

# Family Maps: Family Systems Map and Genogram

## Engagement

Talk about what has been working for you as you meet with families. What are your needs? If you are ready to improve your skills in using family maps, this guide can support you as you assess and plan.

### **Explore:**

When you think about family maps, what are your strengths?  
What improvements would you like to make in your use of family maps?

## Assessment

### **Scaling:**

On a scale of 1 (need to learn) to 10 (can mentor), where would you place yourself?  
(Record on the functional assessment.)



### **Scaling Continuum:**

<u>Learning</u> Learning the Skills	<u>Working</u> Using the Skills with Families	<u>Mentoring</u> Using the Skills to Mentor
1. Understand and interpret the symbols of the genogram legend used to construct a genogram.	1. Engage a family in the process of developing genograms and family systems maps.	1. Engage caseworker in seeing the value and uses of the family maps.
2. Use the legend symbols to construct a genogram.	2. Use solution-focused questions to obtain information to create genograms and family systems maps.	2. Demonstrate the uses of family maps for caseworkers with families.
3. Understand and interpret the symbols of the family systems map legend used to construct a family systems map.	3. Use family maps to identify family power issues, patterns, strengths, needs, etc.	3. Coach caseworker through completing family maps with families.

<b><u>Learning</u></b> <b>Learning the Skills</b>	<b><u>Working</u></b> <b>Using the Skills with Families</b>	<b><u>Mentoring</u></b> <b>Using the Skills to Mentor</b>
4. Use the legend symbols to construct a family systems map.	4. Coach family in using family maps to identify and understand family issues and dynamics.	4. Process various uses of family maps and the valuable information that they can provide with the caseworker.
5. Identify patterns, strengths, and needs in family systems maps and genograms.	5. Use family maps in conjunction with the cycle of need to identify underlying family needs.	5. Demonstrate using solution-focused questions to obtain information and engage families.
		6. Process with caseworker the differences between a genogram and a family systems map and when and how you might use the maps.

### **Planning**

1. What will it look like when you use family maps as you would wish?
2. What steps can you take that will lead to the desired result?

### **Practice Opportunities**

<b>Mentor with Caseworker</b>	<b>Caseworker with Family</b>	<b>Family with Family</b>
Coach caseworker through doing a family systems map of their own family or the family of another caseworker, friend, etc.	Do a genogram and a family systems map with a family.	Coach a family through doing a genogram to learn more about their family history.
Coach caseworker through doing a genogram of their own family or the family of another caseworker, friend, etc.	Process with a family the strengths and needs that are identified in their genogram and/or family systems map.	Coach a family through doing a genogram to discover patterns of family strengths in their extended family.
	Support family in using information obtained through family systems maps and genograms to plan for, develop, and implement change.	Coach a family through doing a family systems map to look at communication and relationship patterns in their family.

## Knowledge Base

### Concept:

Using family maps to identify family strengths and needs

### Basic Elements:

Genogram

Genogram legend

Family systems map

Family systems map legend

### Definitions:

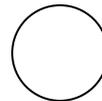
Genogram:

A genogram depicts the contemporary as well as the past generations of the family over time. It is used to gather information about dates of births and deaths, marriages and divorces, occupations, and residences of the family. It shows demographics, facts about family member's health, ideas about family communication patterns, as well as role assignments and myths can be obtained.

Genogram legend:



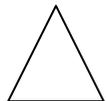
Male



Female



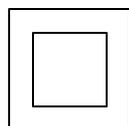
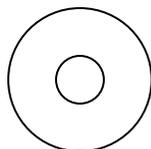
Male or Female Death



