

## ***GenoGrams***



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## ***Why Draw Genograms Anyway?***

- ◆ It's fun and interesting.
- ◆ It's an efficient way to obtain a history.
- ◆ It can be used to promote therapist empathy and understanding
- ◆ It can help you understand the target family and its members.
- ◆ It can be used by family members to better direct their own lives.

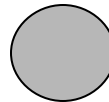
## ***How Do You Draw a Genogram?***

- ◆ Use the client, other family members, documents, and other sources of information to make the diagram as complete and as accurate as possible.

## ***Basic Symbols***



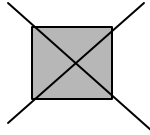
**Male**



**Female**

**Inside each figure, show the person's age.  
Include the person's date of birth as well.**

## ***Basic Symbols***



**“X” through figure indicates death.  
Include cause of death and the date of death.  
Also, include the person’s age when they died.**

## ***Basic Symbols***



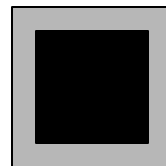
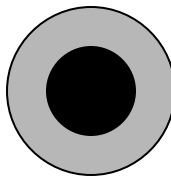
**Figure with a dark, horizontal bar indicates that  
person has a history of substance abuse.**

## ***Basic Symbols***



**A figure with a dark, vertical line denotes a history of psychiatric difficulties.**

## ***Basic Symbols***



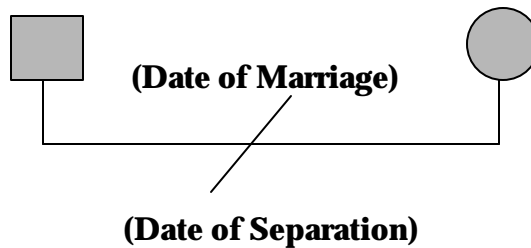
**Figure within a figure indicates person is the “identified patient,” “identified client,” or “family star.”**

## ***Basic Symbols***



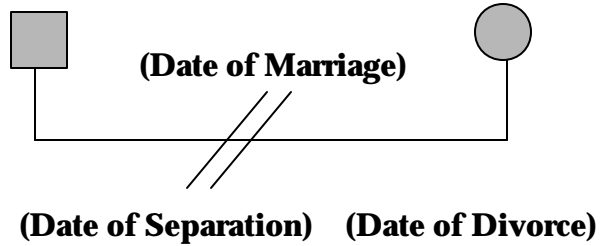
**Horizontal line connecting people depicts marriage or coupling.**

## ***Basic Symbols***



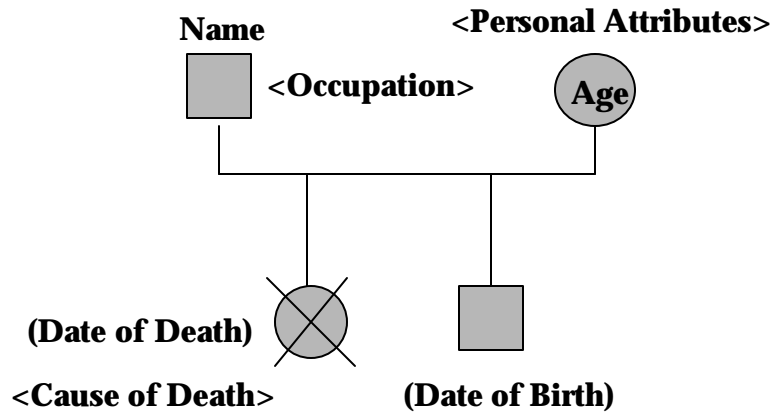
**A single diagonal line depicts marital separation.**

