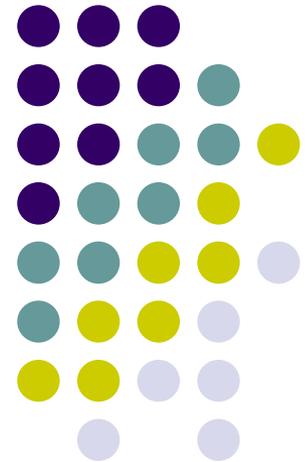
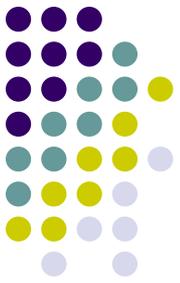


# **“You May Be What They Were Then.” A look at your family through the use of a genogram**

Kaye Sears, Ed.D., LMFT, CFLE, CCPS  
Professor, Human Environmental Sciences  
University of Central Oklahoma  
Child Abuse Prevention Day  
Mini Conference April 14, 2015

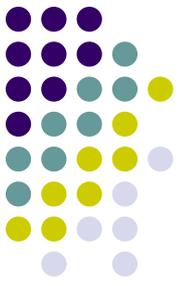




# Topics for today

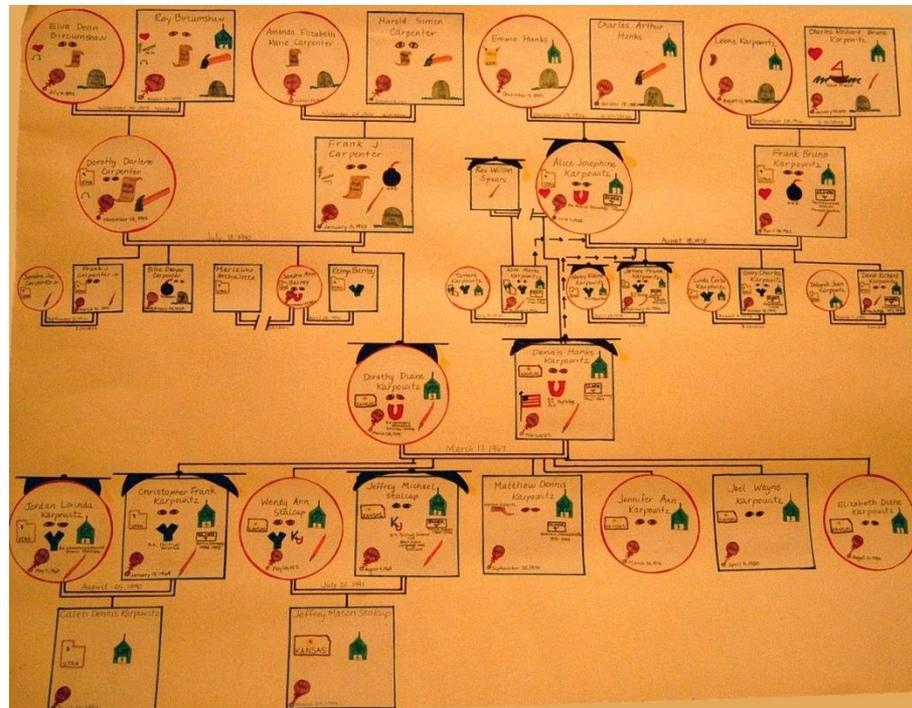
- Definition of Genogram and Family Tree
- Purpose for using the tool
- Benefits
- Contexts
- Relevance for making changes
- Fun Stuff



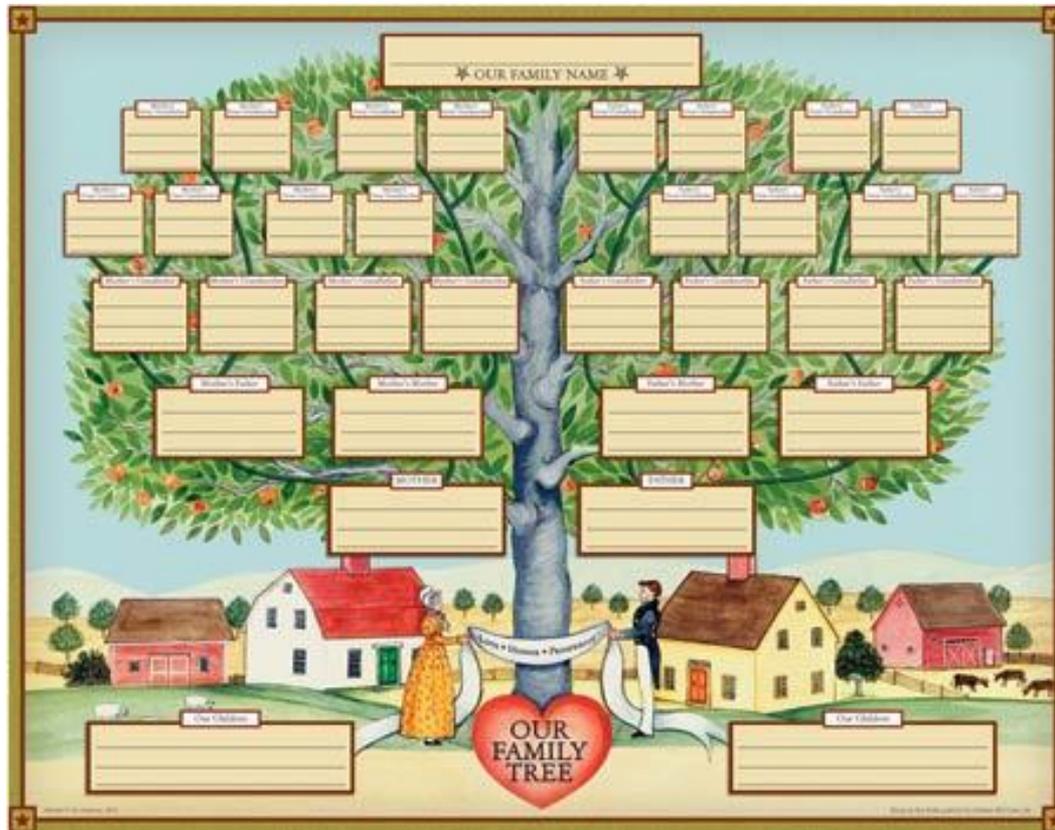
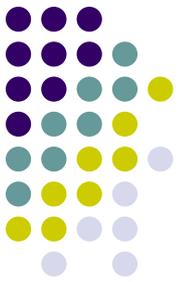


