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Session Goals:

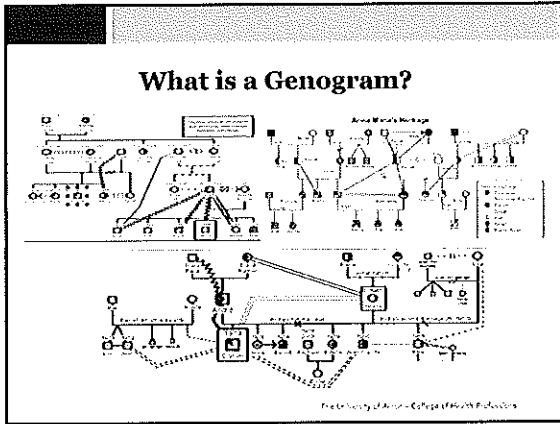
- Learn to utilize genograms when assessing and treating children and adolescents
- Learn how to innovatively integrate children and adolescents in treatment during family counseling sessions
- Learn how to assess and treat children, adolescents, and families utilizing one tool that can be tailored toward both specific presenting problems and diverse populations

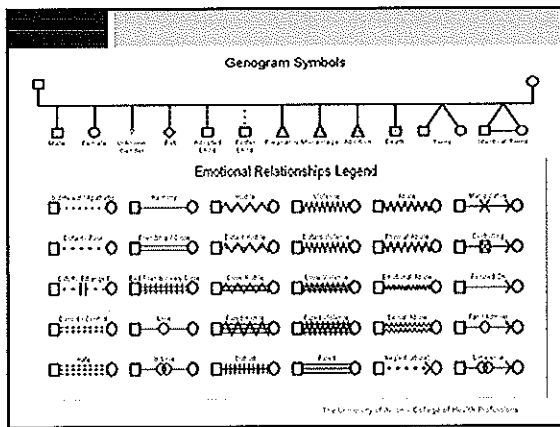
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What is a Genogram?

- A diagram of a client's context, which might include:
 - Current family system
 - Family history
 - Medical history
 - Racial and cultural background
 - Relational dynamics
 - Environmental influences

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The Origin of the Genogram

- Murray Bowen, Jack Froom, and Jack Medalie
 - Early 80s
 - North American Primary Research Group
 - Creation of a standardized format (1985)

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Why do we use Genograms?

- Analyze patterns occurring in:
 - Relationships
 - Communication styles
 - Coping mechanisms
 - Medical and mental health history
 - Environment/Community
 - Anything else pertaining to presenting issues

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Types of Genograms

- Community Genogram
 - The community genogram is a versatile, graphic tool that places emphasis on the positive strengths and resources that can be brought to bear in the therapeutic process, and expands the scope of the traditional genogram so that it can be used within the wider context of community and culture, as well as family (Figlio-D'G80, 2005).
- Medical Genogram
 - A genogram allows a physician to obtain medical and psychosocial information from a patient easily and, as a result, to have a better understanding of the context of the presenting symptoms (Watson, Watson, & Wietzel, 1994).

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Types of Genograms

- Career Genogram
 - A career genogram is your family tree traced back to your grandparents that examines the careers that each member pursued. Creating your career genogram can be personally rewarding and help you examine the competencies you obtained from your family to use in your own career search (O'Leary, 1997).
- Cultural Genogram
 - Used to promote cultural awareness and sensitivity in clinical trainees and develop a great contextual understanding of clients (Hardy & Lesoffy, 1995).
- Sexual Genogram
 - The sexual genogram combines aspects of the sex history with the genogram family journey to examine the impact of the partners' family loyalties, secrets and "scripts" on their sexual functioning (Prof & Permas, 1988).

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What is Play Therapy?

