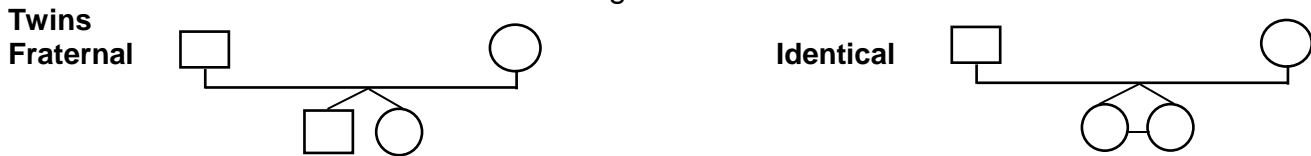
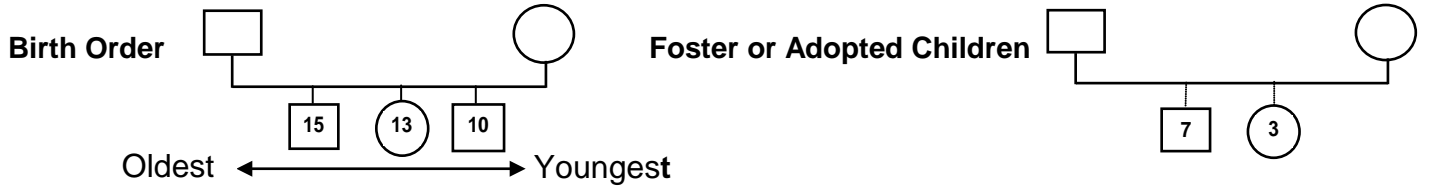
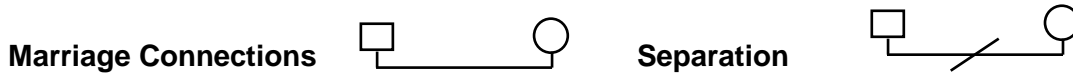
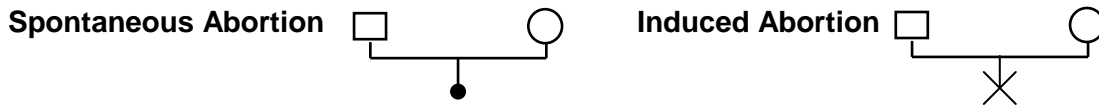


GENOGRAMS

Gender



Birthdates & Deathdates



Other Information of special importance

- | | |
|---------------------------------|---|
| 1. Ethnic background | 7. Medical conditions – major or chronic |
| 2. Religion or religious change | 8. Mental illness |
| 3. Education | 9. Current locations – major moves |
| 4. Occupation or unemployment | 10. Dates left home |
| 5. Trouble with the law | 11. Significant others who lived with or were important to the family |
| 6. Physical abuse or incest | |

GENOGRAMS

The Family Information Net ("Genograms," McGoldrick)

The process of gathering family information can be thought of as casting out metaphorical information net in larger and larger circles in order to capture relevant information about the family and its broader context. The net spreads out in a number of different directions:

- From the presenting problem to the larger context of the problem
- From the Immediate household to the extended family and broader social systems
- From the present family situation to a historical chronology of family events
- From easy, non-threatening queries to difficult, anxiety-provoking questions
- From obvious facts to judgments about functioning and relationships to hypothesized family patterns

QUESTIONS

The Presenting Problem and Immediate Household

1. Who lives in the household?
2. How is each person related?
3. Where do other family members live?
4. Which family members know about the problem?
5. How does each view it, and how has each of them responded?
6. Has anyone in the family ever had similar problems?
7. What solutions were attempted by whom in those situations?

The Current Situation

8. What has been happening recently in your family?
9. Have there been any recent changes in the family (i.e., people coming or leaving, illnesses, job problems, etc.)?

