
GENOGRAMS

A genogram is more than a family map.

It is a relationship chart.

- It is a map which seeks to highlight intergenerational and familial patterns.

Origins & evolution of genograms

- A recording tool in the medical field to record significant family information & identify patterns of mental health illness in previous generations
- An assessment tool
- A therapeutic tool with clients
- A training tool for personal & professional development

SYSTEMIC TIME LINES

- Help identify patterns over time in relation to a theme e.g. education or abuse, similarities and differences, key significant family events and transitions
- How certain values or beliefs or family scripts have been handed down across generations, how they have evolved and changed or stayed the same

Creative use of genograms

- Use pictures for people and best memories
- Use small toys/characters to represent a family map and identify key people in own family of origin
- Caring circle to identify people and type of relationships e.g closeness/distance
- Use the tree as a metaphor for family composition, relationships etc
- Use drawings

Genogram

Keep a focus on

- descriptions of relationships
- intergenerational patterns
- stories & ideas about

Some Questions

- Who is closest to whom?
- Who is/was more/less helpful in your family?
- Who is the most/the least affectionate in your family?
- How was conflict dealt with in your family?
How were birthdays celebrated?
- What were the roles and rules in your family about hierarchy and authority?
- Where are your ideas about being a a boy or a girl, a teenager, are coming from?

Life scripts



LIFE SCRIPTS

(J. Bing-Hall, 1995)

- Patterns of behavior and life pathways which are passed on from previous generations to the next e.g. same profession, family values, divorce, abuse, etc

SCRIPTS THROUGH SYSTEMIC LENSES



- Life scripts
- Family scripts
- Gender scripts
- Age scripts
- Cultural scripts
- Professional scripts



TYPES OF SCRIPTS

- **Replicative script:** same script in the next generation e.g. marriage
- **Corrective script:** seeking an opposite or alternative course of action/pathway e.g. Single
- **Improvised script** which integrate new ways of being and new beliefs e.g. civil partnership

The social GRRAACCEES

(Burnham, 1993)

Attending to all dimensions of difference



Gender

Race

Religion

Ability

Age

Culture

Class

Ethnicity

Education

Sexuality

Spirituality



Tool 1: Genogram

Identify a particular theme or one of the Graces which is connected to the presenting problem and focus on

- descriptions of relationships
- intergenerational patterns
- stories & ideas about ...being a parent, gender, class, marriage, divorce, religion, sexuality, culture, education, poverty, abuse

Tool 2: Time Line

Identify

- sequence of key events
- What are the main transitions the family is facing?
- Any significant family losses?
- Births?
- Illness?
- Any particular memories about family gatherings? Any joyful or sad family event?

Tool 3: Parenting scripts

Identify

similarities &
differences
about own
upbringing &
experiences of
being
parented and
parenting
children

Some Questions

- What are the similarities or differences in parenting over the generations?
- What kind of parents they would like to be?
- What are they trying to do differently from their own parents? (corrective script?)
- What are they doing that it is the same? (replicative script)?
- Is there anything they are trying to change, strengthen, or abandon? (integrative script)?