

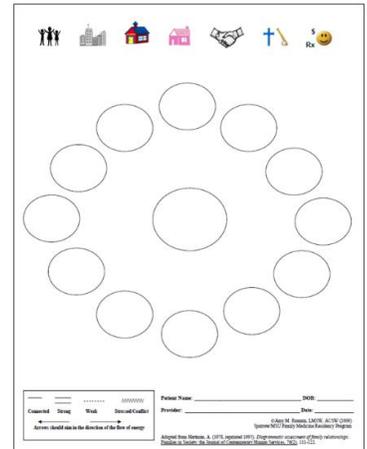
Ecomap Guidelines

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

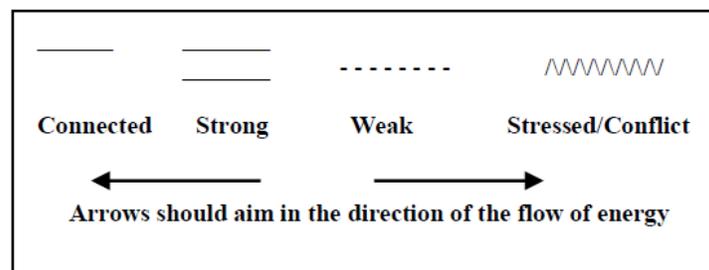


Other (finances; hobbies, coping)

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.



Steps to Constructing an Ecomap:

1. Represent the unit of interest (patient) in a circle in the center of the page.
2. Interview the patient exploring the system that are impacting their life (use 7 domains as a guide). Ask about major stressors, supports, and identify strengths.
3. Guided by the patient's perspective, illustrate the strength and quality of the relationship by connecting the element from the outer circle to the patient in the center using the key above. You may overlay the stressed/conflict line on a weak, connected or strong line.
4. Indicate the direction of the primary flow of energy with an arrow(s). When a relationship is draining or taking away from the patient, the arrow points away from them. If it is contributing to/helping them, the arrow points toward the patient. It is possible the arrow may point in both directions.
5. Expand the ecomap by identifying resources or systems that are needed, or used to be helpful, but are currently absent. These may become opportunities for intervention in addition to leverage current supports or strengths.