The Wider Family Content

10. Let's begin with your mother's family. Your mother was which one of how many children?
11. When was she born?
12. Is she alive?
13. (If not), when did she die? What was the cause of her death?
14. (If alive), where is she now? What does she do?
15. Is she retired? When did this happen?
16. When and how did your mother meet your father? When did they marry?
17. Had she been married before? (If so), when? Did she have any children by that marriage? Did they separate or divorce or did her spouse die? If so, when was that?

The Social Content

18. What roles have outside people played in your family?
19. Have you gotten help from the community?
20. Who outside the family has been important in your life?
21. Has anyone else ever lived with your family? When? Where are they now?
22. What has been your family's experience with doctors and other helping professionals?

The Facts

The goal is to obtain the following for each family member:

23. Dates of birth, marriage, separation, divorce, illness, and death (including cause);
24. Sibling position;
25. Ethnic and religious background;
26. Occupation and education;
27. Current whereabouts.

The Historical Perspective of the Family

28. How did the family react when a particular family member was born?
29. Who was named after whom and who "should have been"?
30. How did the family react when a particular family member died? Who took it the hardest? The easiest? Who attended the funeral? Who wasn't there that "should have been"?
31. When and why did the family migrate to this country? How many generations of the family have lived here? How well did the initial generations fare? Which members of the immigrant generation learned the language?

GENOGRAMS

Historical Perspective of the Problem

32. When did the problem begin?
33. Who noticed it first?
34. Who thought it was serious and not serious?
35. Were family relationships different before the problem began?
36. What other problems existed?
37. Does the family see the problem as having changed? In what ways? For better or for worse?
38. What will happen in the family if the problem continues? If it goes away?
39. What does the future look like?
40. What changes do family members imagine are possible in the future?

Tracking Family Relationships and Roles

41. Are there any family members who do not speak to each other or who have ever had a period of not speaking? Are there any who were/are in serious conflict?
42. Are there any family members who are extremely close?
43. Who helps out when help is needed?
44. Who do family members confide in?
45. All couples have some sort of marital difficulties. What sorts of problems and conflicts have you encountered?
46. What about your siblings' and parents' marriages?
47. How do you get along with each child?
48. Have any family members had particular problems dealing with their children?
49. Has any family member been focused on as the "caretaker"? The problematic one? The "sick" one? The "mad" one?
50. Who in the family is seen as the strong one? The weak one? The dominant one? The submissive one?
51. Who in the family is seen as the successful one? The failure?
52. Who is seen as warm? As cold? Is caring? As distant?

Serious Problems

53. Has anyone in the family had a serious medical or psychological problem? Been depressed? Had anxieties? Fears? Lost control?
54. Has there been any physical or sexual abuse?
55. Are there any other problems that worry you? When did that problem begin? Did you seek help? If so, when? What happened? What is the status of that problem now?

Work History

56. Have there been any recent job changes? Unemployment? Do you like your job? Who else works? Do they like it?
57. How much income is there?
58. How does your economic situation compare with that of your relatives?

Drugs and Alcohol

59. Do any family members routinely use medication? What kind and for what?
60. Do you think any member drink too much or have a drug problem? Has anyone ever thought so? What drugs? When? What has the family done about it?

Trouble with the Law

61. Have any family members ever been arrested? For what? When? What was the result? What is the person's legal status now?
62. Has anyone ever lost his/her driver's license?

Interpretation

As a rule of thumb, the data is scanned for the following:

- Repetitive symptom, relationship or functioning patterns seen across the family, and over the generations. Repeated triangles, coalitions, cutoffs, patterns of conflict, over and under functioning are central to genogram interpretation
- Coincidences of dates: e.g., the death of one family member or anniversary of this death occurring at the same time as symptom onset in another, or the age at symptom onset coinciding with the age of problem development of another family member.
- The impact of change and untimely life cycle transitions: changes in functioning and relationships that correspond with critical family life events. Of particular interest are untimely life cycle transitions, e.g., losses, births, marriages, or deaths that occur "off schedule."

GENOGRAMS

Standard Symbols for Genograms

