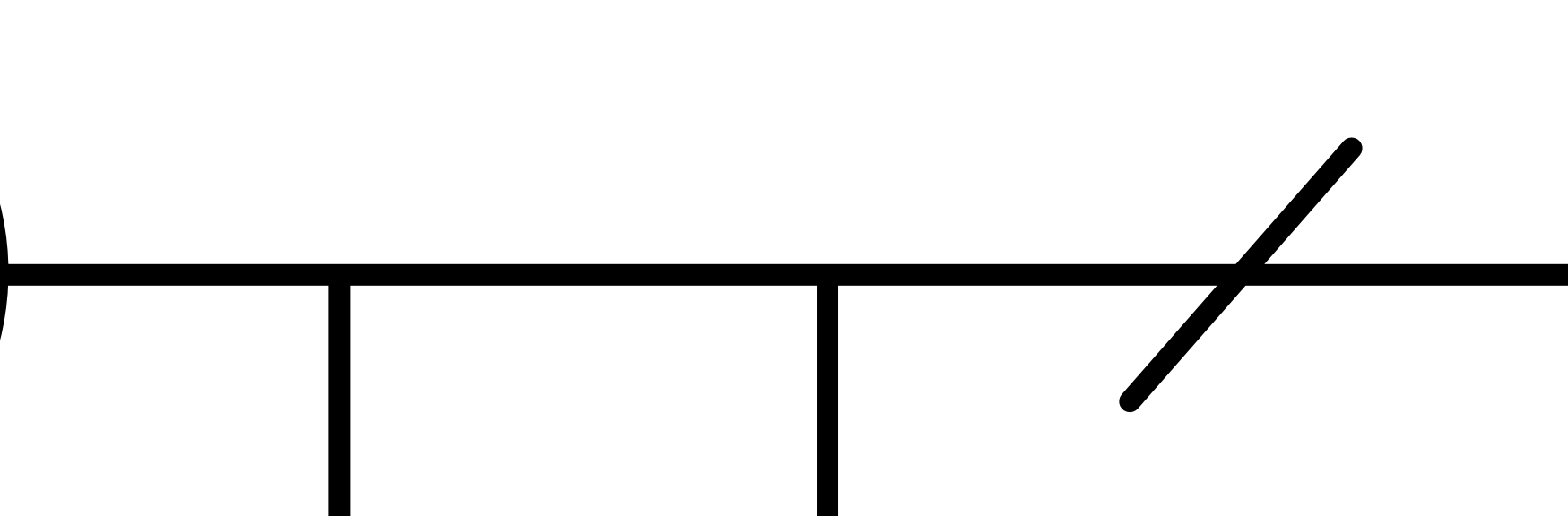
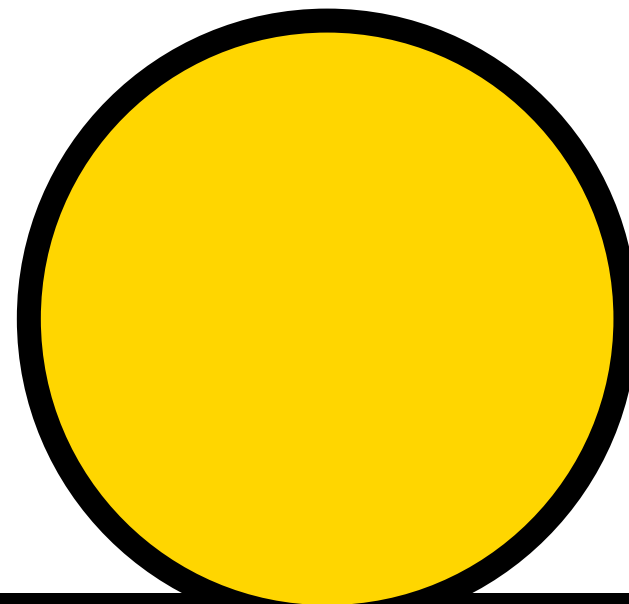


CONSTRUCTING A MULTI-GENERATIONAL CULTURAL GENOGRAM

Adapted from: Edwards, J. K., & Ruby, J. (2006). Constructing the multi-generational genogram. Training Module for Multi-Generational Genogram and Cultural Trauma Research. Department of Counselor Education, Family Counseling Program, Northeastern Illinois University. Retrieved December 13, 2017 from arv.neiu.edu/~jkedward/ppt/Constructing_the_Genogram.ppt



Families are Diverse!



What is a Genogram?

- Family Map
- Psychological Family Tree
- “A ... tool that is useful in assessing the impact family has on our lives. The role of the family map provides a way of conceptualizing family patterns and relationships....”

(Milewski-Hertlein, 2001, p. 23).



*A link to your past
and a bridge to your future*

(Beck, 1987; Kramer, 1985; Milewski-Hertlein, 2001; McGolderick & Gerson, 1985).
Image: <http://thehealthymindcurriculum.com/a-family-tree-genogram-project>

What Does a Genogram Look Like?

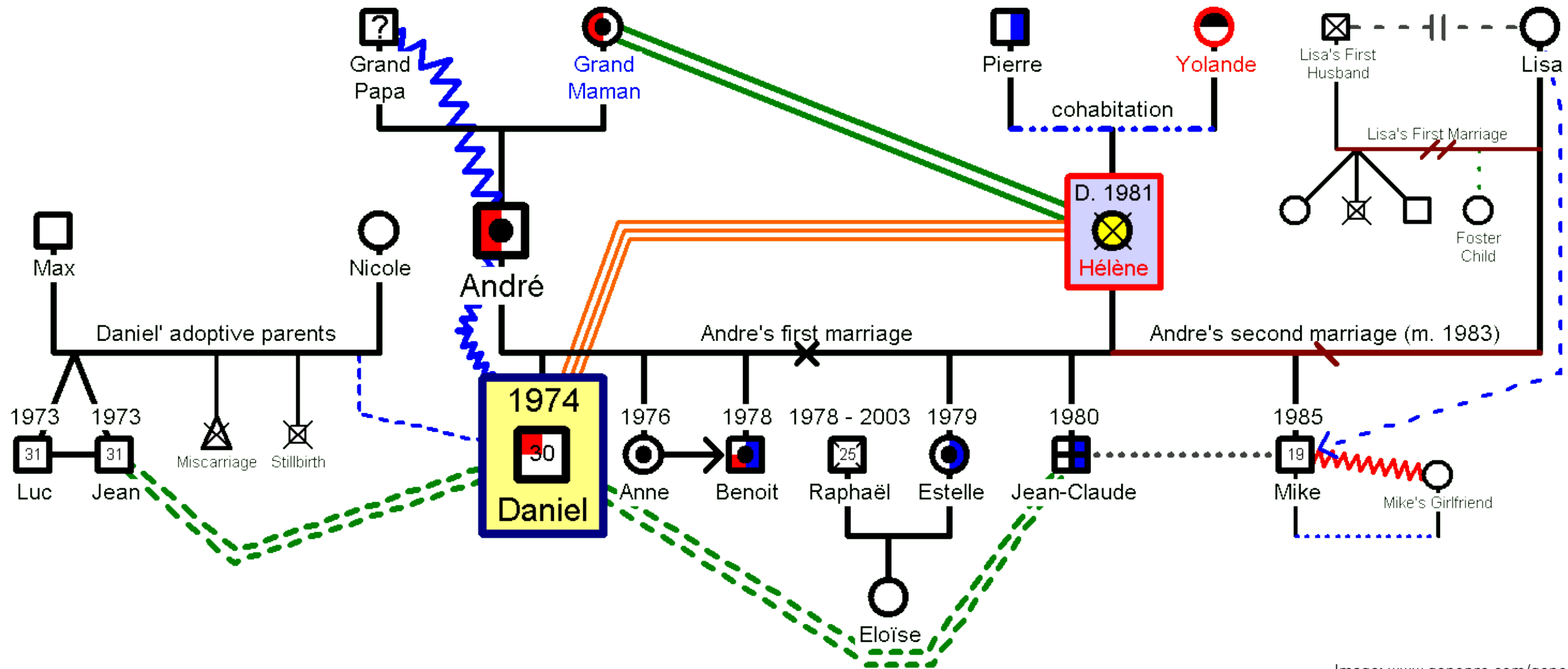


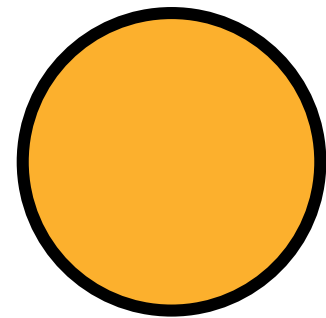
Image: www.genopro.com/genogram/Sample.aspx

Related Concepts

- Multigenerational transmission
- What a Genogram presents in picture form:
 - » How the past influences the present on a daily basis, including emotional responses to life.
 - » The level of emotional intensity we experienced is considered to be passed down from generation to generation.

