

TCU Mapping Enhanced Counseling

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www.ibr.tcu

Agenda

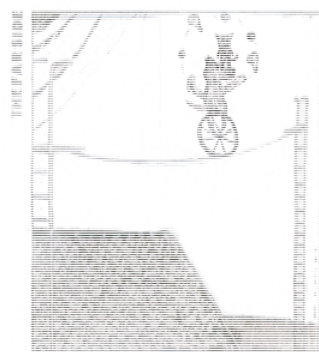
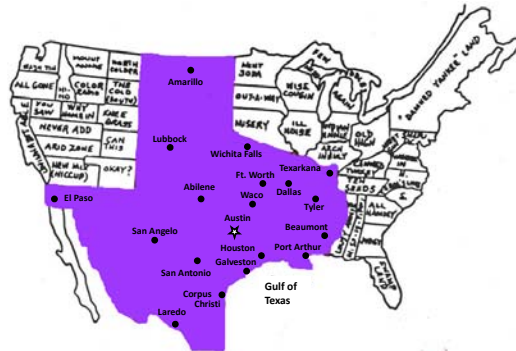
- ✓ What is Mapping?
- ✓ Evidence for mapping effectiveness
- ✓ TCU Intervention manuals based on mapping
- ✓ Treatment Process and Mapping Interventions

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.

A	E	F	H	I	K	L	M	N	T
B	C	D	G	J	O	P	Q	R	S

Visual Thinking

"A picture is worth 957 words."
(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."

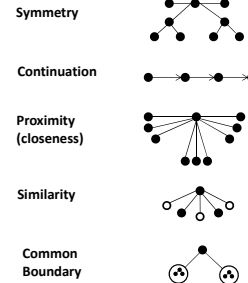
"I don't follow that line of reasoning."

"Those are parallel ideas."

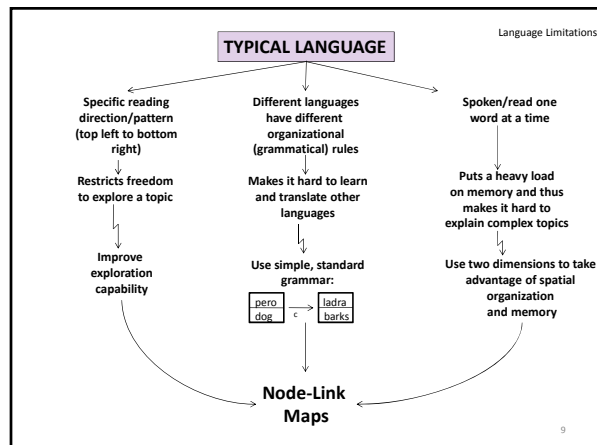
"Let's get this discussion off dead center."

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Perceptual Spatial Features

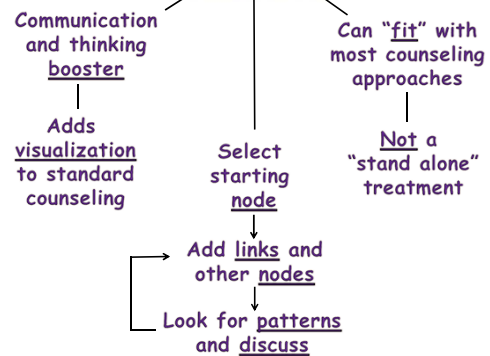


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MAPPING



TCU 2014

Node-Link Mapping

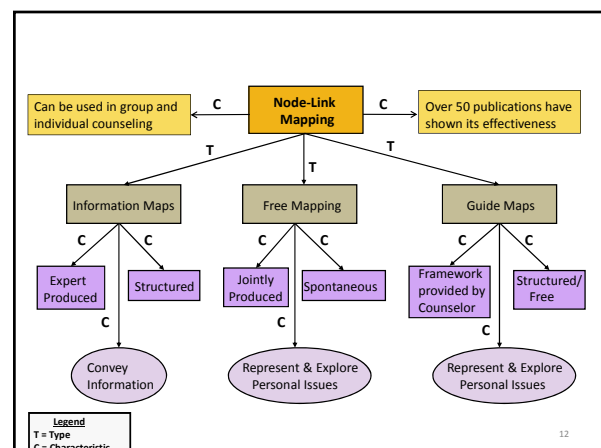
- ✓ Can be used in group and individual counseling
- ✓ Over 50 publications have shown its effectiveness