## ***Basic Symbols***

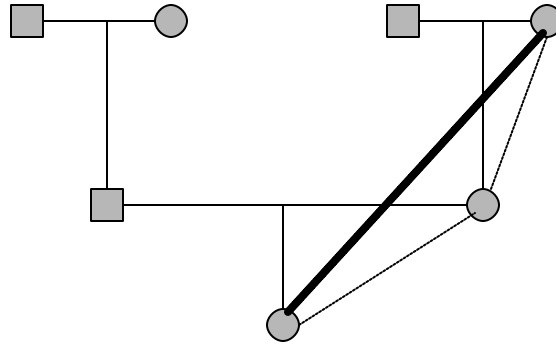


**Two parallel diagonal lines denotes divorce.**

## ***Basic Symbols***

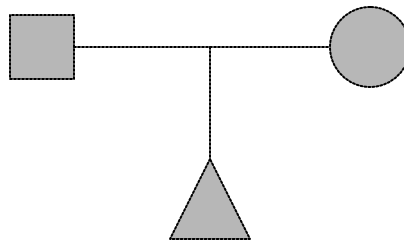


## *Basic Symbols*



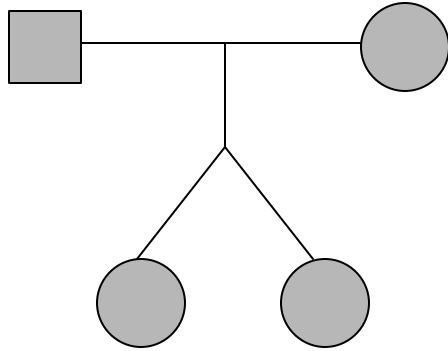
**Example of a Cross-Generational Triangle**

## *Basic Symbols*



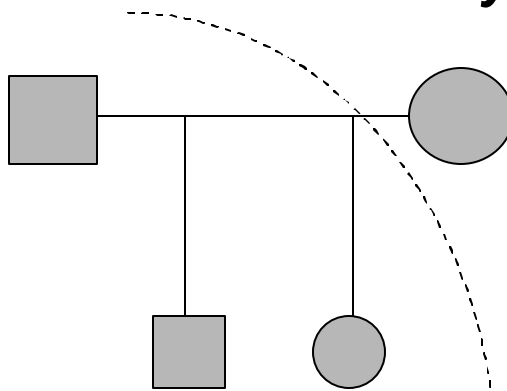
**Child in utero**

## ***Basic Symbols***



**Identical, maternal, or monozygotic twins**

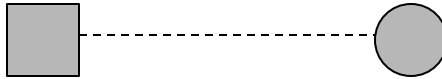
## ***Basic Symbols***



**Dotted line denotes household membership**

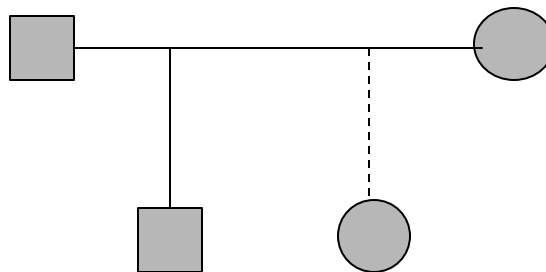


## ***Basic Symbols***



**Dotted horizontal line denotes common-law relationship**

## ***Basic Symbols***



**Dotted vertical line denotes adoption or foster care situation**

### *Include At Least Three Generations*

- ◆ Dates of birth, marriage, separation, divorce, death, and cause of death
- ◆ Sex and birth order of each family member
- ◆ Ethnic background
- ◆ Religion
- ◆ Occupation
- ◆ Education
- ◆ Geographic location of family members

### *How Do You Draw a Genogram?*

- ◆ Depict the nature of important relationships (e.g., distant, enmeshed, conflictual).
- ◆ Identify salient triangles.

## *Look For and Explore Patterns*

- ◆ These patterns may be relational, behavioral, affective, temporal, and so on.

