client commitment to treatment and enhances client-counselor rapport. In addition to our scientific findings, personal testimonies from DATAR counselors support the value of mapping in counseling sessions. In developing this manual, we have relied heavily on our experiences in providing group and individualized counselor training in the use of mapping, numerous telephone conferences and field site visits to review and revise as necessary the procedural strategies, and inspection of hundreds of maps collected as part of the DATAR data system. Examples taken from real cases in the DATAR data files are used in an effort to communicate our “hands-on” experience.

**A Conceptual Introduction**

This manual is organized to provide a conceptual introduction and overview of node-link mapping (Chapter 1) as well as a focus on specific applications to counseling situations. Mapping applications and examples are described for group counseling settings in Chapter 2, and for individual counseling settings in Chapter 3. An example of how to explain mapping to clients is presented in Chapter 4. Finally, Chapter 5 describes several “pre-packaged” maps available for special purposes, such as guided approaches to examining self and specific problem behaviors for presenting information in graphic form. These chapters are augmented by examples of actual maps in Appendices A and B, and by additional mapping exercises in Appendix C.

**Measures of Success**

Mapping skills are best developed through application and practice. Just as counselors develop their personal styles of counseling, those who become comfortable and experienced with the mapping technique will develop their own unique ways of using this tool. Although mapping may seem complicated at first glance, the system yields readily to practice. We encourage novice mappers to practice by mapping their own experiences, feelings, and thoughts, and by developing maps for any presentations they may make. Counselors who use mapping with clients can expect, in the short term, at least two measures of success. First, maps should help with *problem definition*. Maps should systematically highlight issues for the client in terms of causes, consequences,

and solution options. Second, maps should provide *easy-to-read summaries* of counseling sessions that can be useful both for quick recall of session issues and for reviewing a case with a clinical supervisor.

We hope you will find “node-link mapping” a useful addition to your counseling skills. You may also want to consider using some of the other DATAR manuals developed for special intervention modules that enhance drug abuse treatment services. These manuals address AIDS/HIV information and prevention strategies, relapse prevention training, women's health and communication issues (*Time Out! For Me: An Assertiveness/Sexuality Workshop Specially Designed for Women*), and development of social support networks and coping skills for recovery (*Straight Ahead: Transition Skills for Recovery*).



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## Acknowledgments

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We are indebted to Charlotte Pevoto for the design and layout of this manual and for conceptualizing and developing the glossary. Her creativity and skills have been invaluable. We are also grateful to Leah Flowers for illustrating many of the maps, figures, and mapping exercises created for this manual.

Much of what we know about how mapping is used in counseling settings has come from the work and input of supervisors and counselors in three methadone treatment centers in Texas. Without the support and dedication of the directors and staff of the Corpus Christi Drug Abuse Council (CCDAC), DARCO Drug Services, Inc., Dallas, Texas, and adVance Treatment Center, Inc., Houston, Texas, this manual would not have been written.

The DATAR project required extraordinary time, attention, and effort in its initial phases of field implementation. Ms. Christine Meadows, Executive Director of CCDAC, is therefore given special recognition for her unwavering belief in the importance of research in improving patient care and her constant support of this project. Ms. Victoria Perez, DATAR Supervisor at CCDAC, also played a special role, first as one of the original DATAR counselors and then as supervisor of the staff who pioneered the project with us. Their patience and advice during the many stages of form development and field testing of intervention modules (including mapping) have been invaluable.