- "Play therapy is the systematic use of a theoretical model to establish an interpersonal relationship wherein trained play therapists use the therapeutic powers of play to help clients prevent or resolve psychosocial difficulties and to achieve optimal growth and development."
- www.a4pt.org

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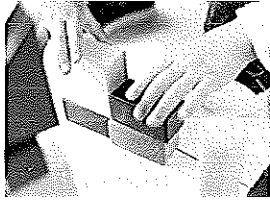
Charles Schaefer's Therapeutic Powers of Play

- Therapeutic Factor: Overcoming Resistance
- Beneficial Outcome: Working Alliance



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Therapeutic Powers of Play




- Therapeutic Factor: Communication
- Toys are the words and play is the language
- Beneficial Outcome: Understanding

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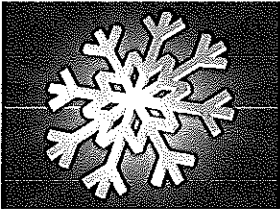
Therapeutic Powers of Play

- Therapeutic Factor: Competence
- Beneficial Outcome: Self-Esteem



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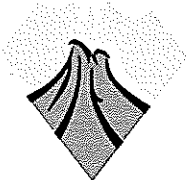
Therapeutic Powers of Play



- Therapeutic Factor: Creative Thinking
- Beneficial Outcome: Innovative Solutions to Problems

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Therapeutic Powers of Play

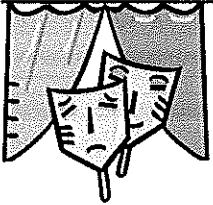


- Therapeutic Factor: Catharsis
- Arousal and discharge of strong emotions for therapeutic relief
- Beneficial Outcome: Emotional Release

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Therapeutic Powers of Play


- Therapeutic Factor:
Abreaction
- The weakening or elimination of anxiety by re-experiencing, either through imagination or in reality, the original anxiety-provoking experience.
- Beneficial Outcome:
Adjustment to Trauma



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Therapeutic Powers of Play


- Therapeutic Factor:
Role Play
- Functional, Relational
- Occupational, Fantasy
- Beneficial Outcome:
Practice in Acquiring New Behaviors and Empathy



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Therapeutic Powers of Play

- Therapeutic Factor:
Fantasy Visualization
- Beneficial Outcome:
Fantasy Compensation



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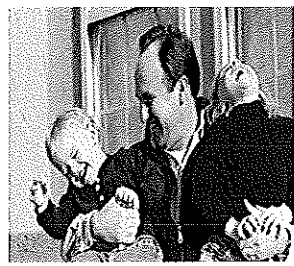
Therapeutic Powers of Play



- Therapeutic Factor: Metaphoric Teaching
- Beneficial Outcome: Insight

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Therapeutic Powers of Play



- Therapeutic Factor: Attachment Formation
- Beneficial Outcome: Attachment

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Therapeutic Powers of Play




- Therapeutic Factor: Relationship Enhancement
- Beneficial Outcome: Self-Actualization, Self-Esteem, Closeness to Others

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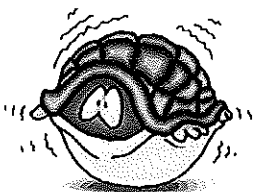
Therapeutic Powers of Play

- Therapeutic Factor: Positive Emotion
- Beneficial Outcome: Ego Boost



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Therapeutic Powers of Play




- Therapeutic Factor: Mastery of developmental fears
- Beneficial Outcome: Growth and Development

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Therapeutic Powers of Play

- Therapeutic Factor: Game Play
- Beneficial Outcome: Ego Strength, Socialization



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Combining Play with Genograms

- It can be used with multiple generations
- Grandparents and grandchildren can participate
- Family members choose miniatures or puppets to represent people in the family
- This adds richness to the description of the family members when the children describe why a certain animal represents a family member

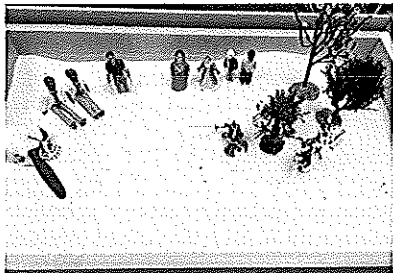
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Combining Play with Genograms

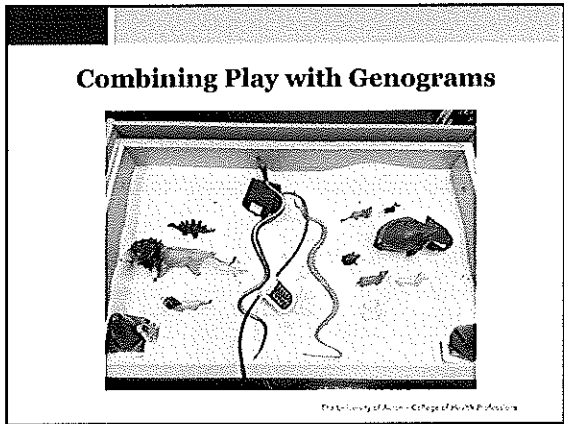
- Play genograms enhance an already well-established assessment tool
- It gives the client an alternative language to expand on family history
- It doesn't rely on verbal communication
- Children may find it easier to share if using miniatures

