

Welcome to the [TCU Mapping Matrix](#)! The matrix is a dissemination aid for [TCU Mapping-Enhanced Counseling](#). All TCU [Counseling Interventions](#) are based on this evidence-based counseling technique for improving psychosocial and related decision-making skills. The purpose of the matrix is to assist substance abuse practitioners in locating a particular map from the resources available in TCU mapping manuals and guides. A “core set” of about **70 maps** are listed and linked from the 7-page matrix, and the matrix structure helps to locate and select the map most appropriate for a counseling need. Besides the maps and interventions represented, **other mapping training guides and interventions with additional maps** are featured in the TCU [Intervention Section](#) and [can be downloaded](#) at the [IBR Website](#).

The diagram at right shows how the matrix works. For further assistance obtaining these and other IBR resources, please contact [ibr@tcu.edu](mailto:ibr@tcu.edu)

**Topic Areas**  
Pick from **18** possible counseling topics arranged across the top of the matrix. Look down into the **Grid with Columns** to find matches.

**Matrix Information**

Mapping Atlas for selecting guide maps for use in TCU Mapping-Enhanced Counseling for substance abuse treatment Mar/18/2010

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A matrix for selecting TCU guide maps  
Instructions for Mapping Atlas  
Links to manuals' info & download  
MCC-Getting Motivated to Change  
ECC-Mapping Enhanced Counseling: An Introduction  
Reentry: The Journey  
ECC-Mapping Your Reentry Plan  
ECC-Mapping Your Treatment Plan  
USJ-TCU Guide Maps  
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See URL: [www.tcu.edu/psych/ibr/mec/atlasc.htm](http://www.tcu.edu/psych/ibr/mec/atlasc.htm)  
[ibr@tcu.edu](mailto:ibr@tcu.edu)  
Click on link below to download a map.

Map Title	Mapping Guide Code	Topic Areas																	
		Self and Others						Goals and Planning						Recovery and Relapse					
		Exploring self	Motivation	Dealing with others	Thinking errors	Health (HIV/AIDS)/STDs	Improving Communication	Improving relationships	Treatment planning/goal setting	Planning critical actions	Monitoring Progress	Problem-solving/decision making	Reentry plan	Relapse prevention	Tracing control	Social networks/peer inventory	Coping/stress management	Success/outcomes	Check walls/hotspots
Attitudes "There are some activities that I could get into that just make me feel good."	TCU01 pg 83	X	X						X					X					
Attitude "This is how I would describe my attitude about..."	TCU04 pg 82	X					X				X				X				
Avoid HIV/AIDS ways to Avoid HIV/AIDS	TCU09 pg 71					X	X		X						X				
Bad Happening "What is the bad thing that happened to you?"	TCU06 pg 110			X				X			X					X		X	
Blank map #1 ("issue" node with 3 other empty nodes)	TCU05 pg 126																		
Blank map #2 (all purpose wagon (best shape of nodes))	TCU05 pg 125																		
Blank map #3 (with instructions for growing a free map)	MCC1 pg 71																		
Size Plan Update "Things I've said want to work on... progress I have made in taking on them"	M12 pg 47		X						X	X								X	
Succession List for Aftercare recovery	TCU08 pg 76	X								X				X					
Decision Map "You have a decision to make about..."	M8P pg 51									X	X				X				
Defining Your Critical Action "Picture yourself doing this..."	TCU07 pg 77	X								X	X			X					

**Map Titles** are linked to the TCU Mapping Interventions section of our website. This Matrix lists the Maps alphabetically.

**Mapping Guide Codes** in this column represent the intervention where the map can be found and includes the page number for the map in the intervention. The code is linked to the TCU Mapping Interventions section of our website.

**Grid with Columns** illustrates where the **Topic Areas** match the **Map Titles** (far left column). An **X** in the grid shows the match.