# Definition of a Genogram

- Graphic representation – a diagram of relationships, traits and trends of a family



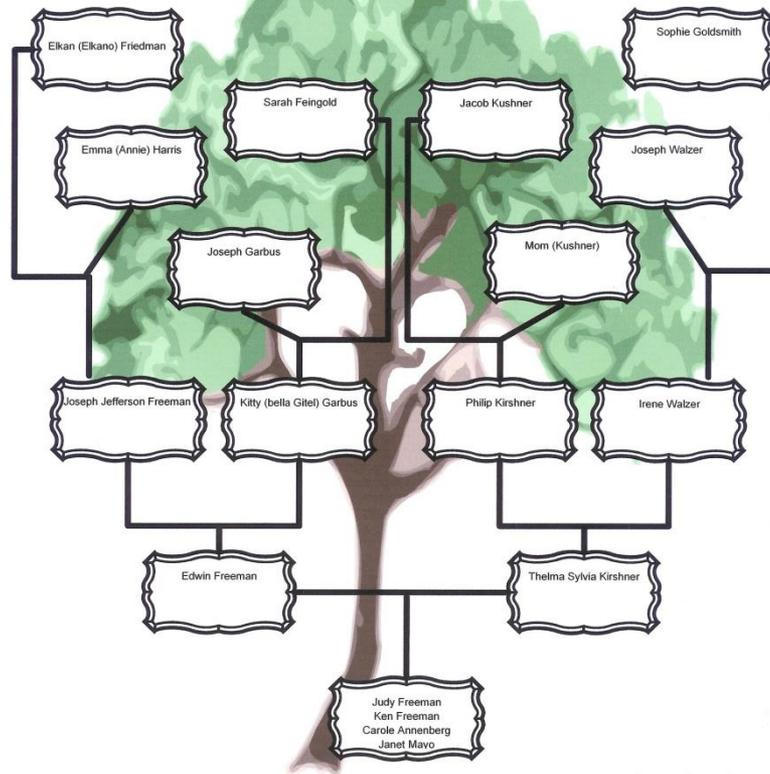
# Family trees-a variety of examples



# Family trees



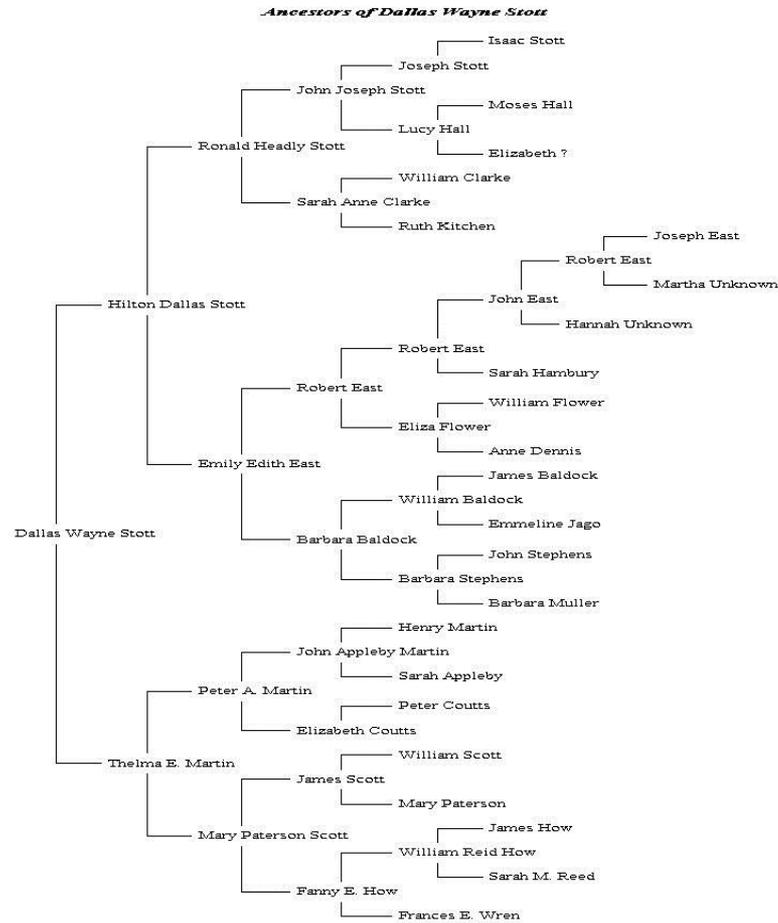
## My Family Tree

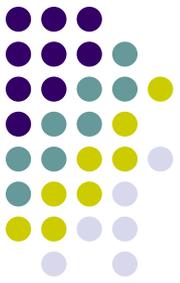


Courtesy of About Genealogy  
<http://transabout.about.com>



# Family trees



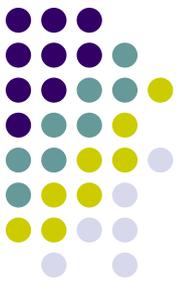


# Confucius family tree facts

- Longest family
- Spans 80 generations
- 2 million members
- 1.3 million living members

No right length or right way to do a family tree or genealogy

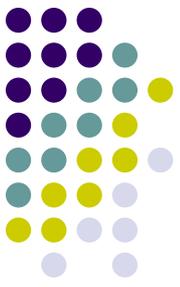




# Purposes of a Genogram

- Record of information about family members over several generations
- Assist family therapists in understanding patterns/issues/recurring events in a family
- An orderly way of obtaining and recording a family history for members to share together
- To pass on a family's heritage

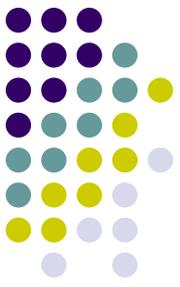




# Benefits of a genogram

- Records of data such as birth, death, marriage, name, gender
- Information about education and occupation,
- major life events,
- chronic illnesses,
- social behaviors/relationships
- nature of family relationships (estranged, codependent)
- disorders, health issues,
- geographic information, hobbies and endless other information

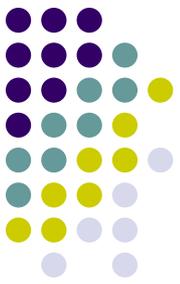




# Contexts for using a genogram

- Family therapy
- A tool to **gather** information to connect with and to preserve family history
- A way to **explain** social, emotional, physical relationships among family members
- A way to **change** a destructive pattern before it becomes a problem for a new generation
- Genetic counseling resource
- Substance abuse counseling