Information Maps
Expert produced
Structured
Convey information

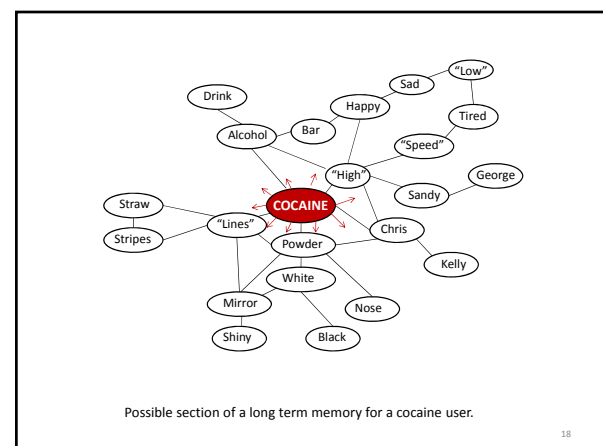
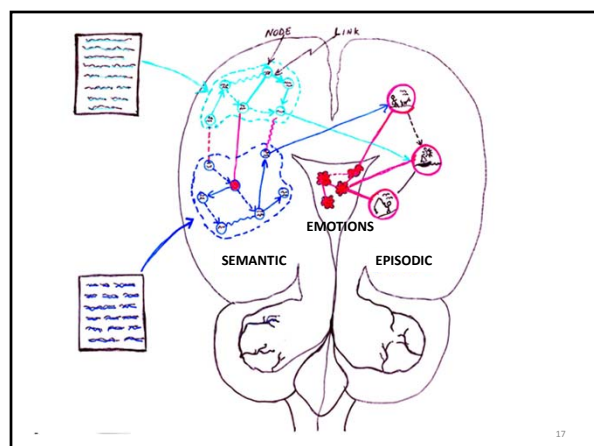
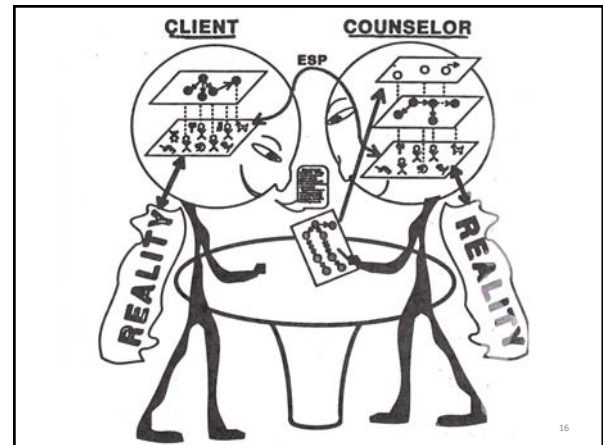
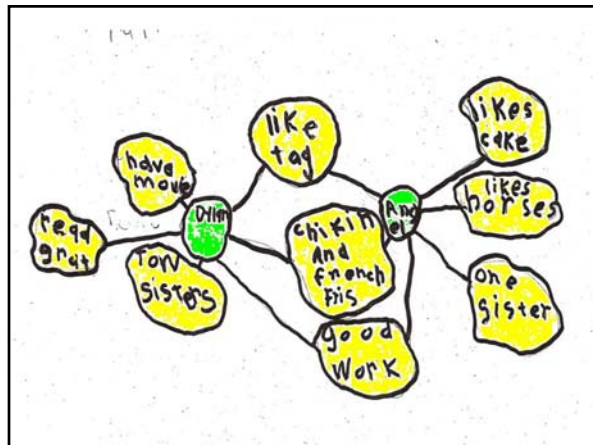
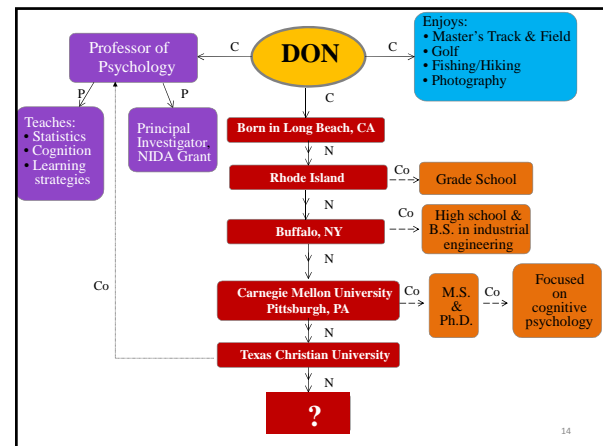
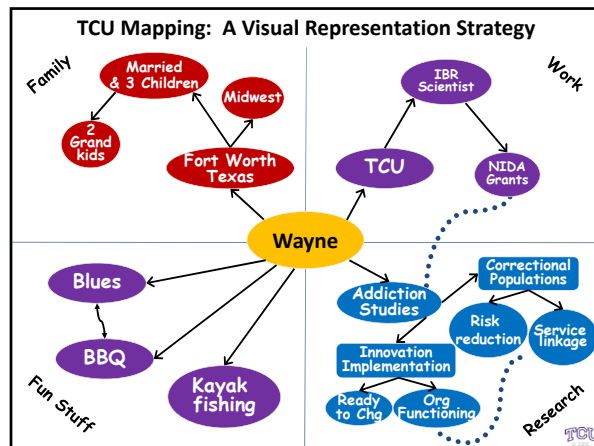
Free Mapping
Jointly produced
Spontaneous
Represent & explore personal issues

