

## PART I: GENOGRAM FORMAT

A. Symbols to describe basic family membership and structure (include on genogram significant others who lived with or cared for family members - place them on the right side of the genogram with a notation about who they are.)

Male: Female: 

Birth date

43-76

Death date

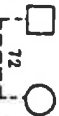
Index Person (IP): 

Death = X

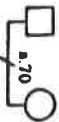
Marriage (give date):  
(Husband on left, wife on right):



Living together  
relationship or liaison:



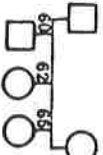
Marital separation (give date):



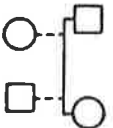
Divorce (give date):



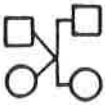
Children: List in birth order,  
beginning with oldest on left:



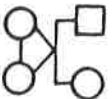
Adopted or  
foster children:



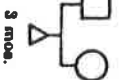
Prenatal  
twins:



Identical  
twins:



Pregnancy:



Spontaneous  
abortion:



Induced  
abortion:

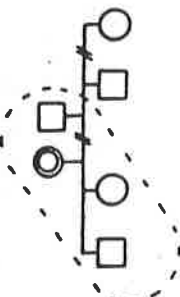


Stillbirth:



Members of current IP household (circle them):

Where changes in custody have occurred, please note:



B. Family interaction patterns. The following symbols are optional. The clinician may prefer to note them on a separate sheet. They are among the least precise information on the genogram, but may be key indicators of relationship patterns the clinician wants to remember:

Very close relationship:



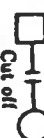
Conflictual relationship:



Distant relationship:



Entrangement or cut off  
(give dates if possible):




Fused and conflictual:



C. Medical history. Since the genogram is meant to be an orienting map of the family, there is room to indicate only the most important factors. Thus, list only major or chronic illnesses and problems. Include dates in parentheses where feasible or applicable. Use DSM-III categories or recognized abbreviations where available (e.g., cancer; CA; stroke; CVA).

D. Other family information of special importance may also be noted on the genogram:

- 1) Ethnic background and migration date
- 2) Religion or religious change
- 3) Education
- 4) Occupation or unemployment
- 5) Military service
- 6) Retirement
- 7) Trouble with law
- 8) Physical abuse or incest
- 9) Obesity
- 10) Alcohol or Drug abuse (symbol = ) \*
- 11) Smoking
- 12) Dates when family members left home: LH 74.
- 13) Current location of family members

It is useful to have a space at the bottom of the genogram for notes on other key information: This would include critical events, changes in the family structure since the genogram was made, hypotheses and other notations of major family issues or changes. These notations should always be dated, and should be kept to a minimum, since every extra piece of information on a genogram complicates it and therefore diminishes its readability.

these nodes  
family even  
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an be found.  
mily history,

was shot) and was involved in an accident at Chappaquidick in which one person drowned (12 months after Robert was killed). Two grandchildren were responsible for car accidents in which someone was permanently paralyzed or seriously injured.

