

# MAP participants guide

(Snow, Forest & O'Brian)

## MAP Listens to the story / Elicits dreams and Nightmares / Explores identity, gifts and needs

**A person centred MAP is a planning process that allows people, or a team people, teams or services to tell their story, to tell their story so far. This allows people to share some of the important milestones on their journey. This process helps us to get to know the person, team or service better.**

**A MAP allows us to dream together and helps to build a plan that moves in the direction of their vision / dreams for the future.**

"Maps is about listening to a person's dreams, acknowledging their nightmares, then building a rich portrait of their gifts and talents so we are able to focus on simple daily actions that move them in constructive direction". (Pearpoint et al 2012)

MAP can be therapeutic but is not therapy! By allowing a person or team's story to be told but then drawing a line around this before thinking about the future – emotional processing and containment of the past is made easier.

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