The Basics

- Start by placing these basic shapes down on paper beginning with your immediate family.



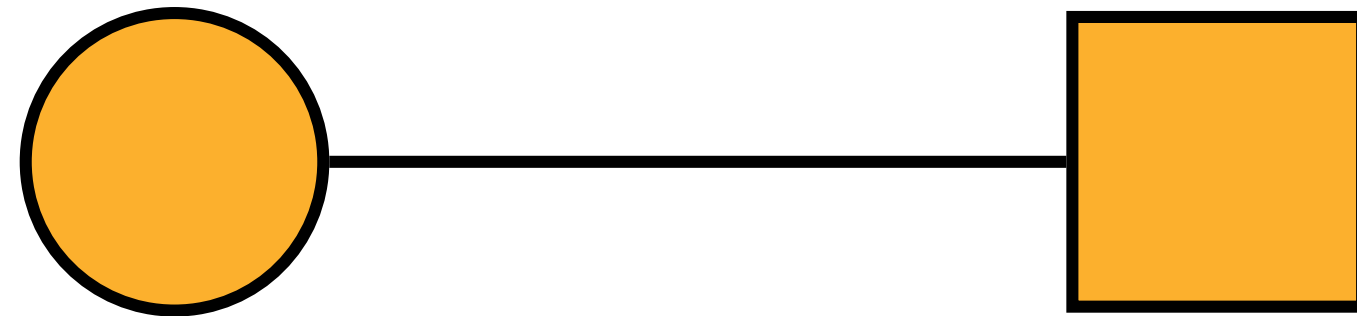
Circles are for females



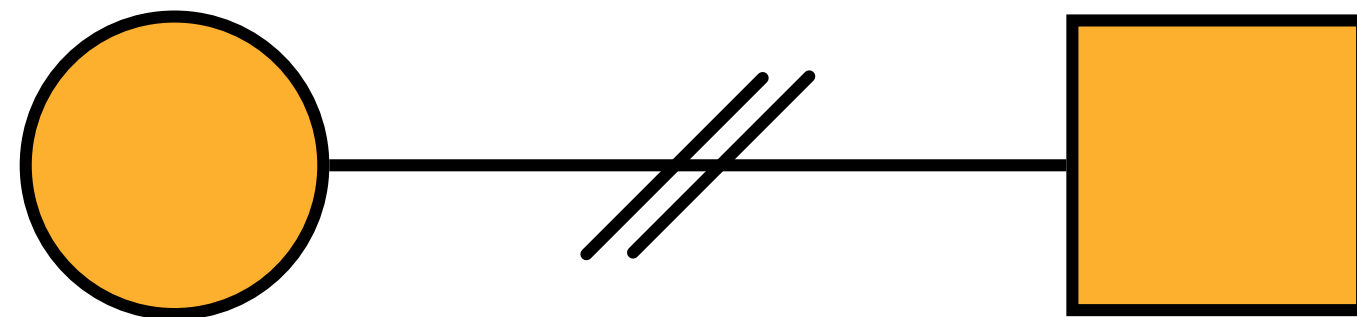
Squares are for males

Basic Notations

- Draw a straight line connecting the people who have a legal marital relationship

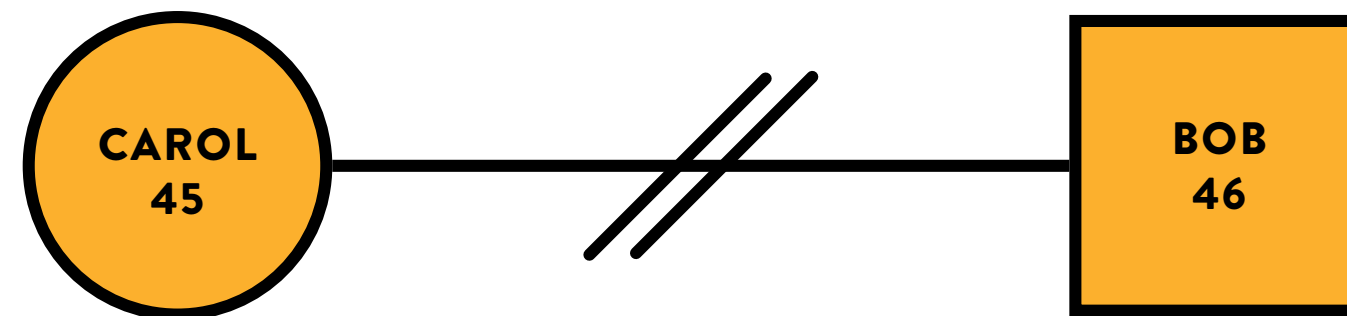


- Draw two back slashes across the line, if a divorce occurred.



Basic Notations

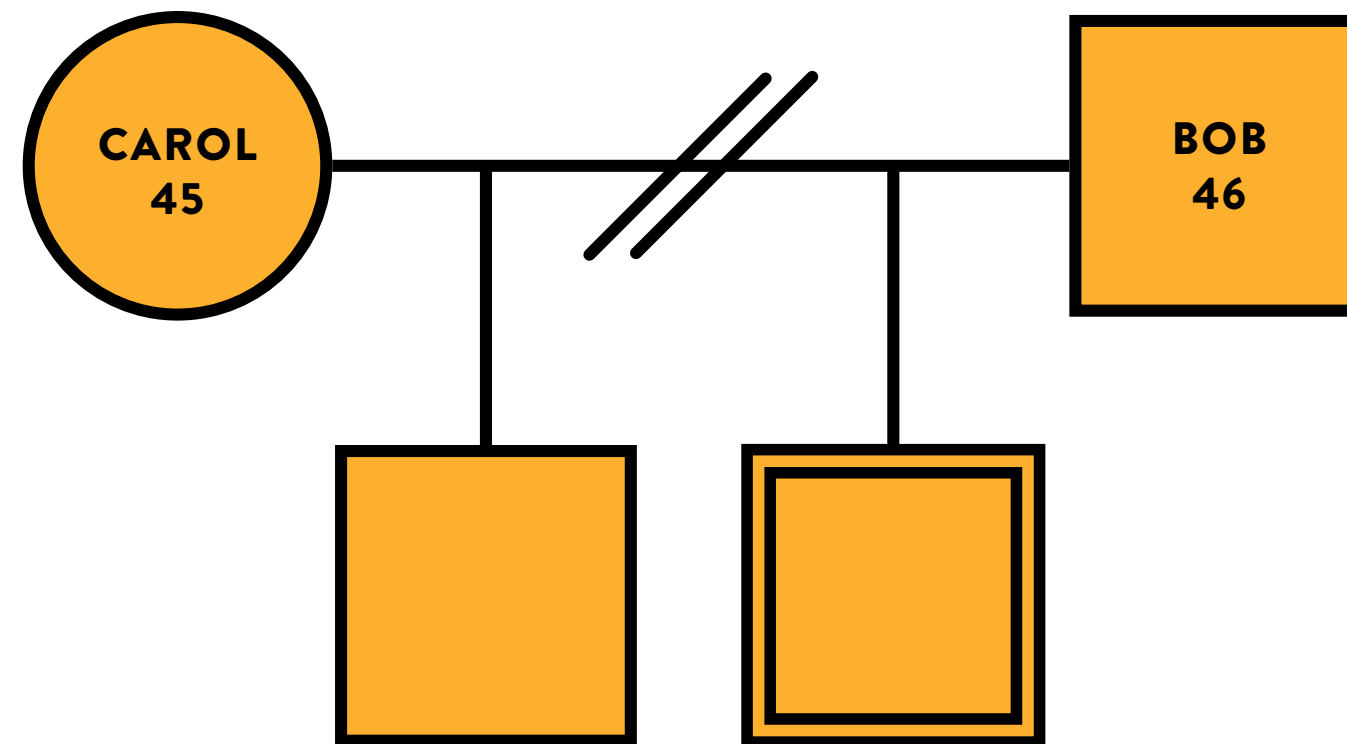
- Place the age and first name the person, marital and divorce date close to the graphic shapes (if appropriate).