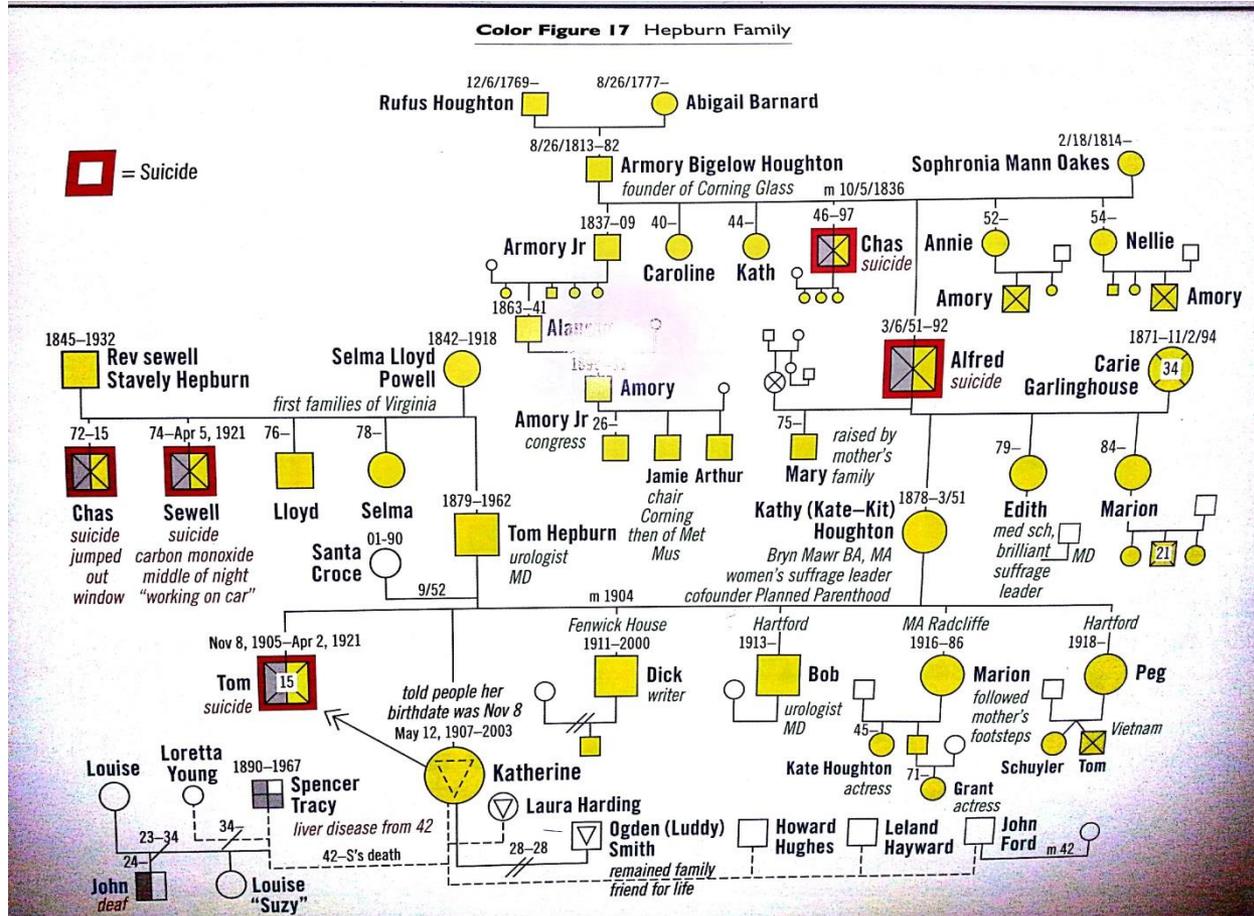
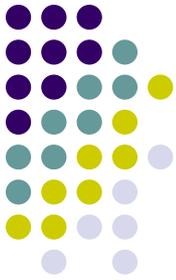
## Possible basic tool in family therapy

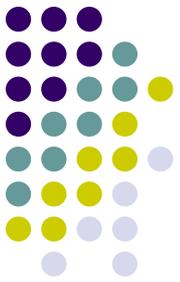
- Not standardized among all users
- Usually begins with legal/biological relationships of families
- Add significant events (births, deaths
- Attributes (religious affiliations, etc.
- Character of relationships (alliances/conflicts)
- ACE Study considerations to plan preventions
- ***A picture is worth a thousand words: The case for graphic representations***