## *Specific Patterns*

- ◆ Family lore and folklore
- ◆ Traditions
- ◆ Protection/overprotection
- ◆ Conflict/avoidance
- ◆ Family jokes and humor

## *Specific Patterns*

- ◆ Secrets
- ◆ Family myths
- ◆ Birth order (and distance in age between sibs)
- ◆ Significant life events
- ◆ Anniversaries

## *Specific Patterns*

- ◆ Significant separations
- ◆ Responsibility/irresponsibility
- ◆ Family rules and roles
- ◆ Alcohol and other drug misuse, abuse, dependency
- ◆ Trouble with the law

## *Specific Patterns*

- ◆ Serious problems (e.g., mental illness, disability)
- ◆ Household composition
- ◆ Transitions
- ◆ Traumas
- ◆ Level and style of functioning of family members
- ◆ Resources and strengths

## *3 Types*

- ◆ Basic
- ◆ Distances
- ◆ Details

## *Basic Genogram*

- ◆ Basic facts
  - Names
  - Ages
  - Dates of birth, death, marriages, separations, divorces
  - Structures and relationships

## *Distances*

- ◆ Relationships
- ◆ Sociometrics

## *Details*

### ◆ Details

- Medical/physical conditions
- Personality
- Behavior
- Other personal attributes
- Family themes
- Roles
- Traditions

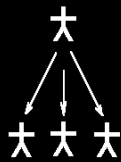
## *Hierarchy*

- ◆ Power differentials
- ◆ Degree of influence certain family members have on others
- ◆ Alliances
- ◆ Coalitions