Married 10/09/2001, Divorced 04/05/2013

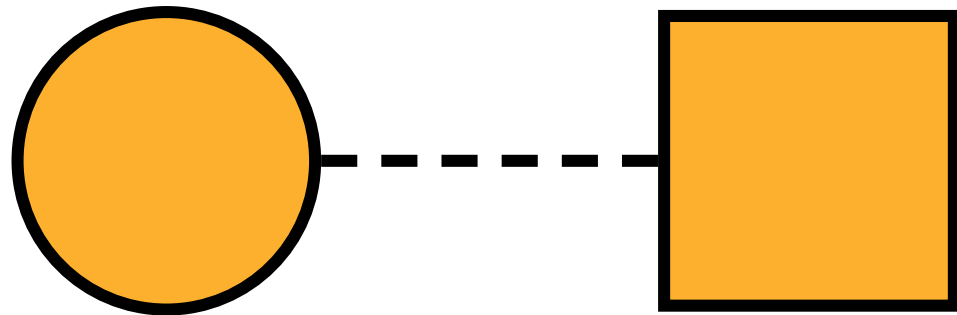
Basic Notations

- Draw a line between the children to the parents, creating the family of origin for them.

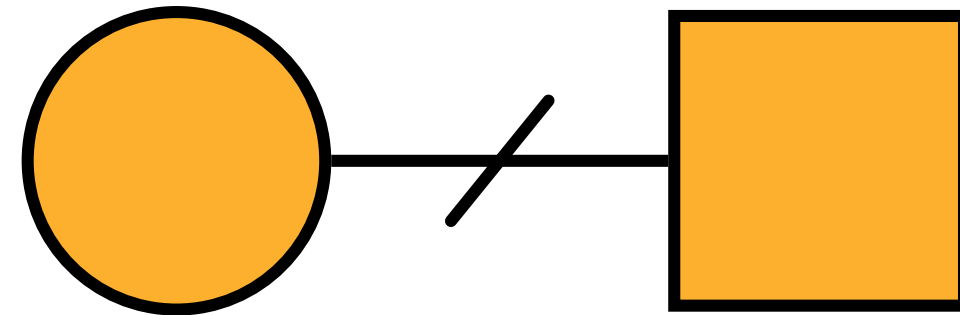


Children are presented from oldest to youngest moving left to right. The person from whose perspective is being drawn (the index person) is identified with a double line.

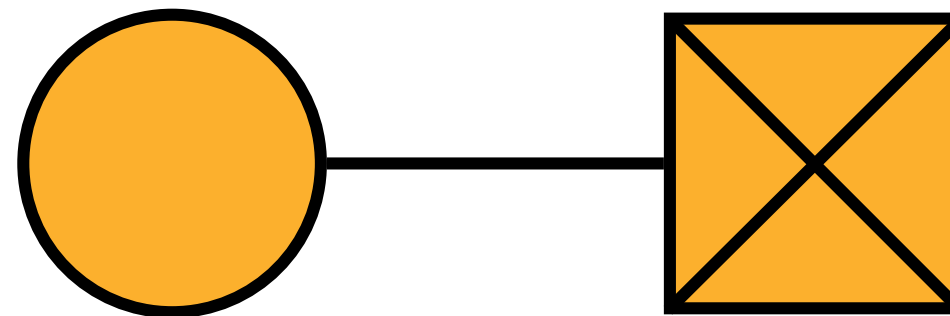
Basic Notations



An unmarried couple living together



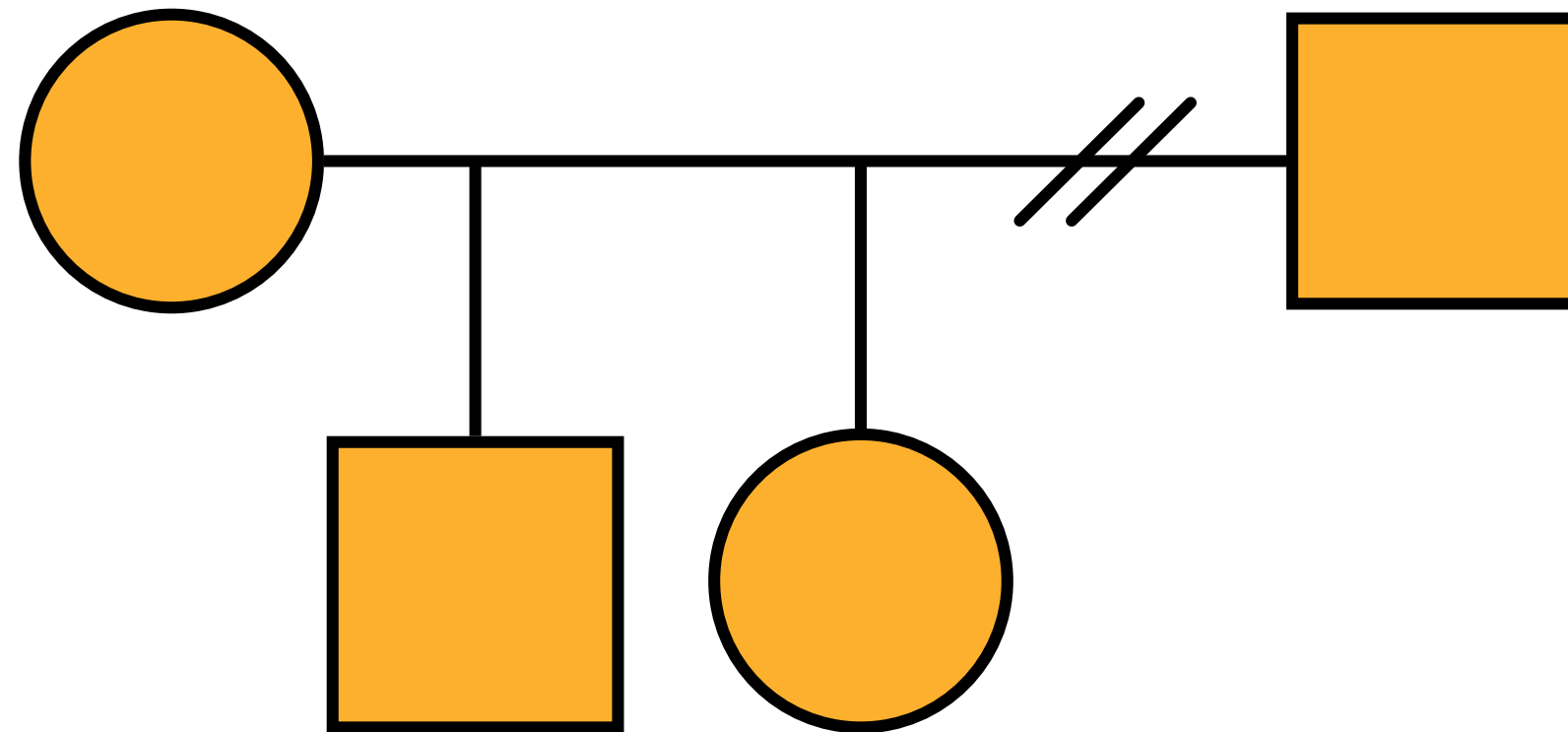
A married couple that is currently separated



