

MAP outline

An introduction to MAP

What is a MAP?

- Helps people to see where they are now, how they got there and where they need to go.
- Elicits dreams and faces the nightmare
- Explores identity, gifts and needs



MAP allows the story to be told and the future nightmares held in the group's minds to be named. The process other allows a significant amount of time to be spent on identify of the person or group and a real celebration of capacities.

When to choose a MAP

Note that MAP can be therapeutic but is not therapy! The person (team) is allowed to share their story so far and then the graphic facilitator draws a line around this aspect of the MAP before thinking about the future. This gives time for emotional processing and containment of the past is made easier.

5.1

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MAP outline An introduction to MAP *continued*

1 Listening to the story so far

Start with the person – what story do they tell?

Allow time for the person and those that know them to describe what has happened in the past. It can help make sense of the present. Go back as far as possible to get the long view (happy and sad). Bring in all members of the group to talk about when they became part of the person's life. The graphic facilitator summarises the 'story so far'. Talk about making a choice about what you take into the future. You can use the 'chains of the past here - and throw them away.

2 Gathering dreams

Imagine the future if everything is on track?

Ask the person (or team) to talk about their dreams for the future.

Guide everyone to think about people, places and activities in the future – what would you love to see happening and how would it feel if you could have it all?

Involve the group after the focus person has shared their dreams. Respect their

words and images. Start with the person/people in the group who love the person the most and move onto the professionals. Always check back with the focus person. Never judge or analyse. The dream guides and gives direction to the rest of the process.

Graphic facilitator says what they have noticed. Process facilitator asks the group what they notice about the dream. What do they notice is happening in the room?



3 Sharing nightmares

A very brief 5 minutes on naming the nightmares. This helps give the group something to push away from. It is useful to allow people to have fears acknowledged. It may become clear that people are living the nightmare now. It's like naming the 'elephant in the room' although do not discuss any of this – just name it and record it and then move on to the next step.

8 Action Planning/ First Steps

The facilitation has to be clear and assertive in these steps ensuring that the group are being very clear about who is doing what and when.

Name specific actions that will take place over the next 7 – 10 days.

First Steps: Ask the person to name 1 or 2 first small steps that they will take in the next 5 days.

Set a review date: Agree a follow up meeting e.g. 6 months time.

7 Asking what will it take?/What do we need?

Help the group to think about what they will need to move towards the dream and away from the nightmare. List the needs or what it will take – be realistic.

Graphic facilitator recap for the group to hear. It helps inform action planning.

Be careful this does not become a list of medical model needs for the person (e.g. 10 hours Teaching Assistant time).

Remind people that this is the work of the team. What can the wider team do individually or collectively to propel the person towards the dream, making use of the capacity named earlier. Offers can be collected and refined here as well as helping the group be really clear what it will take for real progress to a better life.

6 Sharing gifts

Ask the person when they are at their best.

OR the team when it is functioning at its best.

What draws them to the person?

List their gifts, strengths, interests and talents.

This looks for positive things that can then be built on in the action plan.

When working with a team you can regroup into a spiral shape and take their views one at a time – writing it up as a spiral on the graphic. You can create a relaxing atmosphere by playing gentle music.

5 Who is the person?/ Exploring Identity

Ask for words (or analogies or metaphors) that people think of when they think of the person (or team/service). Words which sum up their character.

She's like the sun shining through on a sunny day. This can be very affirming.

You can run this section using Post it notes. Ask people to write for themselves and then share them to the group and come and stick the Post it notes up on the MAP.

4 Value Bricks

Listen out for core values while people talk about the dream and write them in bricks at the bottom right hand side of the graphic.

The graphic facilitator can summarise these after the dream and nightmare sections.