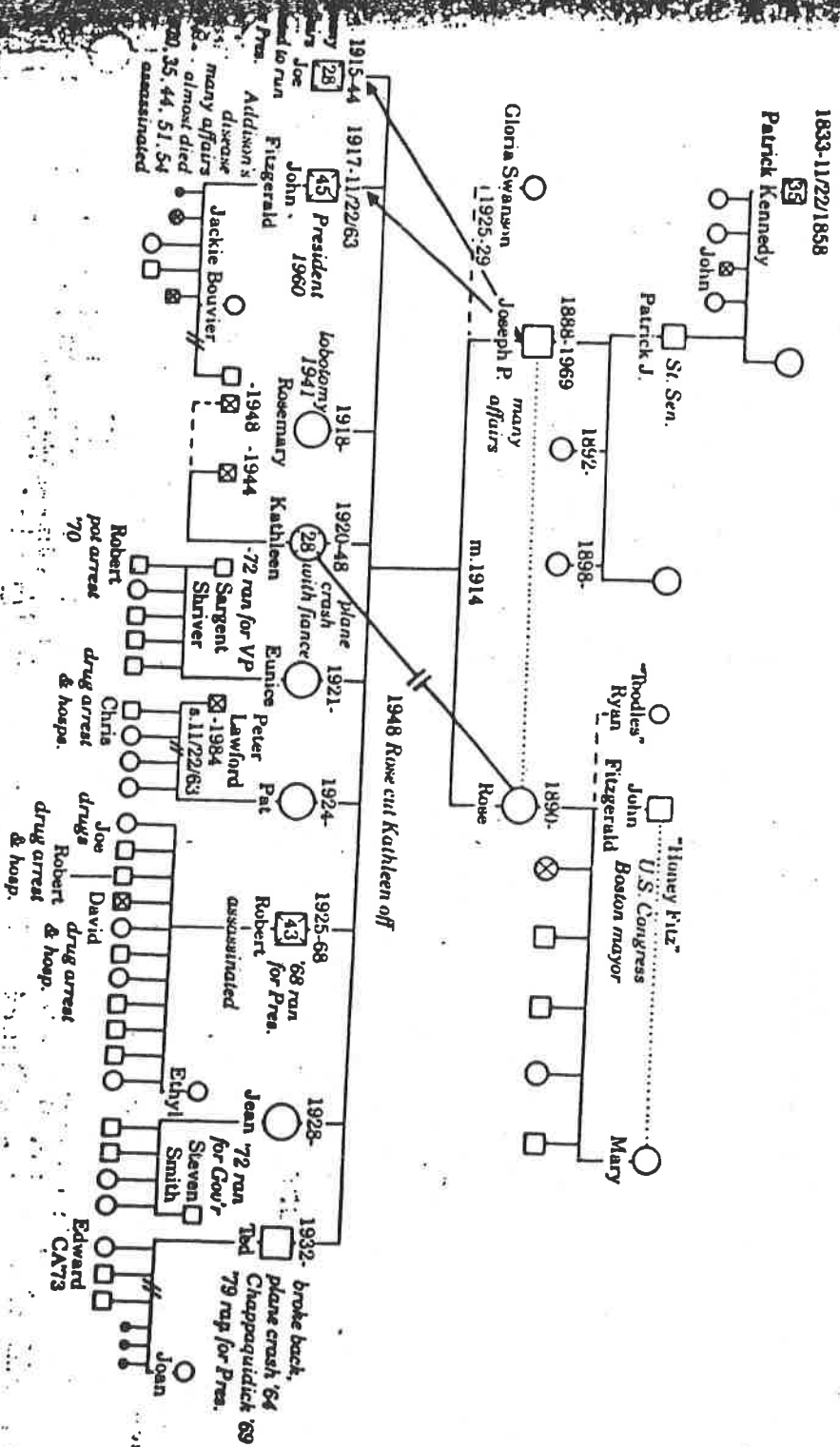


Diagram 3.36 Kennedy family—life changes, transitions and traumas

Often, critical life events in a family will send ripples throughout the family system, having an impact on the family in many different ways. This certainly seems to be the case in the Kennedy family.

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st striking  
e deaths

Next, we go back a generation and include both Sigmund's and Martha's parents and siblings (Diagram 2.18). In fact, we usually go back to the grandparents of the index person, including at least three generations on the genogram (four or even five generations if the index person has children and grandchildren).