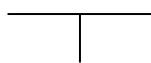
Pregnancy



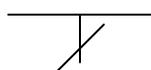
Miscarriage or Abortion



Index Female or Male

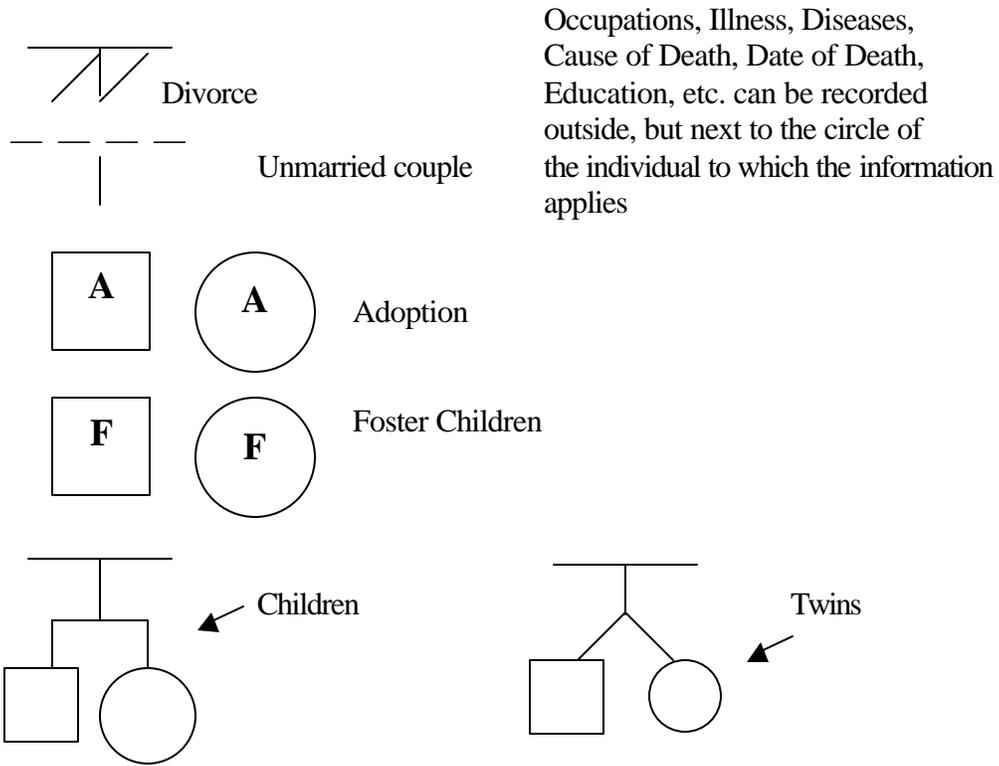


Marriage



Separation

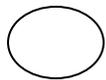
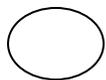
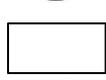
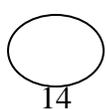
Names, ages, birth dates can go in the circle that denotes a male or female



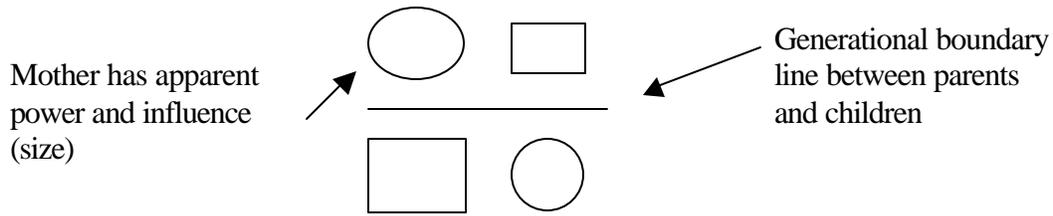
**Family systems map:**

A visual way to organize our subjective impressions, observations, and interactions with a family. Family mapping is a way to take enormous amounts of information about a family and organize it onto one sheet of paper. A family map helps a caseworker to have an overview of a family at a glance.

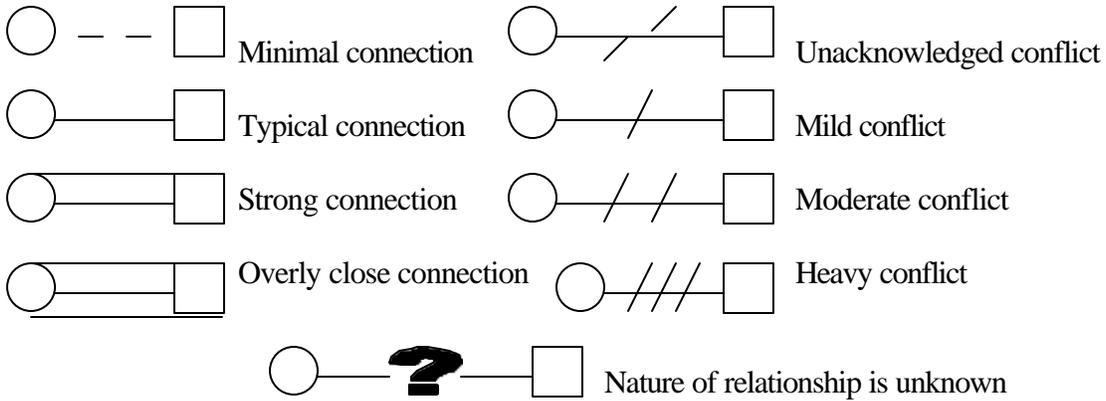
**Family map legend:**

-  Female
  -  Male
  -  Mother
  -  Father
  -  Age (children)
  -  Deceased grandfather (Still important to family)
  -  Adopted 14-year-old daughter
  -  Family member who is "cut off" through
- Relative size of the figures indicates apparent power in the family

divorce, abandonment, prison, etc.



Relationships are indicated by different lines between members:



Line indicates generational divisions between parents and children