# Graphic example of trends

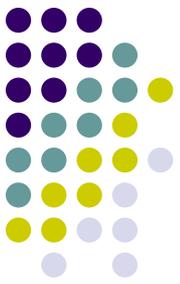




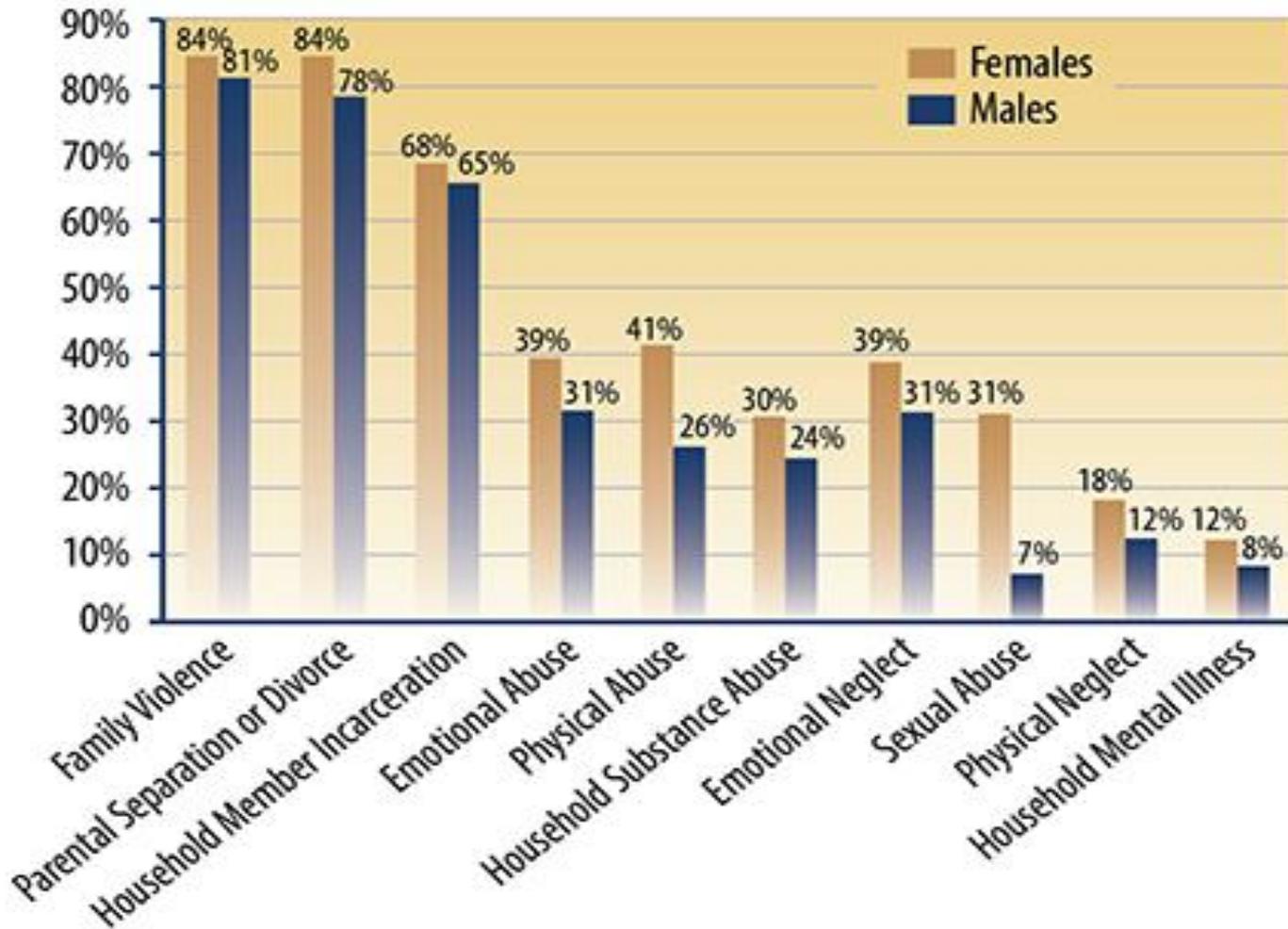
# ACE Study

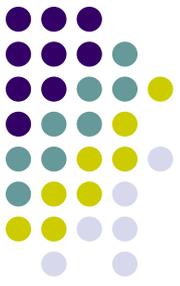
- Over 17,000 Kaiser Permanent members participated in the study of how childhood adversity causes issues in adulthood.
- The CDC processed the information given from patients on questionnaires.
- Patients identified with at least one ACE or detrimental trend.
- Of those who had 1, 87% had more than 1





# ACE Prevalence of Abuse





# Detrimental Trends

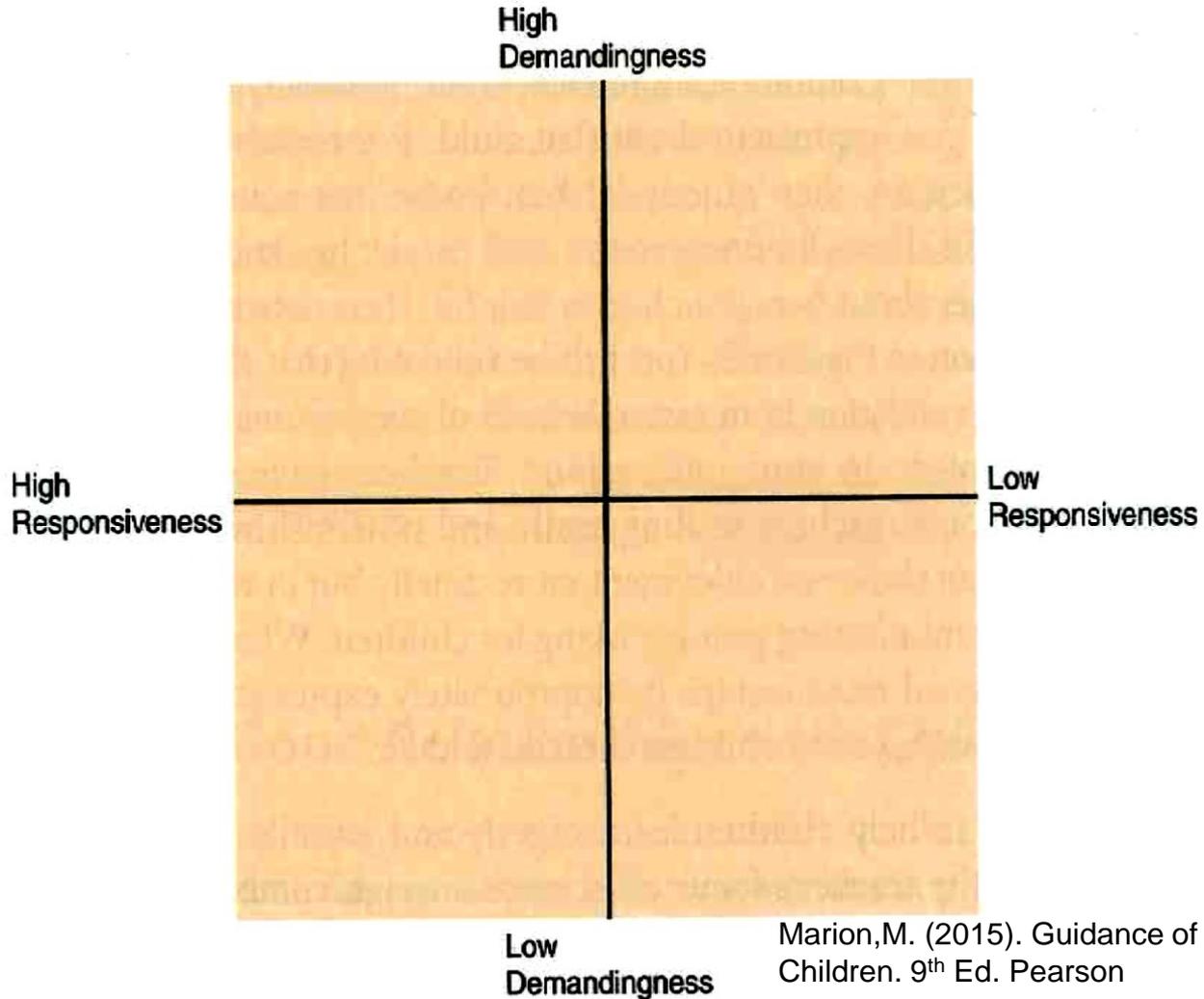
- Committing crimes
- Abuse & neglect
- Health/Illness issues
- Divorces/promiscuity/affairs
- Dysfunctions among family members/generations
- Premature pregnancy
- Suicides
- Addiction