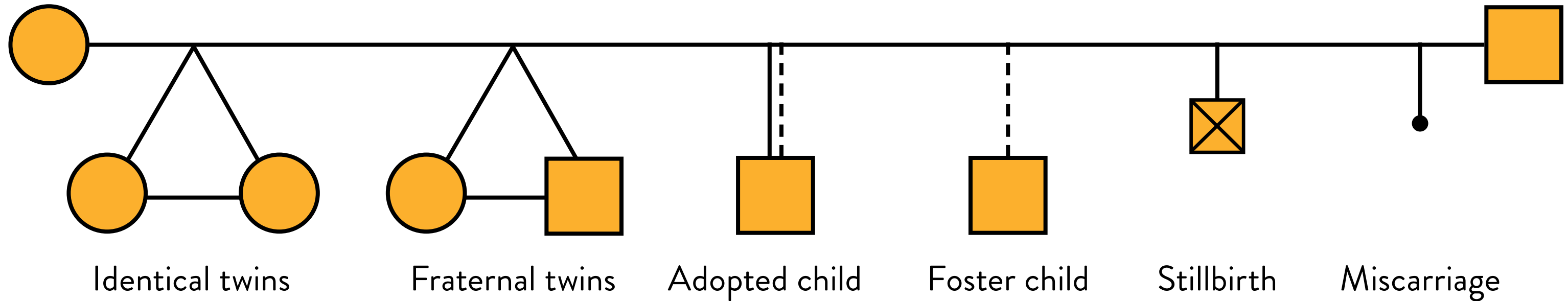
A deceased family member
(date of death is typically noted)

Basic Notations

- In a divorce involving children, draw a back slash through the relationship line in such a way that it is clear with whom the children primarily reside.

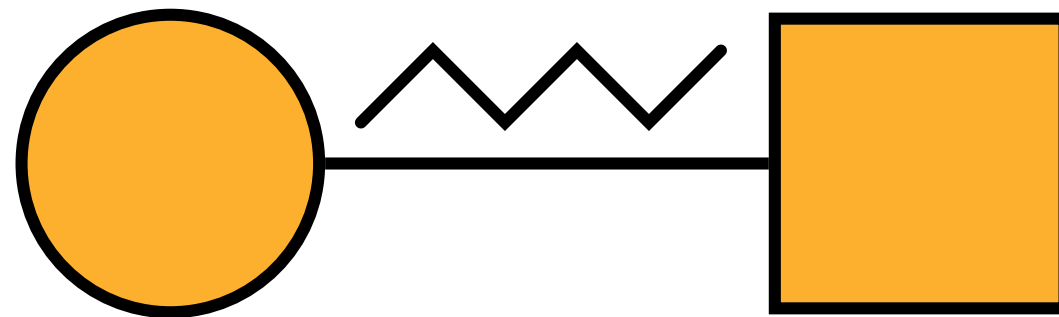


Basic Notations

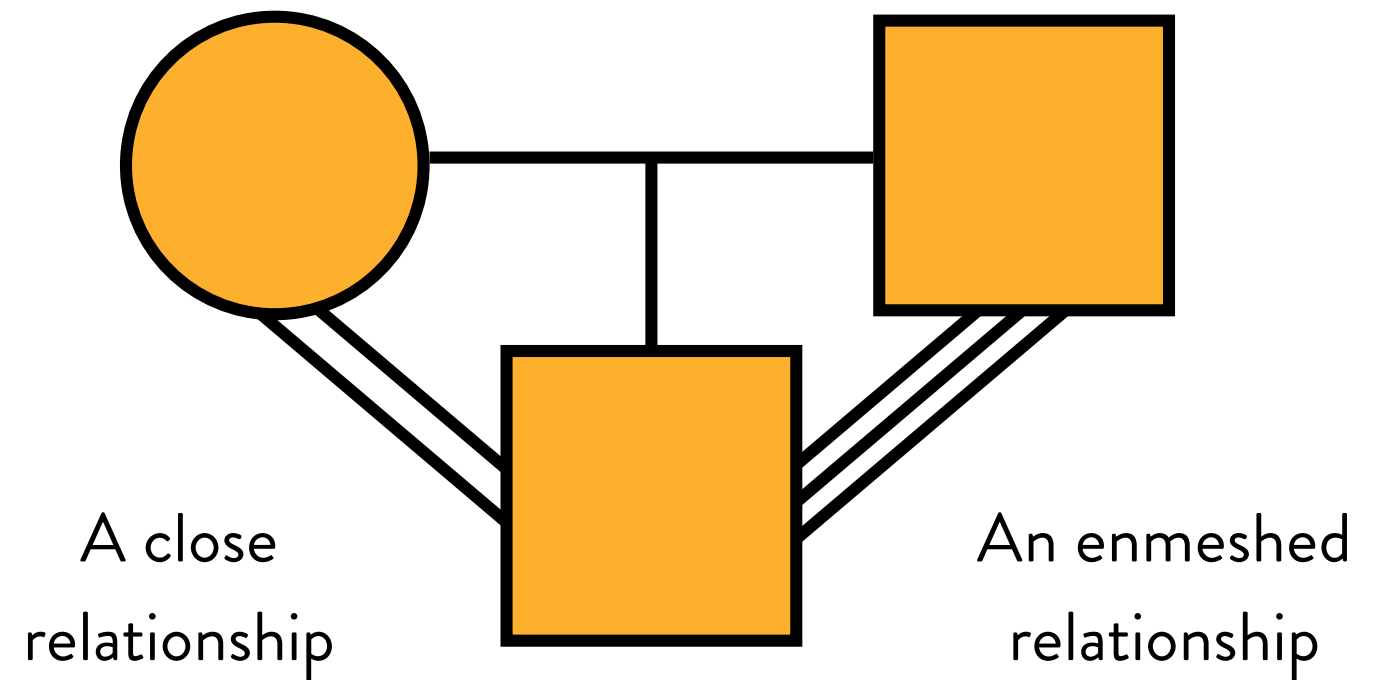


Basic Notations

- Specific symbols included with a notation describes the “nature” or “quality” of family relationships



