

Creating Your Genogram

What is a genogram?

Genograms are a way to map out a family with a visual representation of the relationships and family members involved. They can be very simple, to show basic generations; they can also include additional information, such as the kinds of emotional attachments between family members, or patterns of health problems or addictions.

Drawing Your Genogram

- Include at least three generations.
- Think about what kind of patterns you want to explore - Relationships? Race and ethnicity? Immigration and migration? Abuse? Addictions? Physical or mental illness? Keep these in mind as you work.
- Start by writing down the information that you already know. Note questions that you might want to ask family members later to add more detail.
- Starting with the oldest generation at the top, sketch out the info you have using the following basic symbols and lines. Siblings go from left to right, oldest to youngest.

