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

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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

Sivan (Oksana) Friedman

Sarah Feinsteig

Jacob Kushner

Sophie Goldsmith

Emma (Annie) Harris

Joseph Kushner

Joseph Webster

Mom (Kushner)

Philip Kushner

Edwin Freeman

Sonia (Sylvia) Kushner

Edwin Freeman

Judy Freeman

Koe Freeman

Carol Annenberg

Jared Marx

Joseph Jefferson Freeman

Kitty (bella Glad) Gerbers

Joseph Kushner

Irene Walter

Thekla Sylvia Kushner

courtesy of about Genealogy

https://www.aboutgenealogy.com
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
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

- Family Violence: 84% (Females), 81% (Males)
- Parental Separation or Divorce: 84% (Females), 78% (Males)
- Emotional Abuse: 68% (Females), 65% (Males)
- Physical Abuse: 39% (Females), 41% (Males)
- Emotional Neglect: 30% (Females), 24% (Males)
- Physical Neglect: 7% (Females), 12% (Males)
- Sexual Abuse: 18% (Females), 12% (Males)
- Household Mental Illness: 8% (Females), 12% (Males)
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

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

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<th>Year</th>
<th>Agree (%)</th>
<th>Disagree (%)</th>
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<td>83</td>
<td>16</td>
</tr>
<tr>
<td>1994</td>
<td>80</td>
<td>20</td>
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<td>1999</td>
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<td>2009</td>
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<td>2014</td>
<td>68</td>
<td>32</td>
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% of U.S. adults
Younger Americans no less supportive of spanking children

2014 survey results

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

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<tr>
<th>Ages</th>
<th>18-29</th>
<th>30-39</th>
<th>40-49</th>
<th>50-64</th>
<th>65+</th>
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<tbody>
<tr>
<td>Percentage</td>
<td>25%</td>
<td>26%</td>
<td>30%</td>
<td>31%</td>
<td>36%</td>
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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

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<th>2012</th>
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<td>PACIFIC</td>
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<td>MIDDLE ATLANTIC</td>
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<td>63%</td>
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<td>E. NOR CENTRAL</td>
<td>29%</td>
<td>70%</td>
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<tr>
<td>MOUNTAIN</td>
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<td>69%</td>
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<td>75%</td>
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<tr>
<td>W. NOR CENTRAL</td>
<td>33%</td>
<td>67%</td>
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<td>80%</td>
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Poverty in Oklahoma
Maslow’s Hierarchy of Needs

- **Physiological**: breathing, food, water, sex, sleep, homeostasis, excretion
- **Safety**: security of body, of employment, of resources, of morality, of the family, of health, of property
- **Love/Belonging**: friendship, family, sexual intimacy
- **Esteem**: self-esteem, confidence, achievement, respect of others, respect by others
- **Self-actualization**: morality, creativity, spontaneity, problem solving, lack of prejudice, acceptance of facts
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 scared customs.
Book list for guiding young children


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

References

