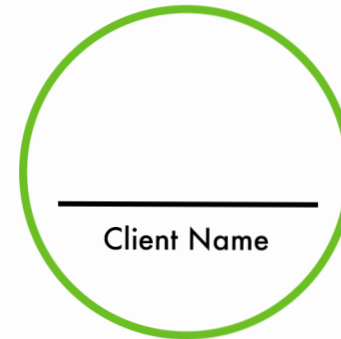


MAKE YOUR OWN ECOMAP

WORKSHEET

Ecomaps are a collaborative activity that can be completed with clients in session. Follow these steps while in conversation with the client to fill out this ecomap template.

1. Write the name of the client and the client's age in the spaces indicated in the center circle.
2. Draw in squares (for males) and triangles (for females) to represent important people in the client's life. Write the name and age of each person inside their square or triangle.
3. Fill in the smaller circles with areas of influence in the client's life, such as school, church, work, hobbies, support services, resources, etc.
4. Based on information the client shares, draw lines connecting the client's circle to each of the other circles, triangles, and squares following the types of connections shown in the legend (moderate, strong, weak, or stressful). Feel free to invent a new type of line to display a different type of connection, and draw it in the legend.
5. Add arrows on one or both ends of each line to indicate the direction of the relationship or flow of resources (either going toward the client, or toward the outside influence or person, or in both directions).
6. Use color coding, special symbols within each circle, square or triangle, and other indicators to display additional information (such as illness, unique circumstances, strengths, and challenges). Add them to the legend in the additional space provided.



Legend

[Square] = Males
[Triangle] = Females