Guide Maps
Framework provided by counselor
Structured/free
Represent & Explore personal issues

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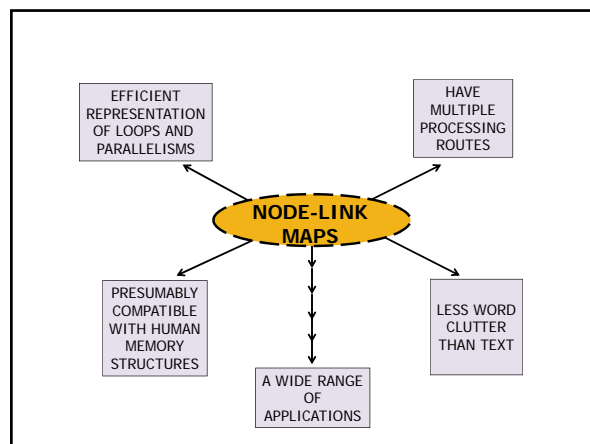




“The art of remembering is the art of thinking . . . our conscious effort should not be so much to *impress* or *retain* (knowledge) as to connect it with something already there.”

- William James

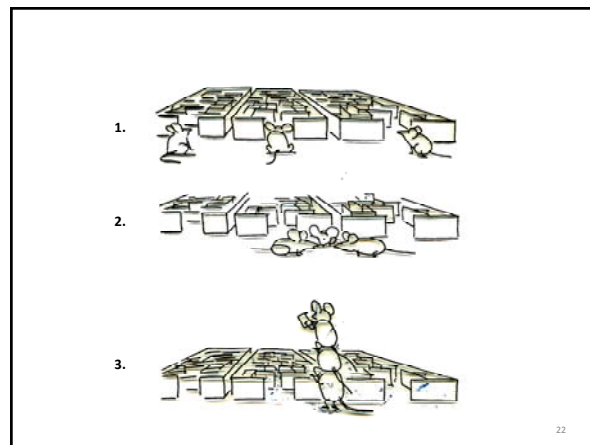
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GENERAL BENEFITS OF MAPS

- 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.**

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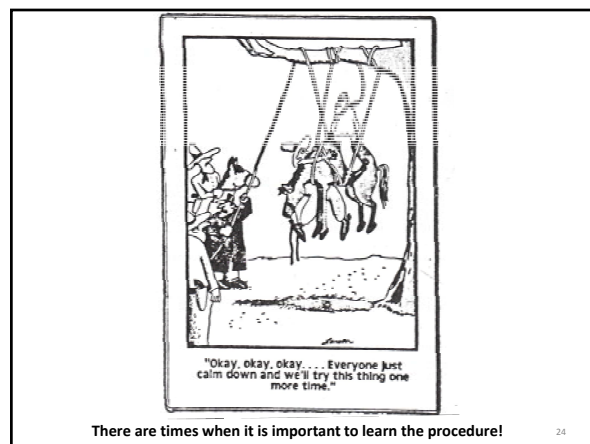


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USING MAPS: The Rules

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.

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Main "Parts" of Node-Link Maps

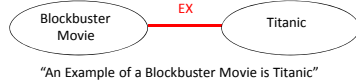
- A **node**, which is just an idea captured in a box, circle, or other shape

For Example:

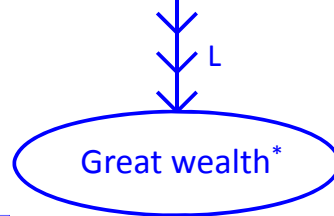


- Links** (named or not) which show the relationship between nodes

For Example:



Mapping Training

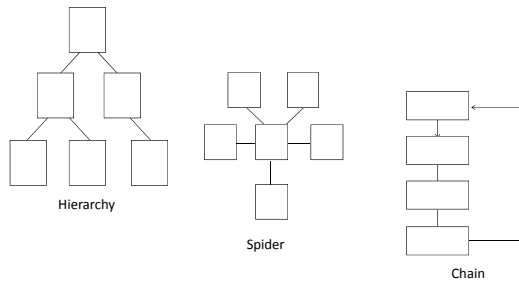


Legend

L = Leads to

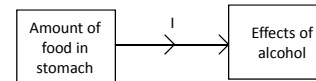
* We wish

Some Mapping Structures

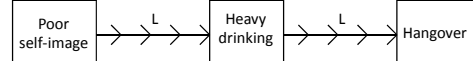


Examples: Actions

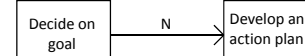
Influences



Leads To

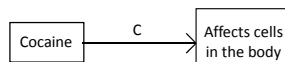


Next

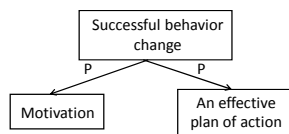


Examples: Descriptions

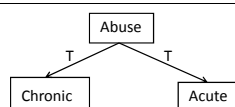
Characteristic



Part

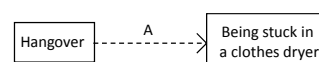


Type

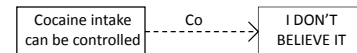


Examples: Insight

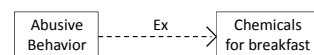
Analogy

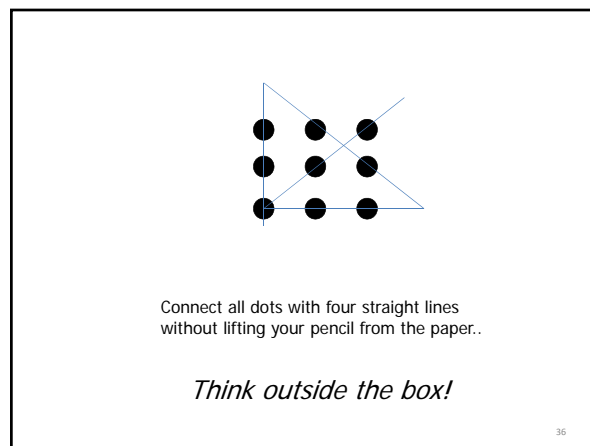
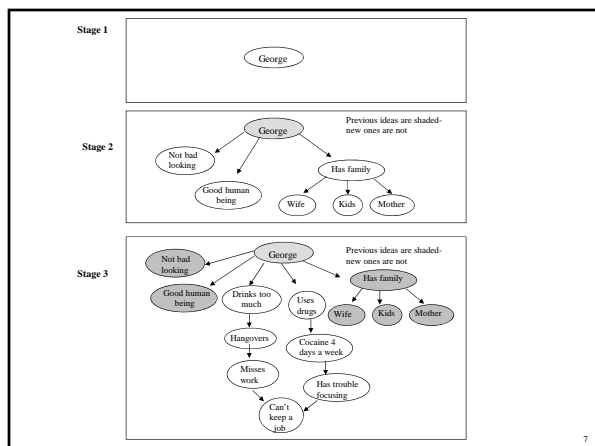
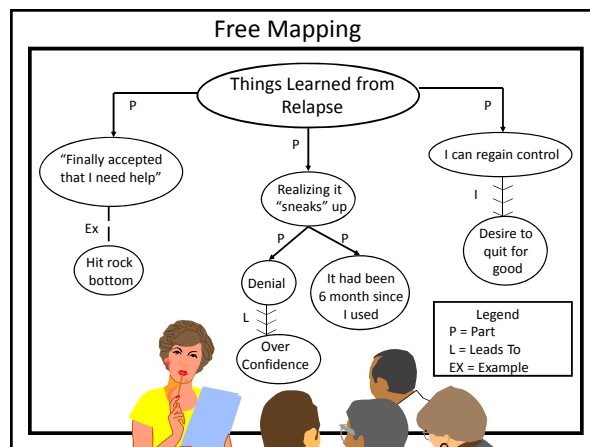
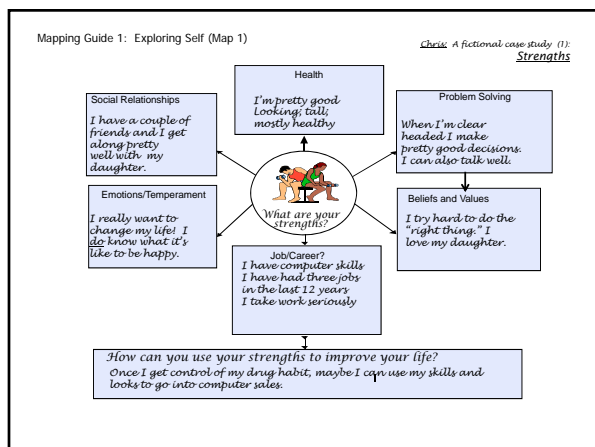
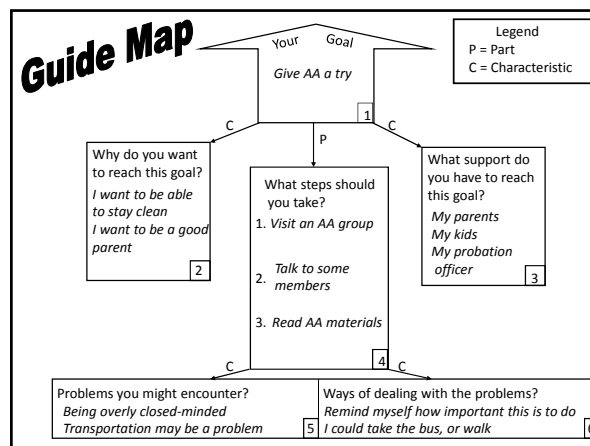
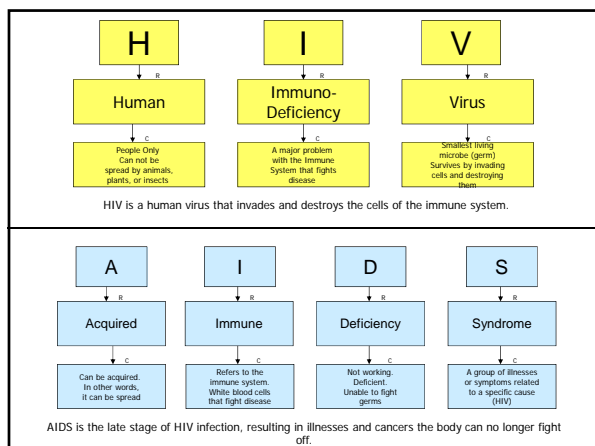


