CHAPTER 1

Mental Roadmaps:
An Introduction
and Background

```
        ┌──────────┐
        │ Node-link│
        │ Mapping  │
        └──────────┘
     C ╱            ╲ C
  ┌────────┐     ┌────────┐
  │  Less  │     │ Easy to│
  │  word  │     │navigate│
  │ clutter│     └────────┘
  └────────┘
```
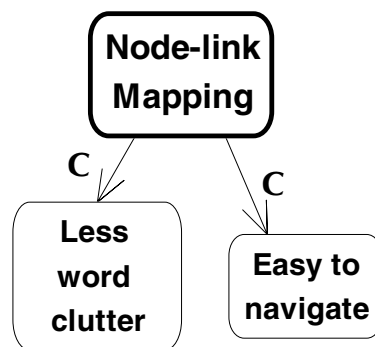
C = characteristic

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     │
└─────────────┘
       │
    C  │
       ↓
┌─────────────┐
│ Easy to show│
│   complex   │
│relationships│
└─────────────┘
```
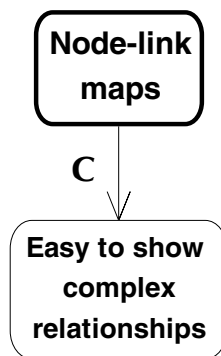
C = characteristic

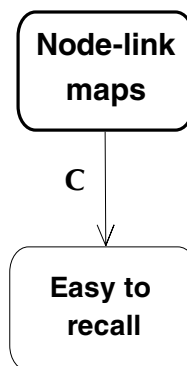"Growing" Maps in Group Settings

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
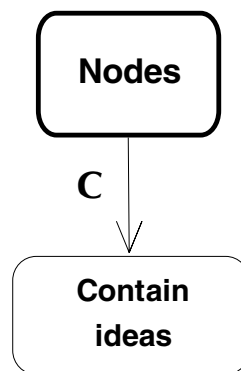
Drawing Maps in Individual Counseling

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      │
├─────────────────┤
│                 │
│                 │
└─────────────────┘
```
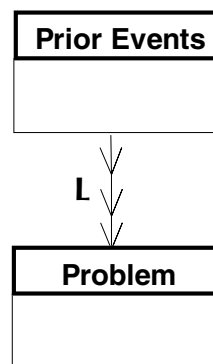
L = leads to

Types of Structured Maps

"Fill-in" Maps

Presentation Maps

APPENDICES

```
┌──────────┐
│ Node-link │
│   maps    │
└──────────┘
     │
  L  ↓
┌──────────────┐
│    Better    │
│ communication│
└──────────────┘
```

L = leads to