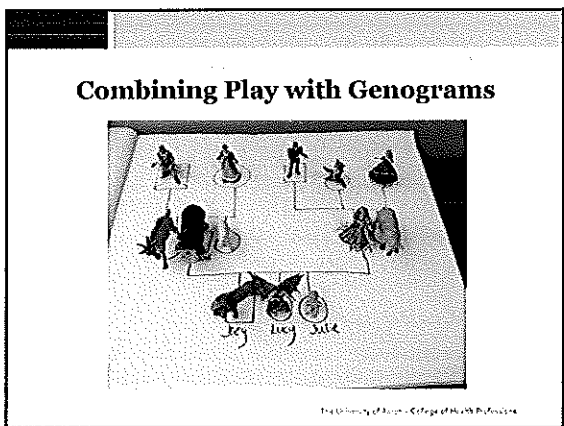
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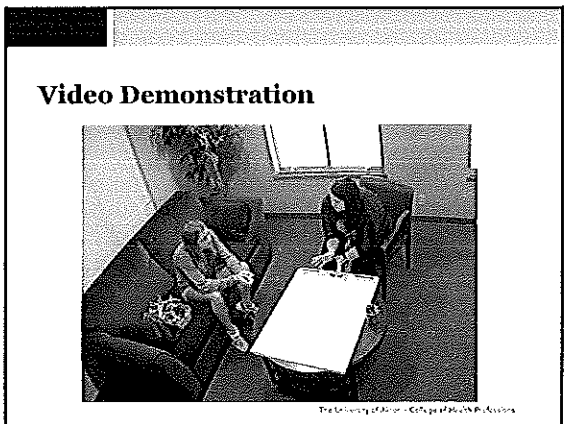
Combining Play with Genograms



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Case Study: Background Information

- Jacob (8 years old) presented to counseling to help ease transitions to new home, school, and town
- Jacob lives with biological mother and has visitation with his paternal grandma and grandpa
- Jacob's dad died of a drug overdose when Jacob was 6 years old. Jacob was present for the overdose and called his mom for help
- Mom decided to move to her hometown to be closer to her family. The Paternal grandparents became upset and filed for visitation rights

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Case Study: Application

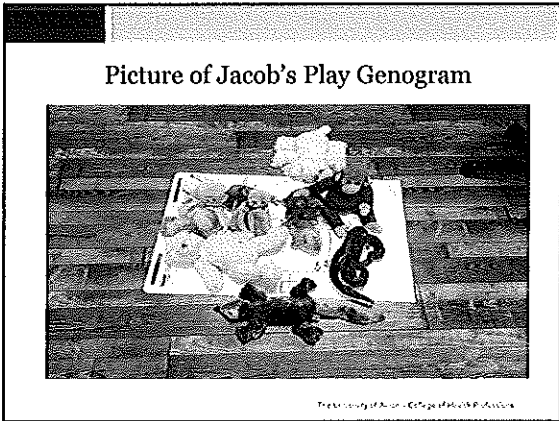
- You are seeing Jacob and want a better understanding of his family history- You plan to do a Play Genogram with him
- What questions do you have and how would you start?
- Based on the information you were given, begin a rough sketch of the genogram as you think it should look

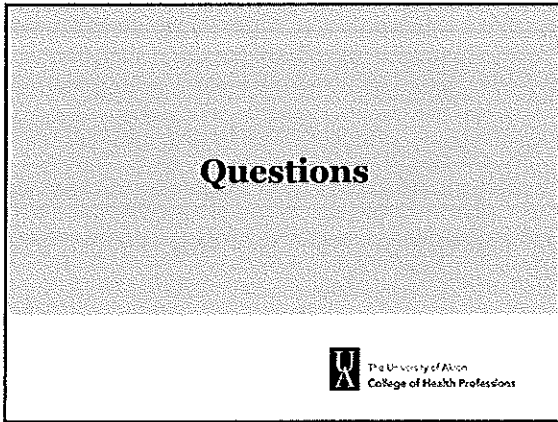
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Case Study: Potential Questions