Comment



Example



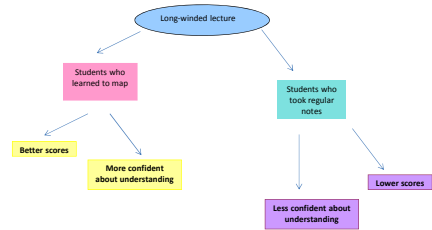


Evidence for Mapping Effectiveness



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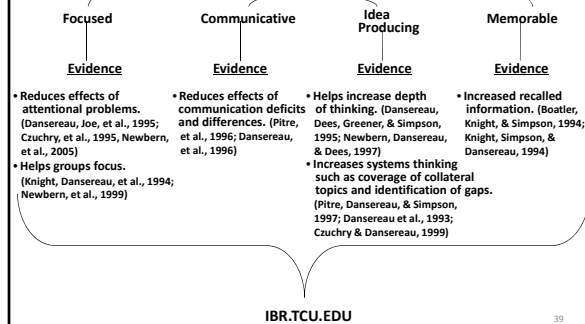
Simple Map of Early Mapping Research



See Dansereau (2005)
for a review of
findings

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Mapping Enhances Counseling By Making It More:



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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 session¹
- ◆ 3 studies found clients who learned to use maps reported greater confidence in their ability to communicate²
- ◆ 5 studies have shown that mapping facilitates the production of ideas and insights during sessions³
- ◆ 4 studies support mapping for improving rapport, communication, and working alliance between counselor and client⁴

Background and support for mapping

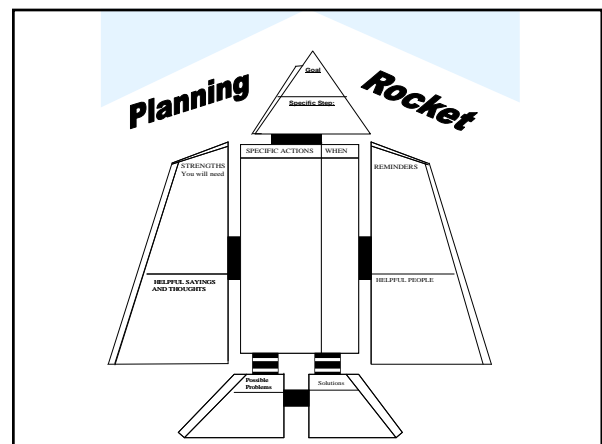
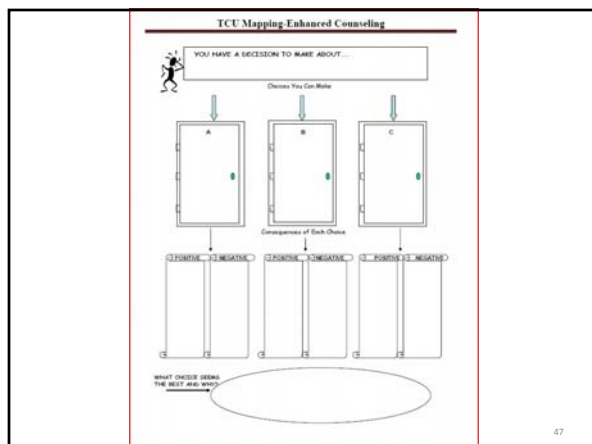
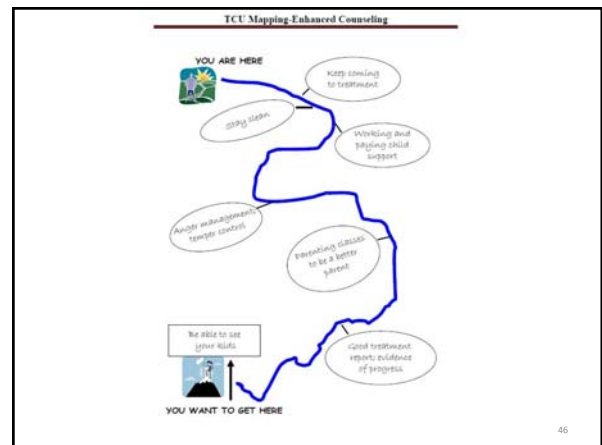
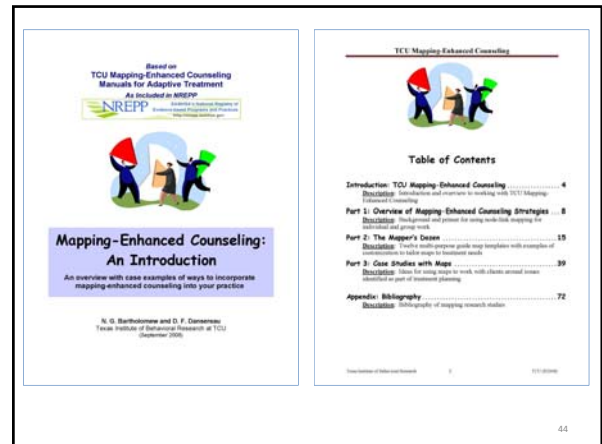
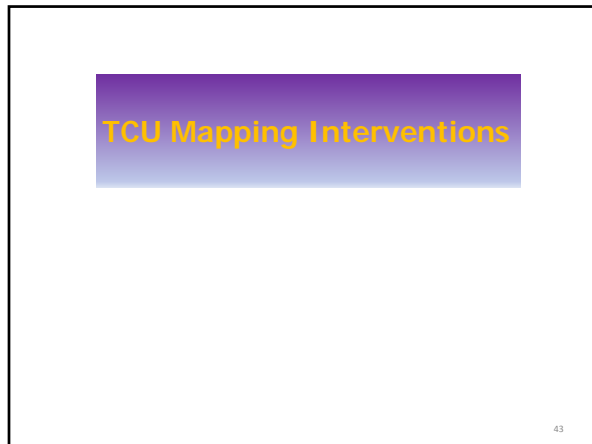
- ◆ 9 studies document ways that maps have helped improve self-confidence, self-efficacy, and problem solving in clients. Mapping clients also reported more positive feelings about their progress in treatment and treatment itself⁵
- ◆ 6 studies have found that clients that map miss fewer sessions and generally show reductions in drug use (per UA)⁶
- ◆ 2 studies have been able to examine after treatment follow-up. Clients who mapped as part of their treatment had fewer drug positive UAs, reduced needle use, and less criminal activity⁷