A conflictual relationship

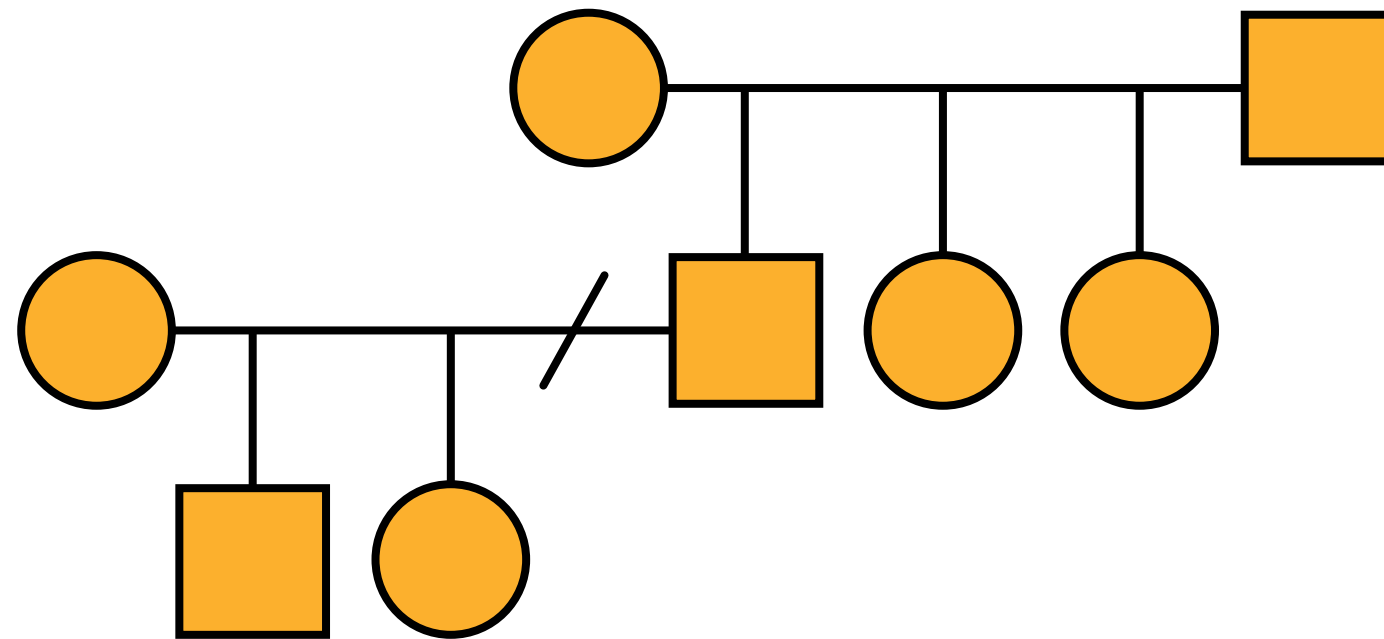


A close relationship

An enmeshed relationship

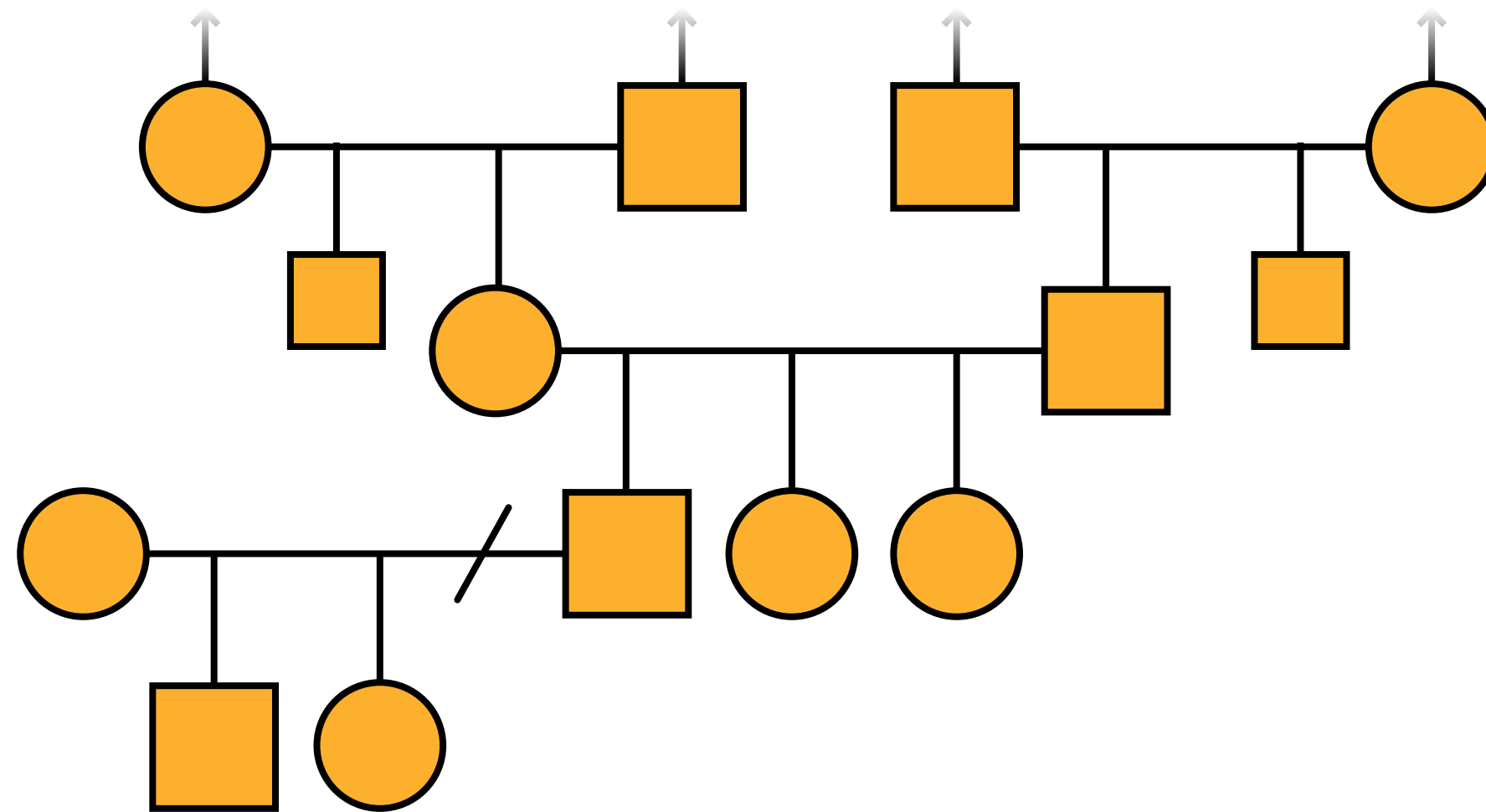
Basic Notations

- Genograms typically go back in time, looking for patterns of strengths, behaviors, and world-views, so the elder generations hold valuable information.



Basic Notations

- If possible, continue going back several generations, until you can either go no further, or the data becomes more myth than “fact.” Myths are important to family world-views, however. Both sides of each family are presented.



May the Force Be with You



www.youtube.com/watch?time_continue=19&v=MuxvG9tbUMs

Family Patterns

- Genograms identify patterns that connect (Bateson, 2000).
- These patterns reveal how family members pass on their view of the world, including resiliencies, strengths, and dysfunctional patterns.
- World-views can include things like how one survives in a hostile, homophobic, and racist world, family values, religious beliefs, the role of education, and other family principles that inform family members about daily life.

Family Patterns

- Dysfunctions and strengths exist in all families.
- When looking at the patterns, one wants to look backward, in order to make sense of the current situation, so one can have choices about what is passed on to the future.
- Looking at family patterns doesn't have to be a focus on trauma or dysfunctional relationships.
- It is about understanding the history of family development.
- That is, what has been, so one can influence what will be.

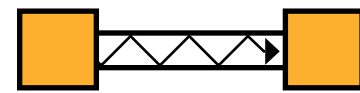
Dysfunction and Strengths in Families

DYSFUNCTIONAL NOTATIONS



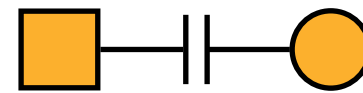
Physical abuse

a small jagged line and an arrow from the abuser to the abused.



Sexual abuse

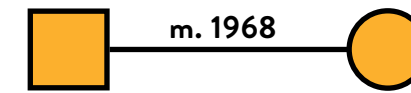
a large jagged line with an arrow from the abuser to the abused.



Emotional cut-off

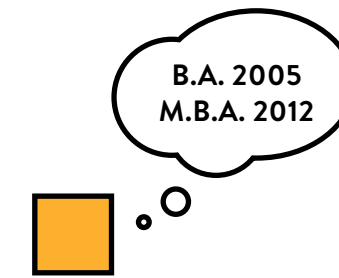
(where family members have no contact) two short perpendicular lines that break the relationship line.

STRENGTH-BASED NOTATIONS



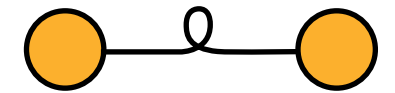
Enduring marriage

a long line with marriage date.



Education

a thought bubble with valid education information.

