

Name: _____

Date: ___/___/___

Describe the goals that you didn't achieve

What did you do?

What have you learnt?



What was going through your mind?



What were you feeling?

How will you do it differently next?

Practitioner Guidance Notes

This tool can help the young person learn from their experiences and consider different approaches in the future.

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.