References

- 1 Boatler, Knight, & Simpson, 1994
Czuchry, Dansereau, Dees, & Simpson, 1995
Dansereau, Dees, Greener, & Simpson, 1995
Dansereau, Joe, & Simpson, 1993
Dansereau, Joe, & Simpson, 1995
Joe, Dansereau, & Simpson, 1994
Knight, D., Dansereau, Joe, & Simpson, 1994
Knight, K., Simpson, & Dansereau, 1994
Newbern, Dansereau, Czuchry, & Simpson, 2005
- 2 Dansereau, Joe, Dees, & Simpson, 1996
Newbern, Dansereau, & Pitre, 1999
Pitre, Dansereau, & Joe, 1996
- 3 Czuchry & Dansereau, 1999
Dansereau, Joe, & Simpson, 1993
Dansereau, Dees, Greener, & Simpson, 1995
Newbern, Dansereau, & Dees, 1997
Pitre, Dansereau, & Simpson, 1997
- 4 Dansereau, Joe, & Simpson, 1993
Dansereau, Joe, & Simpson, 1995
Dansereau, Joe, Dees, & Simpson, 1996
Simpson, Joe, Rowan-Szal, & Greener, 1995
- 5 Czuchry, Dansereau, Dees, & Simpson, 1995
Dansereau, Joe, & Simpson, 1993
Dansereau, Joe, & Simpson, 1995
Dansereau, Joe, Dees, & Simpson, 1996
Joe, Dansereau, & Simpson, 1994
Knight, D., Dansereau, Joe, & Simpson, 1994
Newbern, Dansereau, & Pitre, 1999
Pitre, Dees, Dansereau, & Simpson, 1997
Pitre, Dansereau, Newbern, & Simpson, 1997
- 6 Czuchry, Dansereau, Dees, & Simpson, 1995
Dansereau, Joe, Dees, & Simpson, 1996
Dansereau, Joe, & Simpson, 1993
Dansereau, Joe, & Simpson, 1995
Dees, Dansereau, & Simpson, 1997
Joe, Dansereau, & Simpson, 1994
- 7 Joe, Dansereau, & Simpson, 1997
Pitre, Dansereau, & Joe, 1996

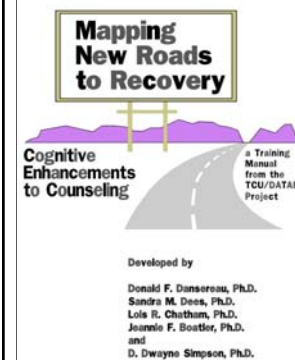


See "Publications" at the IBR website- www.ibr.tcu.edu -for full citations and abstracts of these research articles