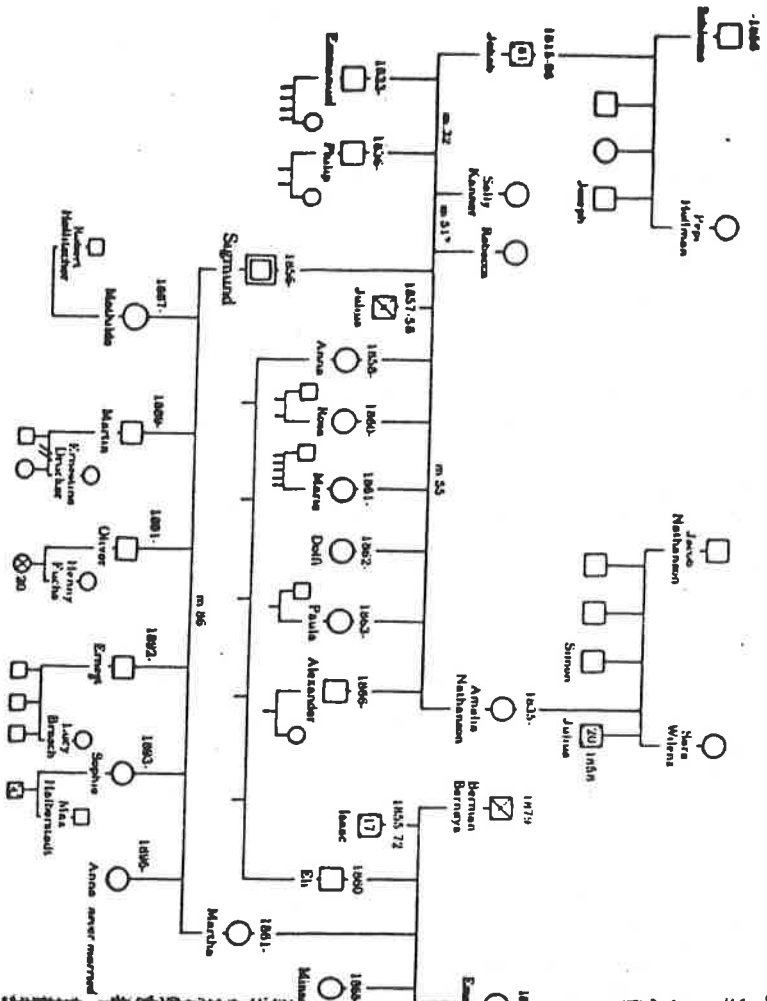


Diagram 2.18 Freud family - five generations

To highlight their central importance, the figures for Sigmund and Martha are lowered out of the sibling line. As can also be seen on

this diagram, the spouses of siblings are also usually placed slightly lower than the siblings themselves, to keep the sibling patterns clear.

After the family structure has been drawn, the members of the household are encircled. Diagram 2.19 shows the Freud household in 1896, the year after their last child, Anna, was born, and the year that Sigmund's sister-in-law came to live with them.

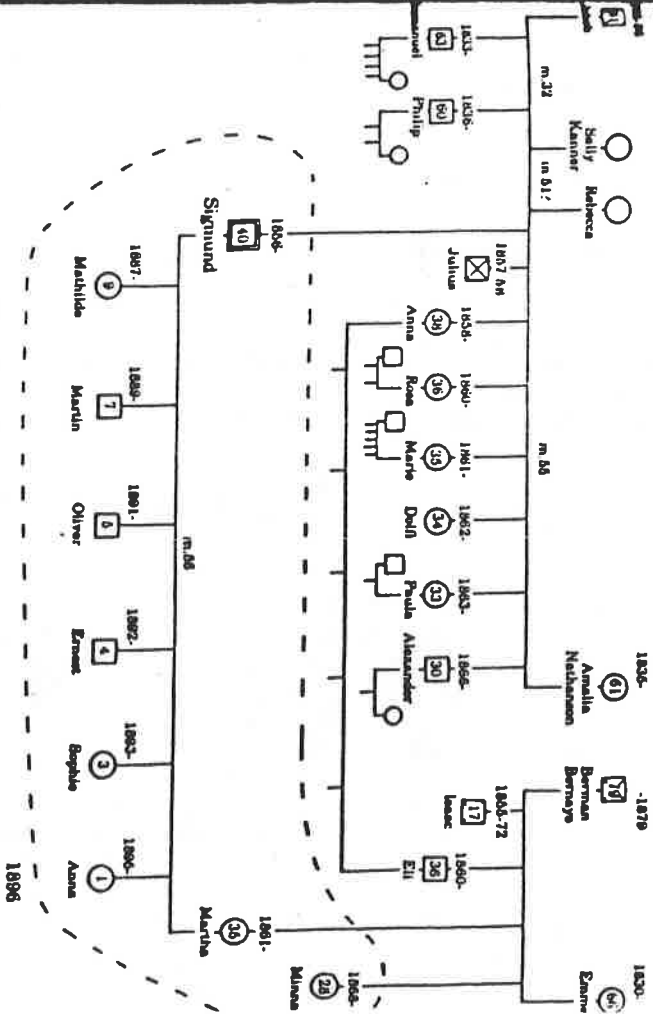
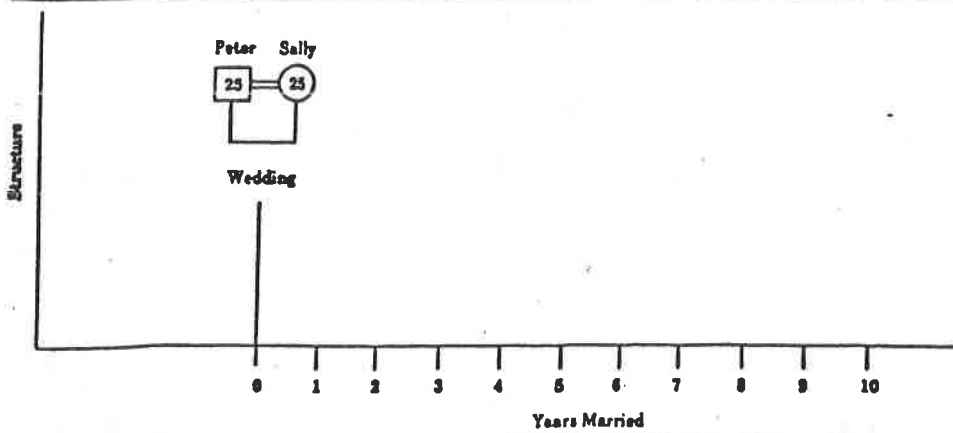