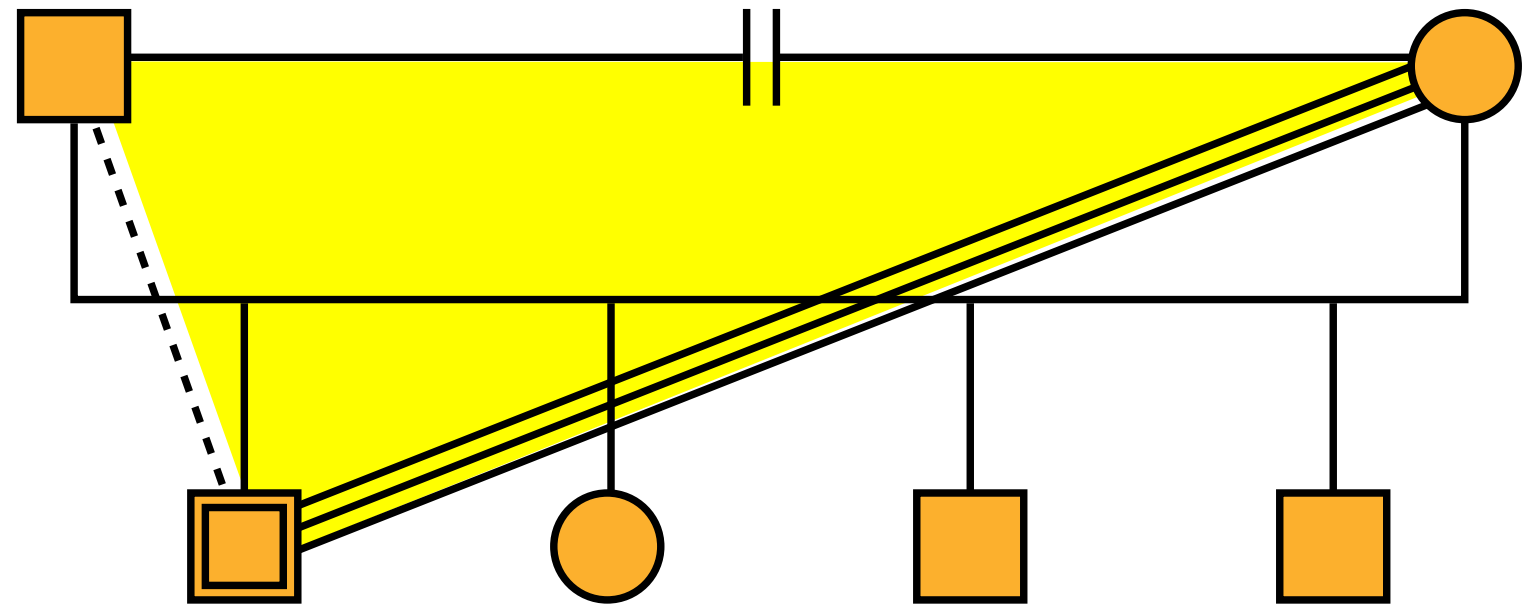


Cultural ties

See the handout.

Triangles

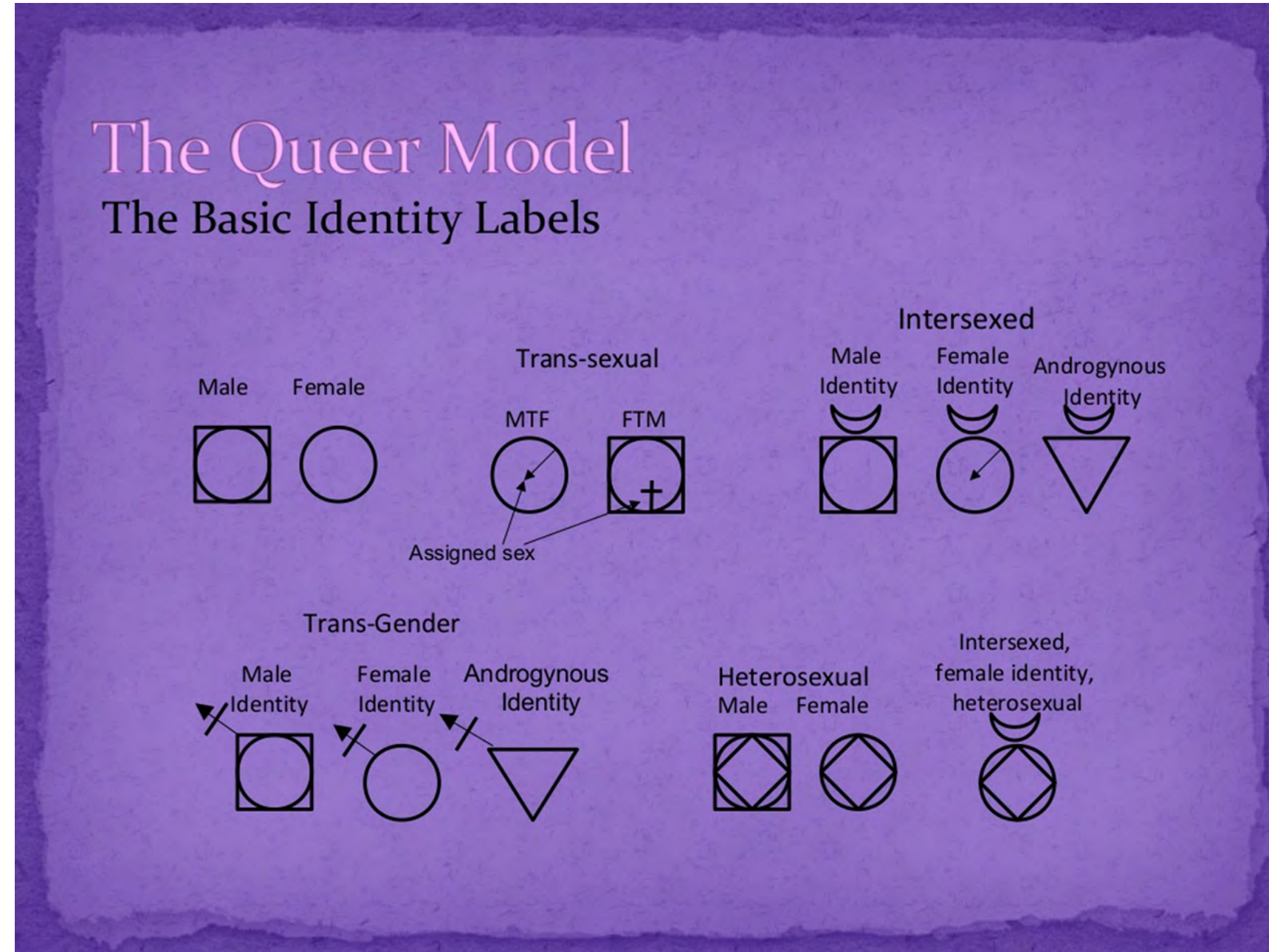
- In a family Genogram, a triangle represents the coalition of two family members against another family member.
- A common example might be among two parents and a child, where one of the parents creates an alliance with the child against the other parent.



To Get You Thinking...

- What do you recall about the family with whom you grew up?
- Where did you grow up?
- What was your relationship like with your parent(s) or caregiver(s)?
- What did your parent(s) do together that had an effect on you?
- What do you know about any aunts or uncles?
- What do you know about your grandparents or great grandparents?
- What was one of your favorite family traditions?
- Did you have any pets?
- What were you like as a child?

