

Name: _____

Date: ___/___/___

My main goals for myself in making a change

People who could help me What they could do

The reasons why i want to make this change

First steps I will take:

What

When

The positive results that i hope my plan will have

Practitioner Guidance Notes

This tool can help a young person identify the changes they want to make.

Go through each box starting at the top left box: The change I want to make followed by; the reasons I want to make this change; My main goals for myself in making a change and continue to the larger boxes on who can help and first steps.

A copy of this action planning tool could then be given to the young person to take away.

This tool is part of a series of tools originally used in adult drug and alcohol services. *There is no suggestion that they should not be used with young people.*

It is based on a cognitive approach known as 'node-link mapping'. This is a technique for discussing issues with clients and visualising them in a series of 'maps'. It's important to stress that node-link mapping isn't a new theoretical approach – it uses the same cognitive behavioural principles as motivational interviewing and relapse prevention.

It can therefore help young people and workers to clarify and focus on an issue, with minimal distraction, and without going off on tangents.

The regular use of mapping during key working sessions also provides a model for systematic 'cause-and-effect' thinking and problem-solving, which young people can begin to adopt.

ITEP maps based on those produced in:

Day, E (2010) Routes to Recovery via Criminal Justice: Mapping User Manual The National Treatment Agency for Substance Misuse, London.