Diagram 2.19 Freud immediate household

The date in the bottom righthand corner tells the year when this genogram snapshot was taken. A clinician might use the genogram to freeze a moment in the past, such as the time of symptom onset or critical change in a family. When we choose one date in a person's life, other information, deaths, ages and important events are calculated in relation to that set date. It is then useful to put each person's age inside his or her figure. If the person is dead, the

## Beginning a Structural Time Line

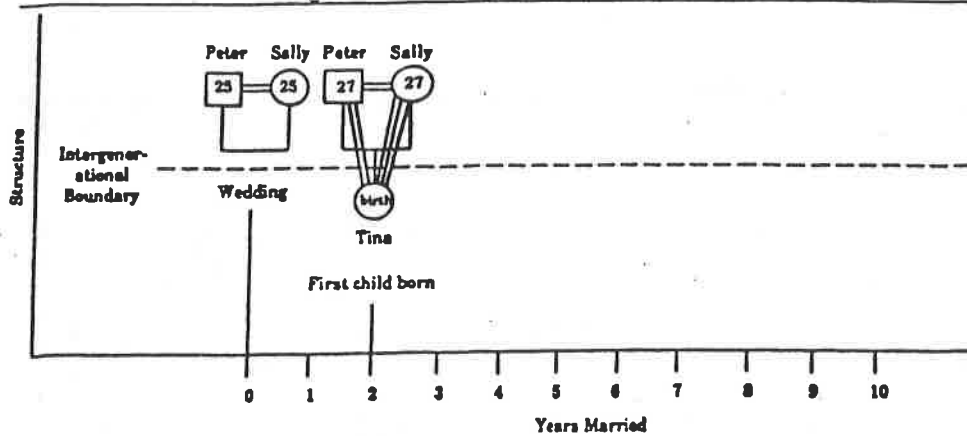


*Note:* The vertical axis is a rough dimension of structure, primarily indicating the generation to which people belong. Numbers inside circles and squares refer to ages at that point in time. The double lines between Peter and Sally indicate a normal, close relationship.

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### Figure 3 Progression of a Structural Time Line



*Note:* The "intergenerational boundary" shows that Tina is of the next generation down from Peter and Sally. The three lines between Sally and Tina indicate a very close or enmeshed relationship—in this case appropriate for a mother and a newborn.

### Figure 4 Completing a Structural Time Line