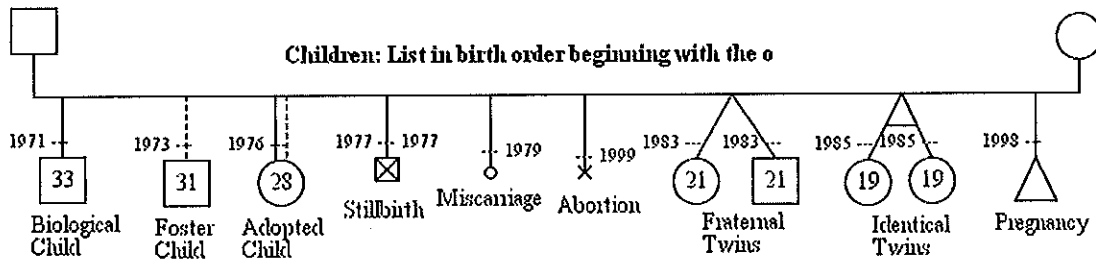
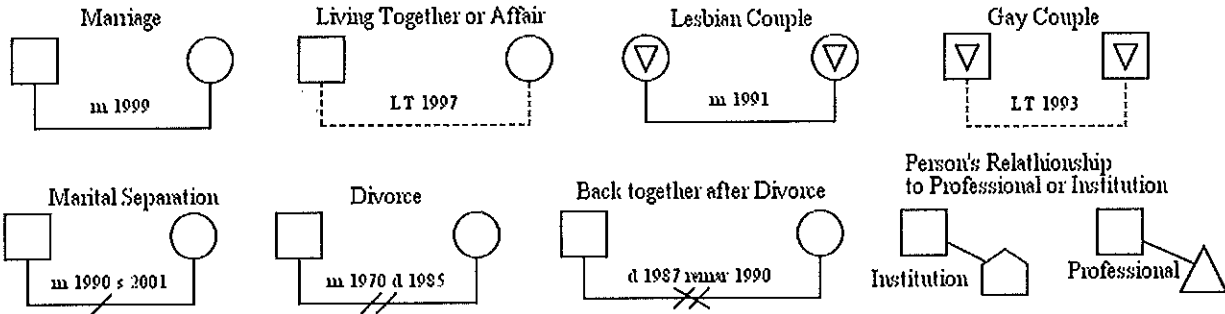
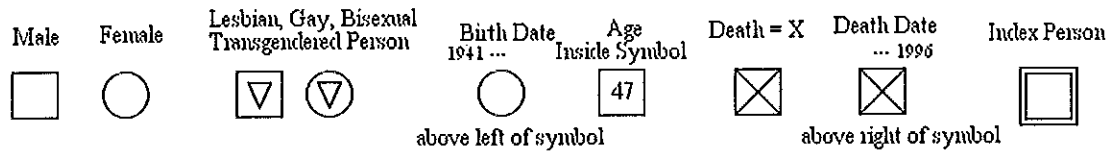
- Tell me about your family by using characters, stuffed animals, images etc.
- Who are you closest to in the family?
- What made you choose those specific animals for each family member?
- How does your family deal with sadness? How do they deal with death?
- How does your family celebrate holidays? How do you decide where you spend them?

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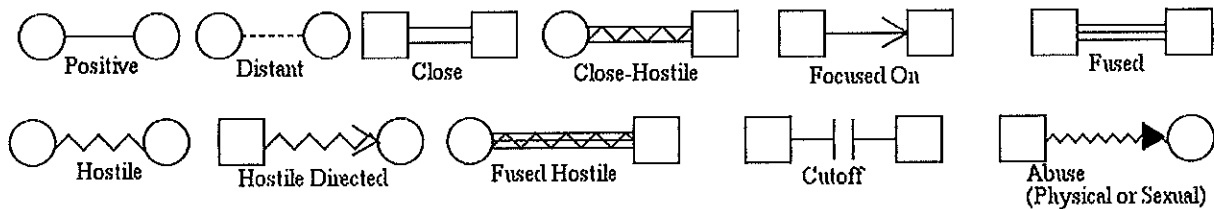




Standard Symbols for Genograms



Symbols Denoting Interactional Patterns between People



References

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