# 2 major dimensions of caregiving



**FIGURE 1.1** Two major dimensions of caregiving



Marion, M. (2015). *Guidance of Young Children*. 9<sup>th</sup> Ed. Pearson



# It is never okay to hit children. Ever. It's that simple.



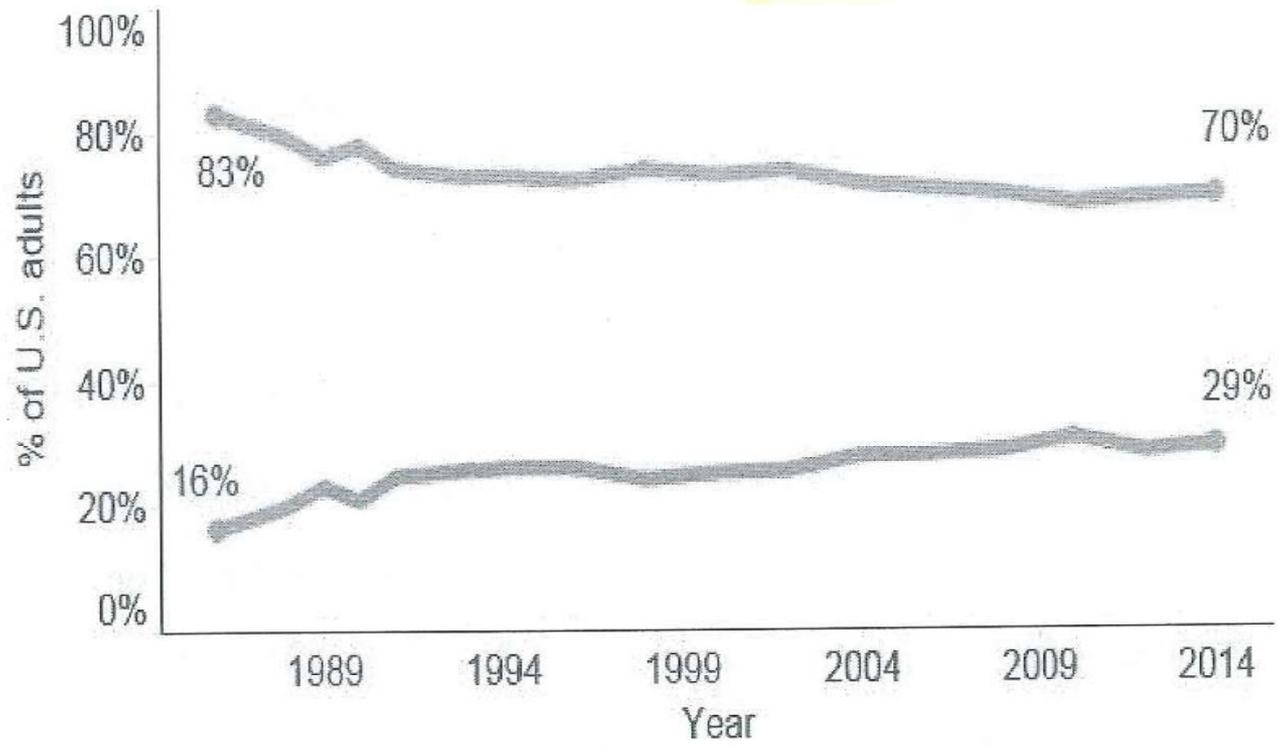
- Millennials like spanking kids as much as their parents did... yikes. But then we tend to parent as we were parented so we shouldn't be too surprised
- I was spanked (wooden spoon). I turned out okay
  - I was sexually abused, but I turned out okay... I drove while drunk and nothing happened so that's okay... with all due respect, the argument makes no sense??
  - Respecting diverse opinions is great; violence against children, in any form is not.
- "Verbal abuse can be just as damaging as spanking. So we need to address **all** punitive approaches as not only harmful to relationships but ineffective as well (in the long run)."
- It's my hope that more people will say: it's never okay to hit a child. Ever.
- The UN Convention on the Rights of the Child... only the US and Somalia have failed to sign it when I last checked and that's a bit disturbing.





## Spanking kids: Still overwhelmingly acceptable

- Agree a good, hard spanking is sometimes necessary to discipline a child
- Disagree



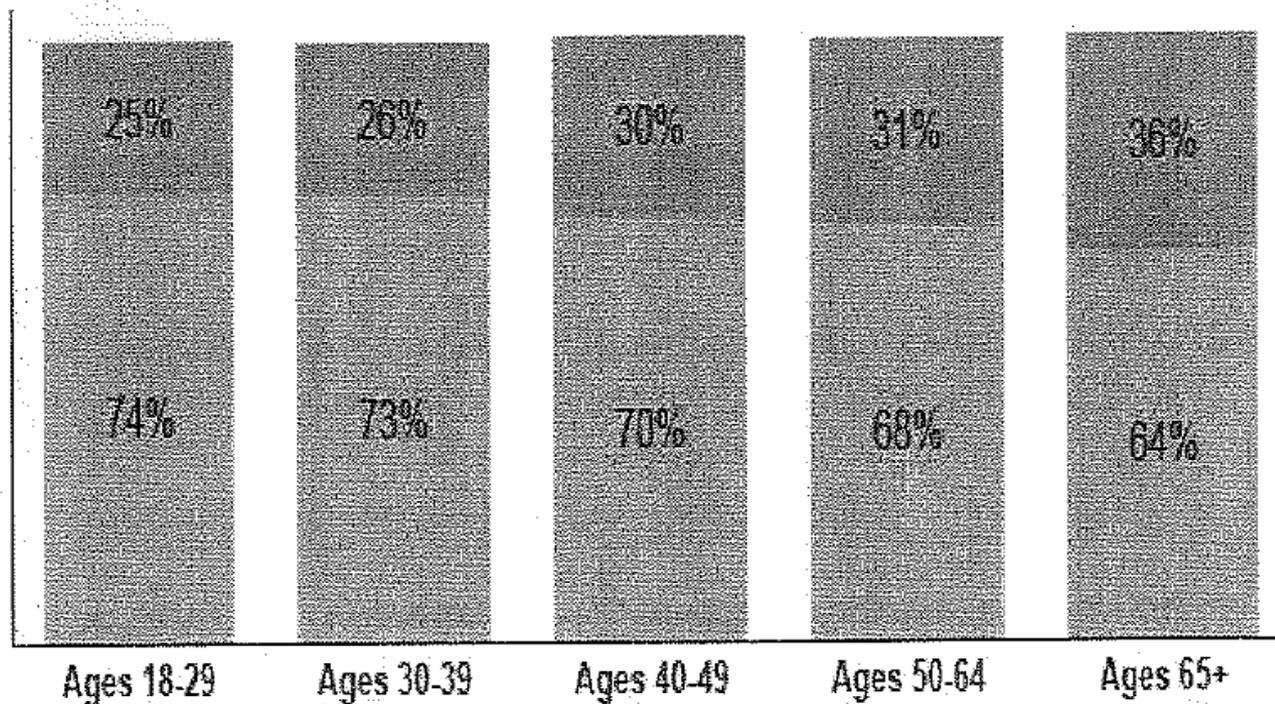
# Younger Americans no less supportive of spanking children

