

Name:

Date: ___/___/___

Describe what you want to change

How would life be different if it happened?



Practitioner Guidance Notes

Go through this with the young person to help them think about where they are at right now and how they would like things to be in the future.

This tool will work well if the young person puts down things to change that they have control over.

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.

This tool is not compulsory for a drug and alcohol assessment.

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.