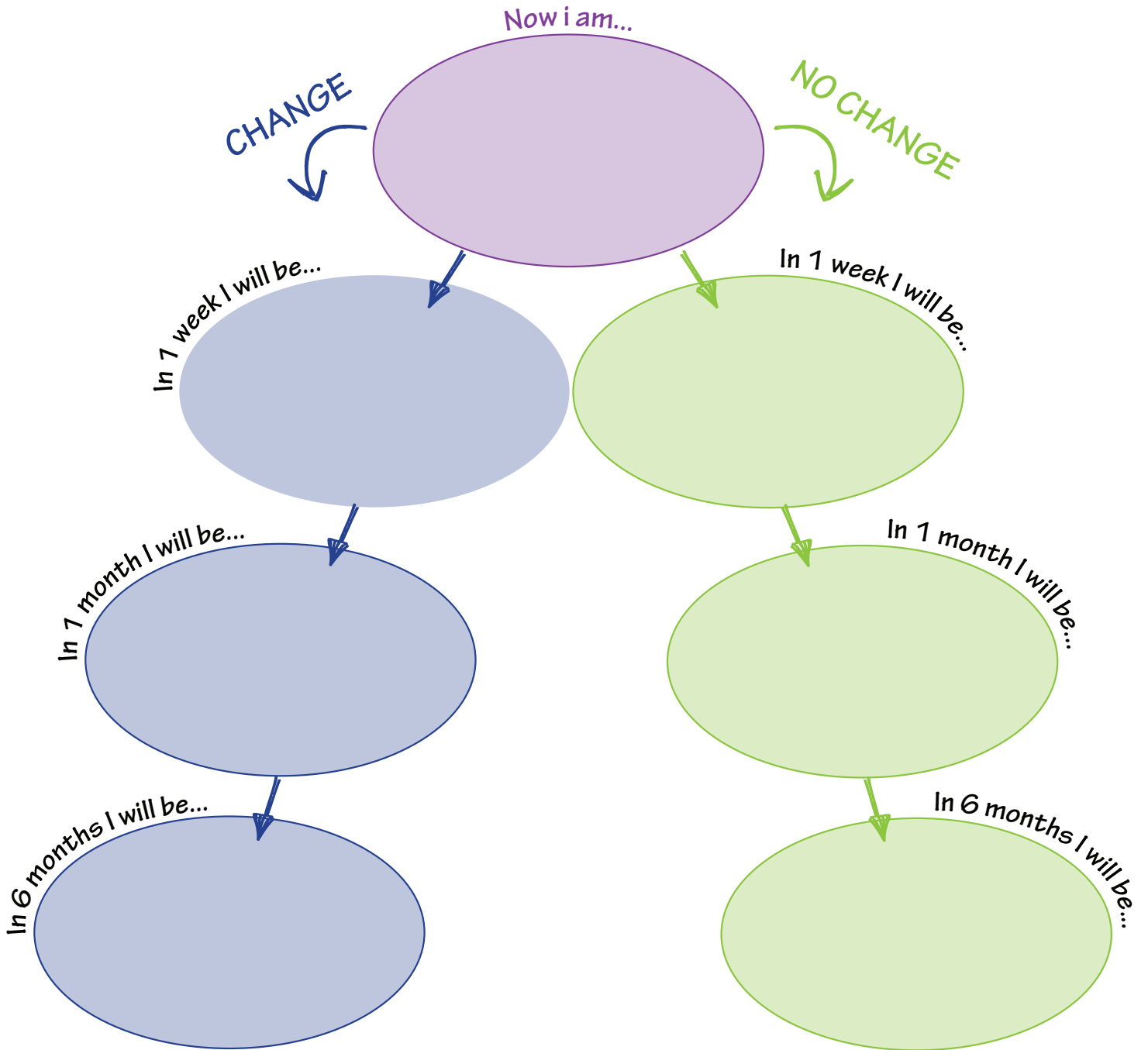


Name: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_



## Practitioner Guidance Notes

This tool can be useful with young people who are not sure about changing and feel stuck or ambivalent. It is most useful with older young people who have some consequential thinking and are able to visualise the future for themselves.

You can change the timescales to suit the young person you are working with and the issue they are addressing. You could make the future changes to be over days and weeks rather than months.

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

*This is an adapted version of a Decisional Balance Tool used in Motivational Interviewing.*