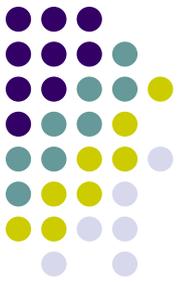


2014 survey results

■ Disagree

■ Agree a good, hard spanking is sometimes necessary to discipline a child



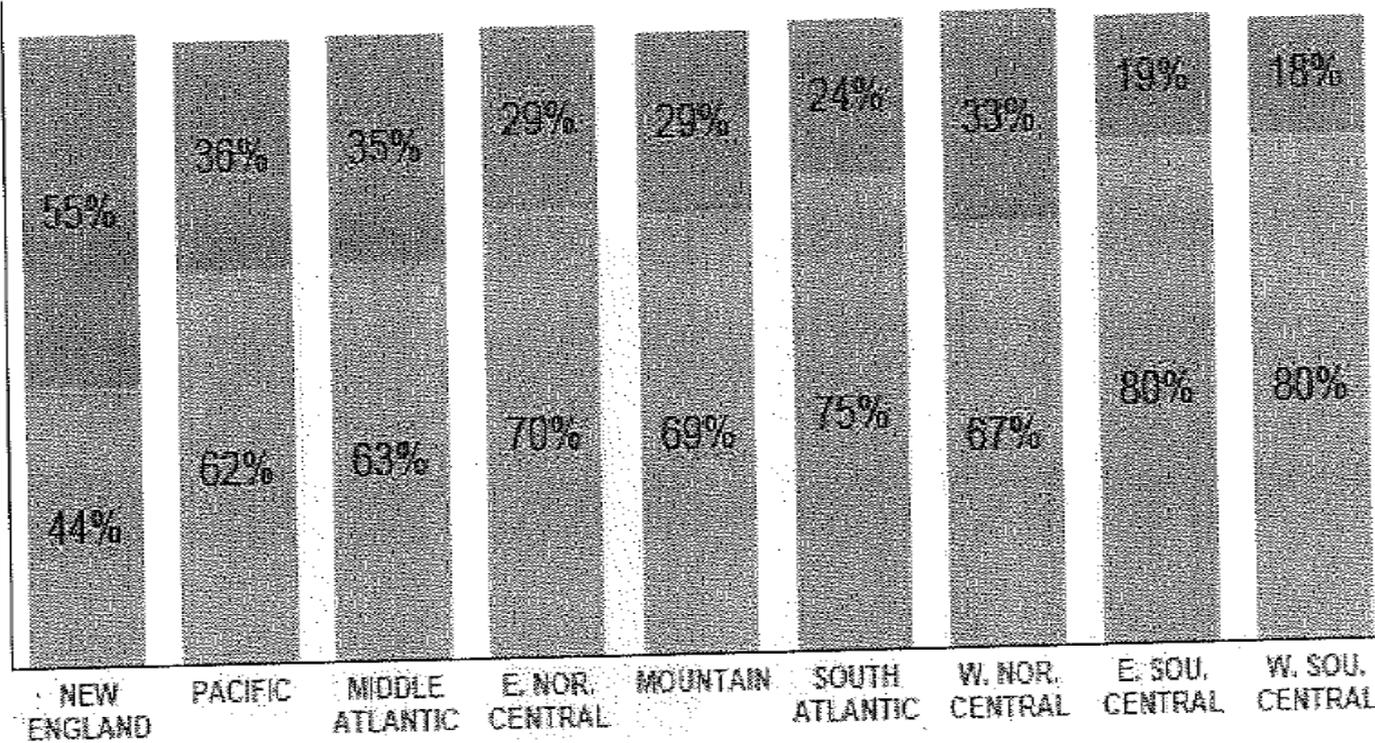


# Only in New England do most oppose spanking

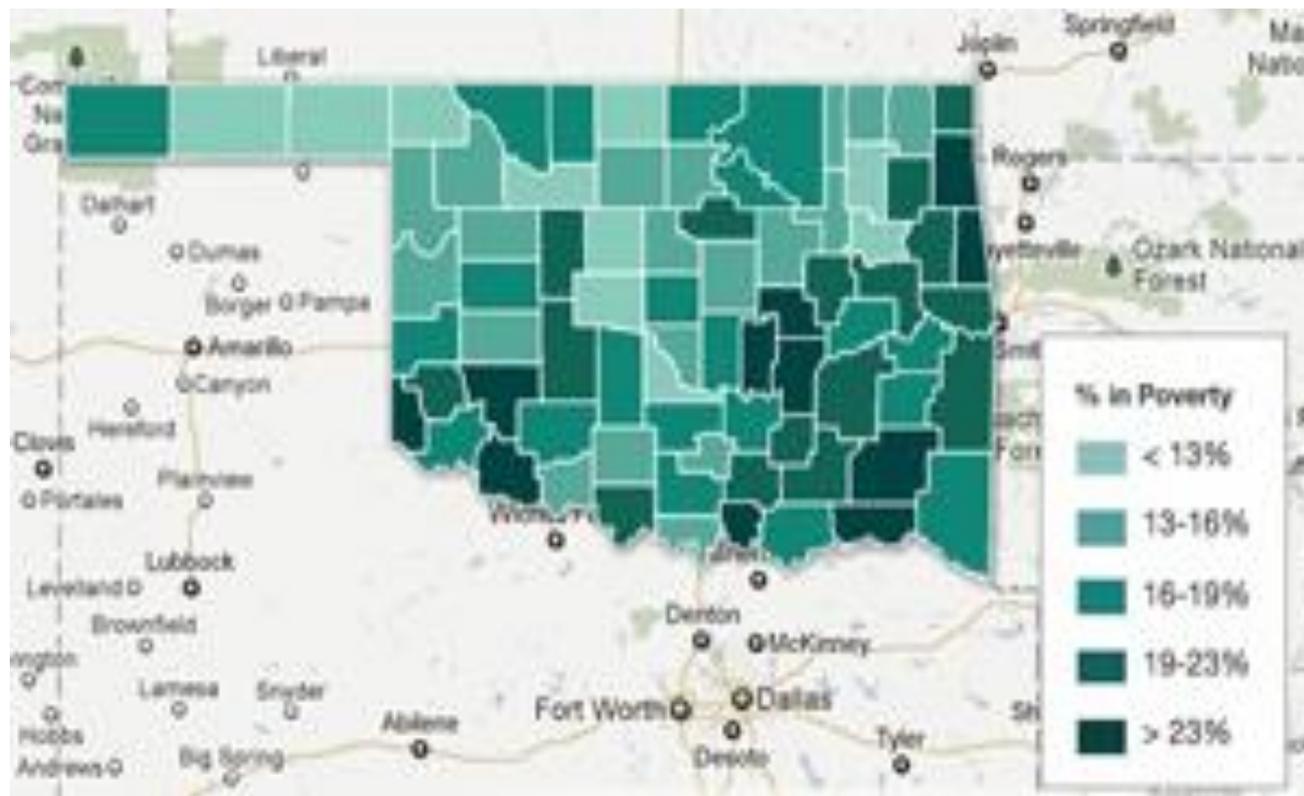
2010-2014 survey data

■ Disagree

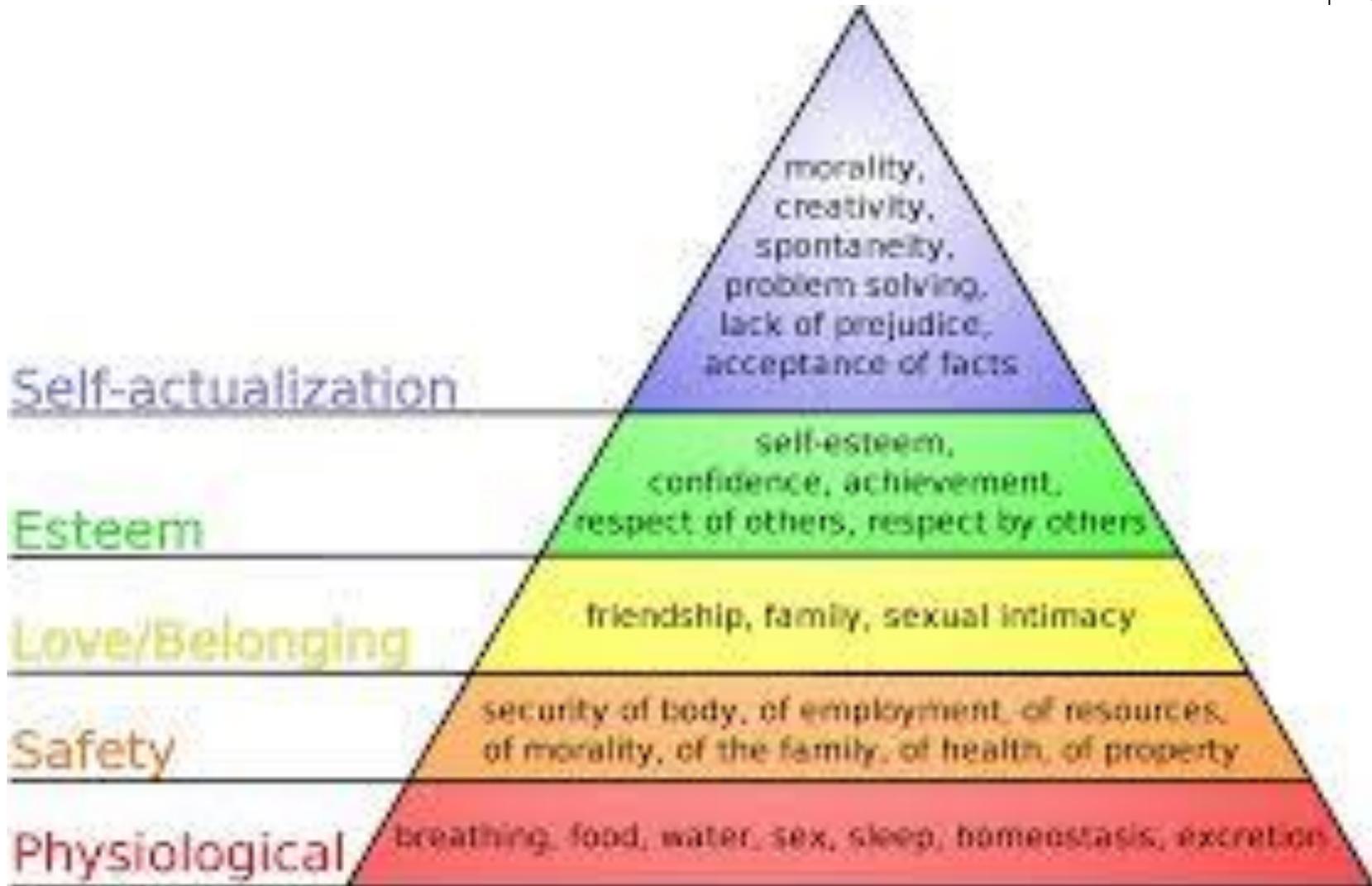
■ Agree a good, hard spanking is sometimes necessary to discipline a child



# Poverty in Oklahoma

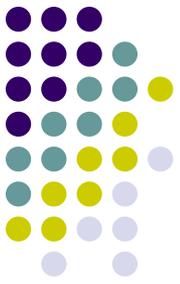


# Maslow's Hierarchy of Needs



# **Strengthening Families: Smart Start**

## **Selected trends, or lack of, identified through a genogram**



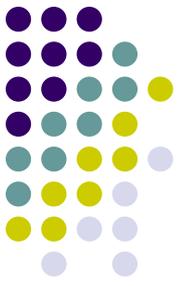
### **Six protective factors ( Basic needs first)**