## *Eight Patterns*

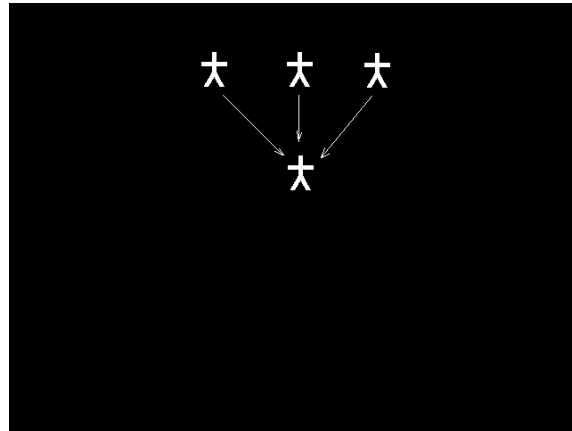
- ◆ Alignment
- ◆ Force
- ◆ Boundary

## *Pattern I*

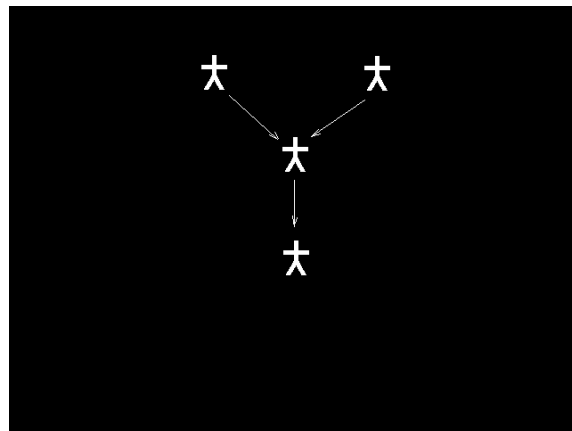




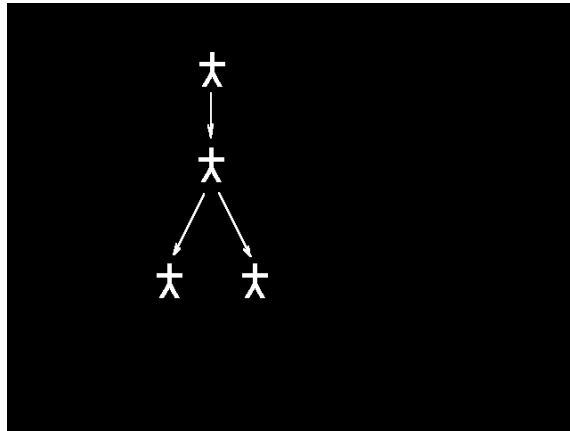
*Pattern II*



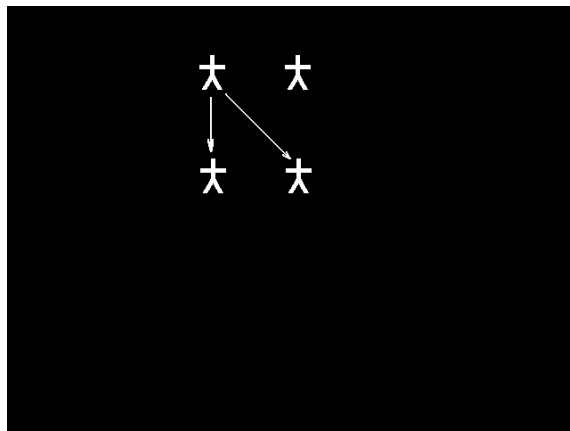
*Pattern III*



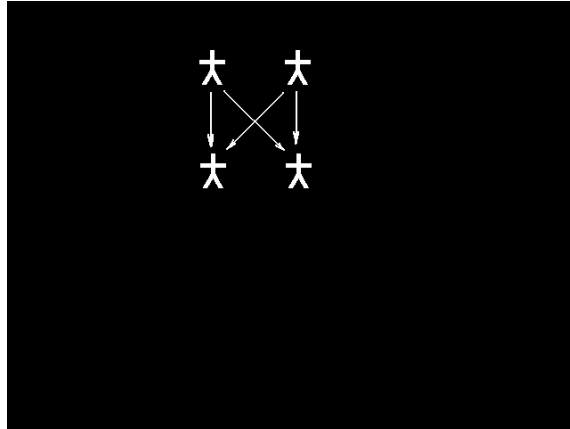
*Pattern IV*



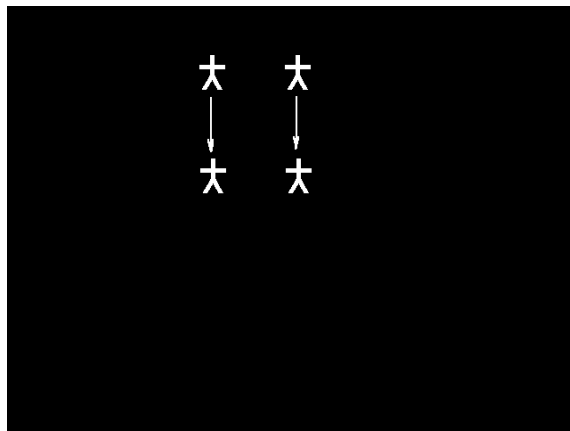
*Pattern V*



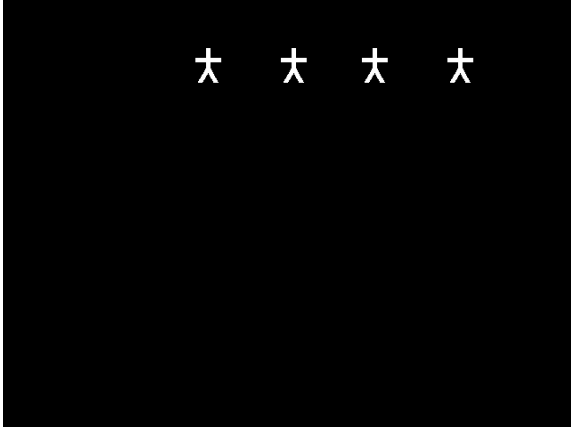
*Pattern VI*



*Pattern VII*



## *Pattern VIII*



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## *Projective Genogramming*

- ◆ Developed by Florence Kaslow, Ph.D.
- ◆ One way to help individual become aware of what Bowen called “intergenerational transmission process”

## *Projective Genogramming*

- ◆ Given rudimentary tools of genogramming, the individual starts wherever he or she chooses
- ◆ A key assumption of this approach is that where a person starts and where he or she goes from there is personally and clinically significant

## *Projective Genogramming*

### **Basic Steps**

- ◆ With whom did you begin and why?
- ◆ Whom did you omit or exclude?
- ◆ Whom would you like to eliminate?
- ◆ Whom would you like to add?