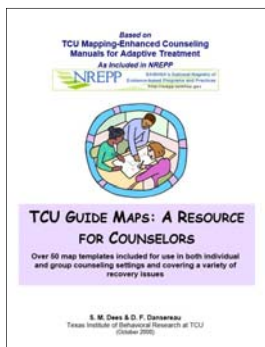
Manuals for Learning Cognitive Mapping Strategies in Counseling

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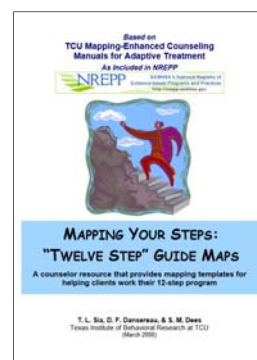
This mapping “primer” features step-by-step information and practice exercises. It details the use of free mapping (i.e., maps made by counselors and clients from scratch) and contains examples of counseling session maps. (148 pages)

50



This manual presents a collection of fill-in-the-blank maps that cover numerous counseling topics. (132 pages)

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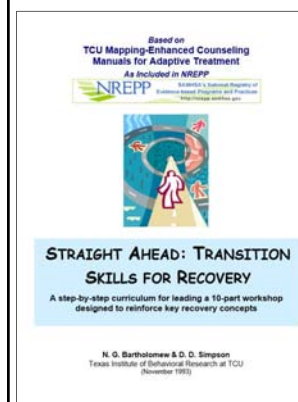
This is a more targeted manual that provides guide maps for learning and processing the information in 12 step programs. (138 pages)

Also available in Spanish

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Topic Specific Manuals

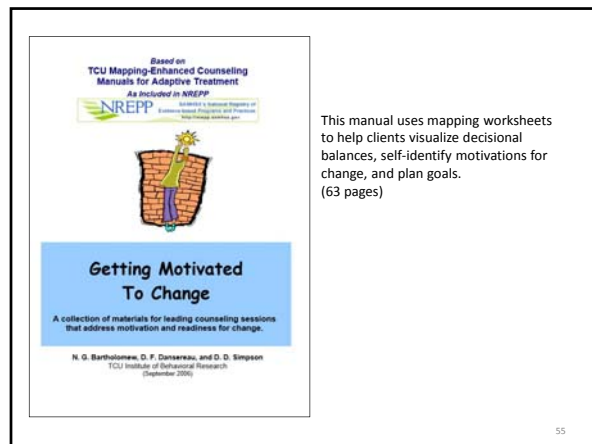
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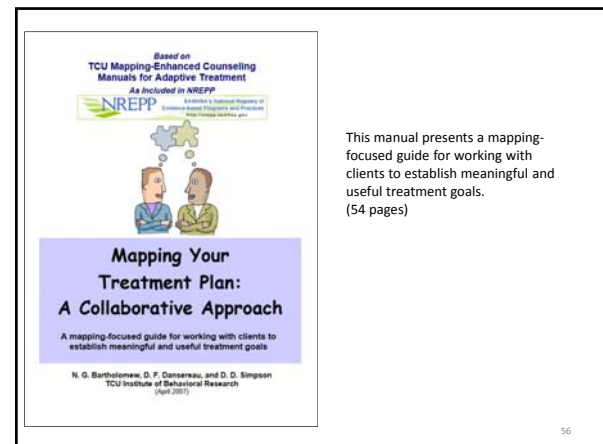
This manual uses guide maps and information maps for relapse prevention and building social support for recovery. (218 pages)

10 sessions

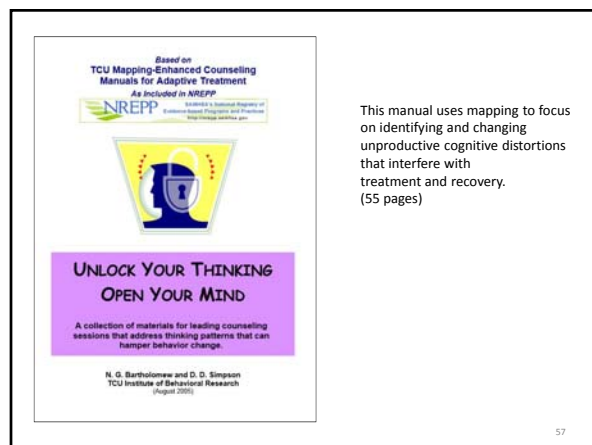
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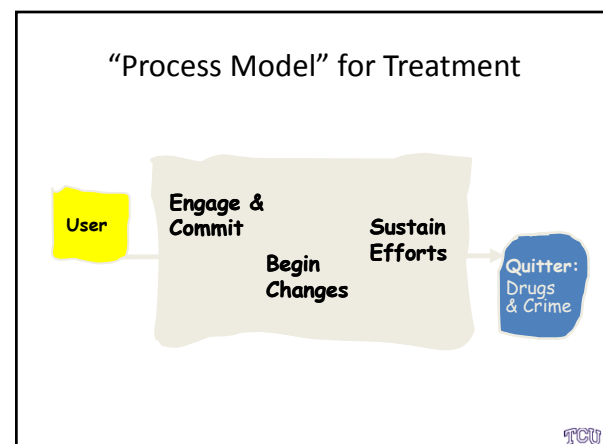
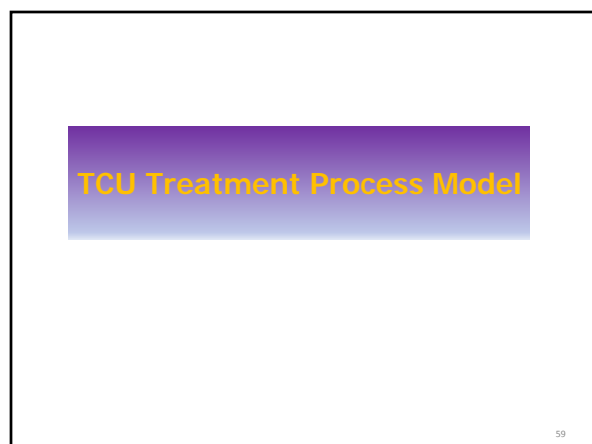
This manual uses mapping worksheets to help clients visualize decisional balances, self-identify motivations for change, and plan goals. (63 pages)