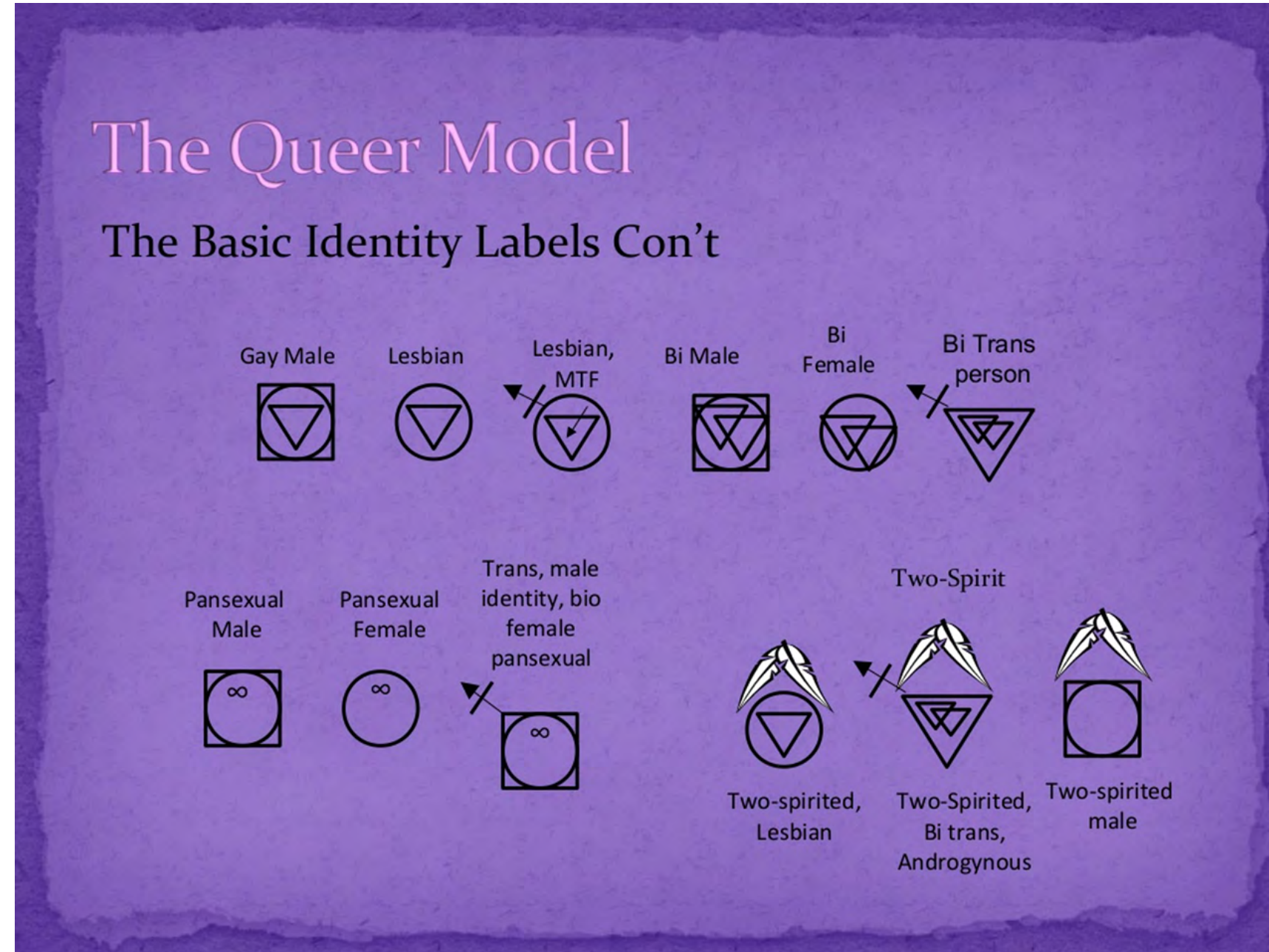
The Queer Model Notations



Taken from: Keith, C. (2013). "Sexual & Gender Diversity Genograms: A Tool to Transcend Hetero-, Cis-, and Mono-Normativity in Practice."

slideshare.net/SpectraWorkshops/queer-genograms-workshop-poly-conf

The Queer Model Notations



Taken from: Keith, C. (2013). "Sexual & Gender Diversity Genograms: A Tool to Transcend Hetero-, Cis-, and Mono-Normativity in Practice."

slideshare.net/SpectraWorkshops/queer-genograms-workshop-poly-conf

The Queer Model Notations

The Queer Model

The Basic Identity Labels Con't

Spirit, self,
'I am that I am'



Pet



Coming Out/
Transition Dates



OD: Sept. 1994

TS: October 1996

TF: Dec. 1999

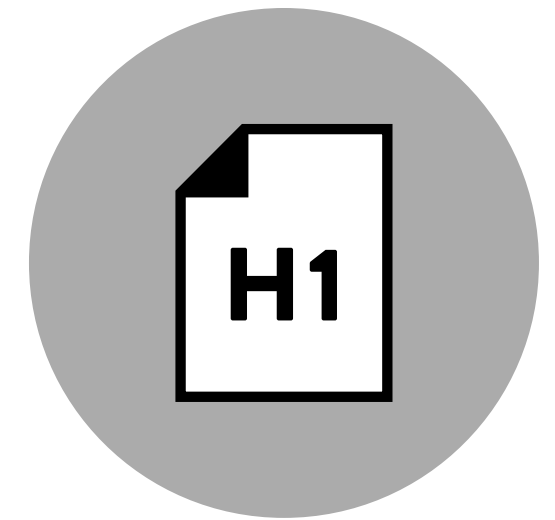


Taken from: Keith, C. (2013). "Sexual & Gender Diversity Genograms: A Tool to Transcend Hetero-, Cis-, and Mono-Normativity in Practice."