- 1. Concrete support in time of need**
- 2. Knowledge of Child Development and Parenting**
- 3. Parental Resilience**
- 4. Social and Emotional competence**
- 5. Social connections**
- 6. Nurturing and Attachment**



# Examples of search sites:

Geni.com; Ancestry.com;  
Microsoft Word “Draw”; GenPro

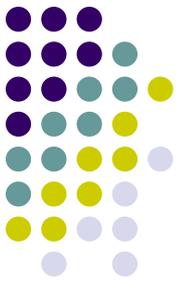


## Benefits of a personal website

- Enter e-mail addresses of family members and receive e-mails inviting members to join family tree
- Navigate like a map
- Add information, photos, updates to your name, they add to their name, and so on.
- News received about birthdays, anniversaries
- May have family members around the world logging in w/information, photos, etc. as tentacles continue.

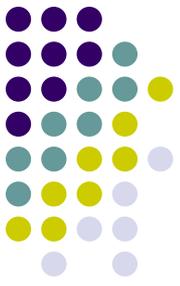


# Add life to your family tree history to create a genogram...



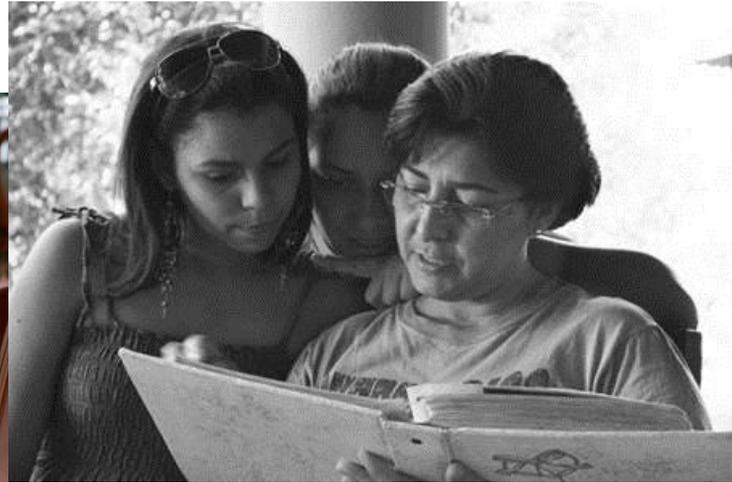
- Photographs of family generations past
- Picture album on computer w/videos
- Record conversations of stories with older family members:  
video/audio

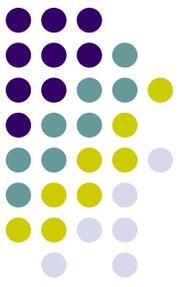




# Add life to your history...

- Record family songs, recipes, stories





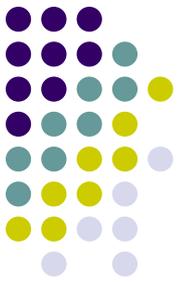
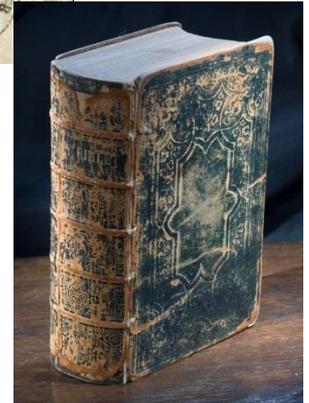
# Add life to your history...

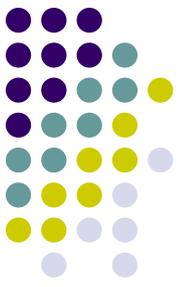
- Record stories of jewelry, dishes, household items, recipes, pictures, war relics



# Where to begin?

- Family Bibles
- Letters, photographs
- Visiting with older adults in the family
- Recording those conversations
- Web sites
- Computer programs (Family Tree Maker)
- E-mail questions to family to distant to visit
- Birth and Death certificates



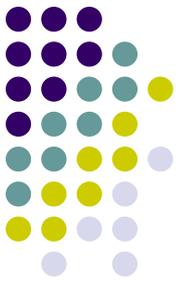


# Family Traditions/Rituals

- A family's identity, as well as its strengths can be nourished by the traditions and rituals made special to it.
- The kinds of rituals a family observes are not important; what matters is that there are some sacred customs.



# Book list for guiding young children



Cherry, C. (1982). Please don't sit on the kids: Alternatives to punitive discipline. Belmont, Calif.: Fearon Teacher Aids.

Goddard, H. (2007). Soft-spoken parenting: 50 ways to not lose your temper with your kids. Sandy, UT: Silverleaf Press.

Nelsen, J., & Erwin, C. (2007). Positive discipline for preschoolers: For their early years--raising children who are responsible, respectful, and resourceful (Completely rev. and expanded 3rd ed.). New York: Three Rivers Press.

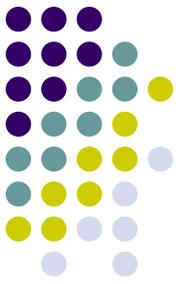
Nelsen, J. (1999). Positive time out: And 50 other ways to avoid power struggles in the home and the classroom. Rocklin, CA: Prima Publishing.

Rogers, J. (2012). The incredible importance of effective parenting: Plain talk about raising children from a concerned field worker.

Rogers, J. (2012). Starts and stops along the way: Sharing some stuff from the road most travel. Pawleys Island, S.C.: Prose Press.



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Center of Disease Control and Prevention. (2013). *Adverse Childhood Experiences (ACE) Study*. Retrieved from <http://www.cdc.gov/ace/index.htm>

McGoldrick, M., Gerson, R., & Petry, S. (2008). *Genogram assessments and intervention*. (3<sup>rd</sup> ed.). New York, London: W.W. Norton & Company.

Oklahoma City County Health Department (2014). Oklahoma County Wellness Score 2014. Retrieved from [https://www.occhd.org/system/files/3148/original/Wellness\\_Score\\_2014\\_-\\_Socioeconomics.pdf?1392919015](https://www.occhd.org/system/files/3148/original/Wellness_Score_2014_-_Socioeconomics.pdf?1392919015)

