

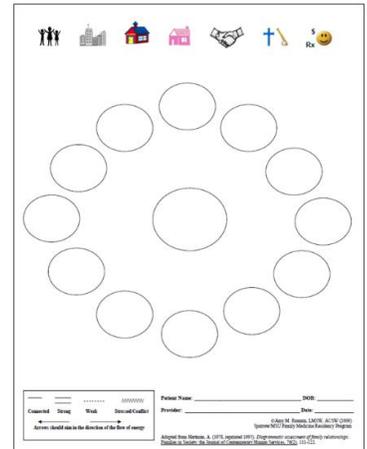
Ecomap Guidelines

What is an Ecomap?

A visual representation of an individual within their larger world that highlights the connections between the person and their environment; an illustration of the person within the context of biopsychosocial factors in their life.

How is it used?

Used to understand the psychosocial complexities in a person's life, identify needs and inform decision making about potential interventions; to create a shared awareness of the stressors, supports and strengths of the individual, including the recognition of constructive and destructive influences in the system.



Domains represented in the Ecomap:



Relationships



Education



Employment



Neighborhood



Social/spiritual groups



Community services



Other (finances; hobbies, coping)

Relationship Description:

Three dimensions are represented in an ecomap that describe the relationship to or connection between the patient and the domain or element in their system.

- ❖ **Strength** of a relationship can be categorized as weak/uncertain, connected, or very strong.
- ❖ **Quality** of a relationship informs if the relationship is stressful, in conflict, or not.
- ❖ **Impact** of a relationship refers to the primary direction of the flow of energy or resources.