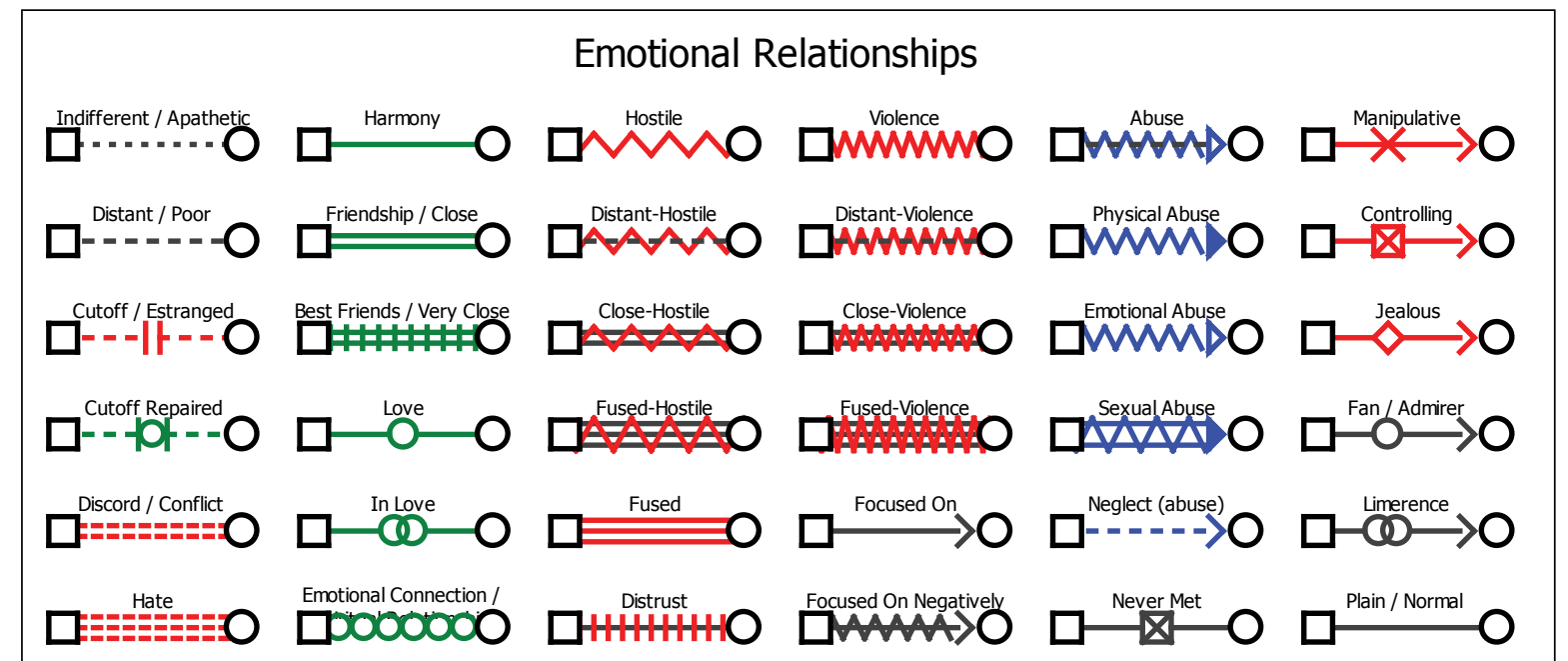
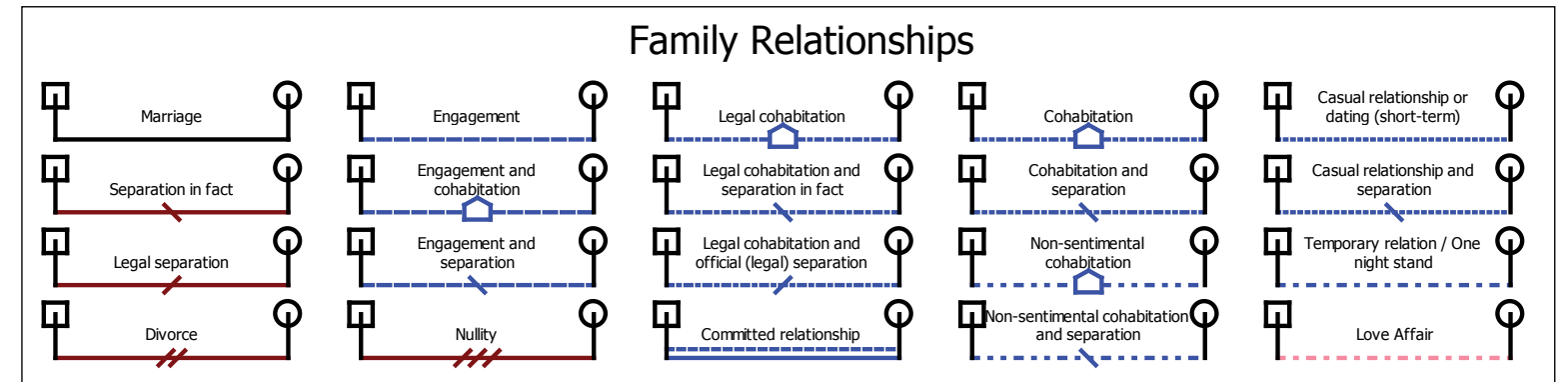
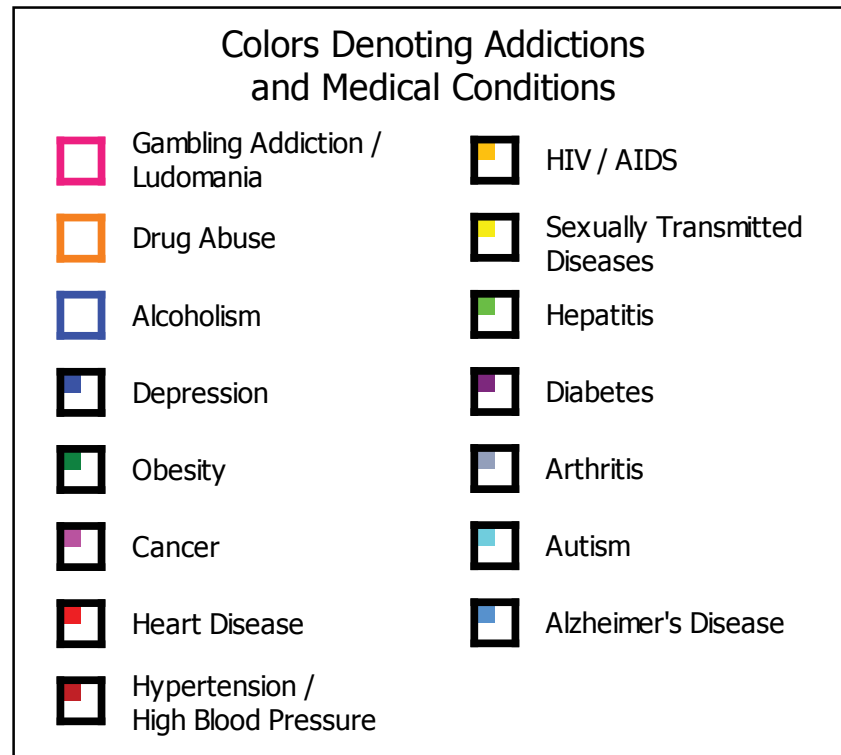
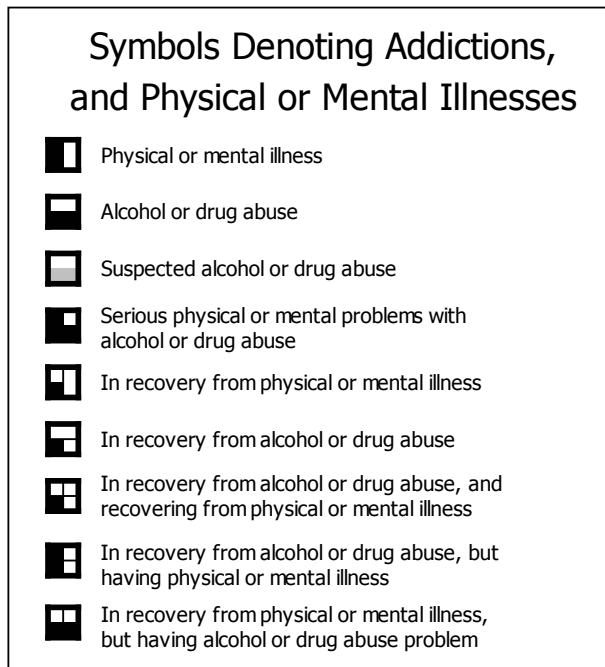
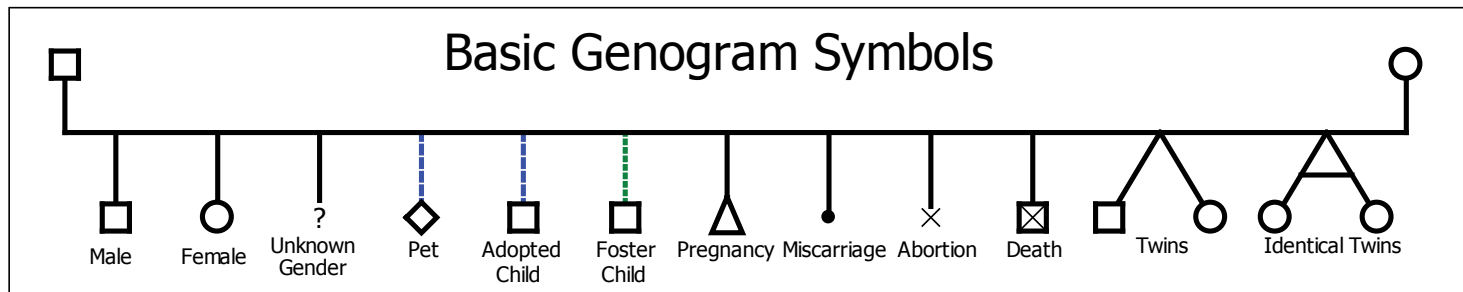
[slideshare.net/SpectraWorkshops/queer-genograms-workshop-poly-conf](https://www.slideshare.net/SpectraWorkshops/queer-genograms-workshop-poly-conf)

Time to Draw Your Genogram!

- Using Handout H1, “The Multicultural Family Institute’s Standard Symbols for Genograms” as an aide, begin to draw your genogram!
- Use the paper and writing utensils
- You have 20 minutes
- Please note that you will be discussing some of the family patterns that you identify. You do not have to share anything you do not wish to share.



Some Basic Notations



Source: genopro.com

References

- Bateson, G. (2000). *Steps to an Ecology of Mind: Collected Essays in Anthropology, Psychiatry, Evolution, and Epistemology*. Chicago, USA: University of Chicago Press.
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- McGoldrick, M., & Gerson, R. (1985). *Genograms in family assessment*. New York: W. W. Norton.
- Milewski-Hertlein, K. A. (2001). The use of a socially constructed genogram in clinical practice. *The American Journal of Family Therapy*, 29, 23–38.