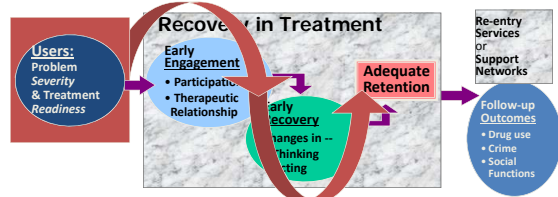
This manual presents a mapping-focused guide for working with clients to establish meaningful and useful treatment goals. (54 pages)



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



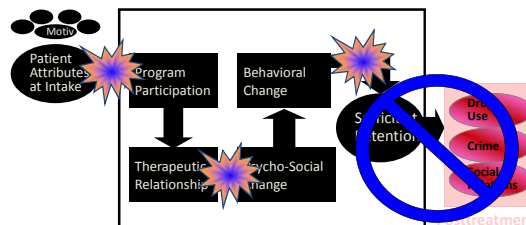
"Process Model" for Treatment



Simpson, 2002, 2004 (*J Substance Abuse Treatment*)

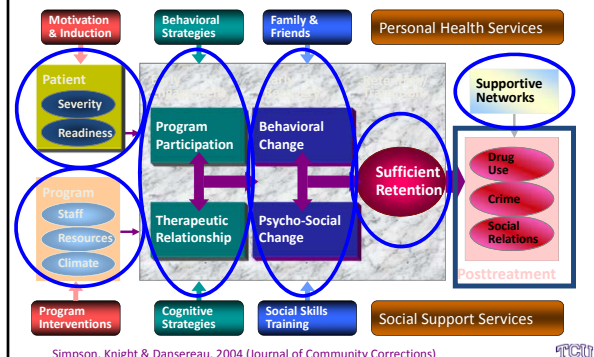


"Sequence" of Recovery Stages ??

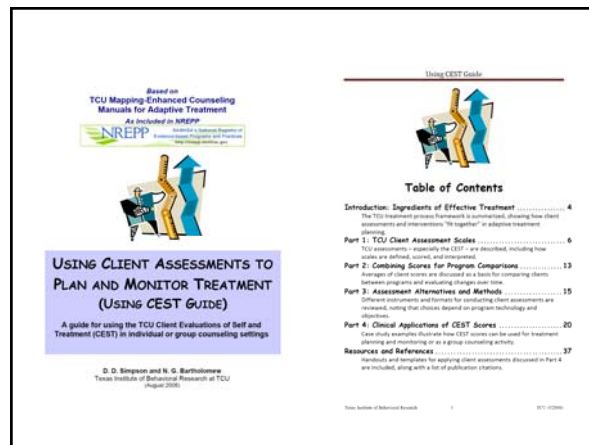


Simpson & Joe, 1993 (Pt); Joe, Simpson & Rowan-Szal (2001, PS)

TCU Treatment Model

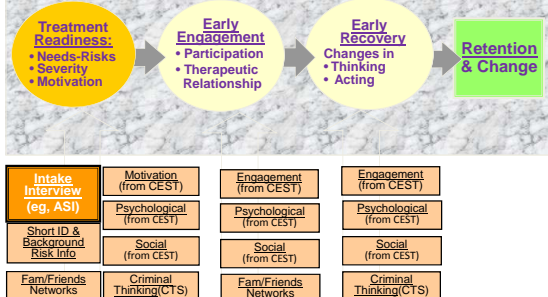


Simpson, Knight & Dansereau, 2004 (*Journal of Community Corrections*)



Assessing Client Needs and Progress During Treatment

Stages of Treatment



"TCU Mapping" Interventions for Adaptive Treatment Process

Stages of Treatment

