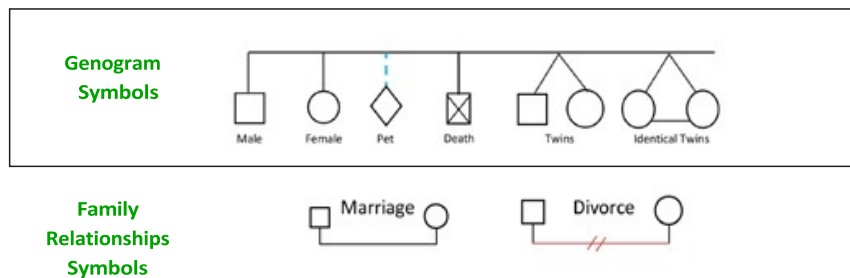# GENOGRAMS

## WHAT IS A GENOGRAM?

A genogram is like an illustrated family tree; a multi-generational diagram of a person's family and social network including significant friends. It allows users to view multiple relationship dynamics and identify trends. Each person on a genogram is represented by a symbol. The symbols are then linked with lines to depict various dynamics and significant individual qualities.

Genograms are used by a range of professionals including doctors, researchers, Whānau Ora navigators, psychiatrists, counsellors, mental health workers and psychologists.
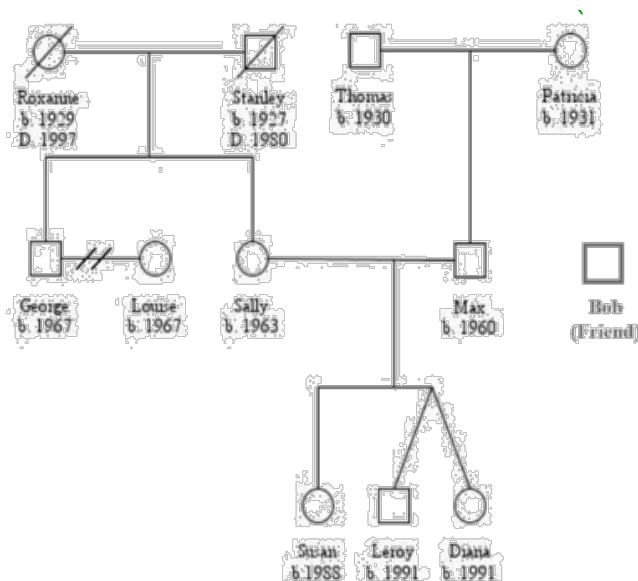
## HOW TO COMPLETE A GENOGRAM

Genogram templates are available to be completed online or filled out by hand. It is often included as part of the person's care planning information.

Use standard genogram symbols to represent family members and their relationships. The symbols act as a visual indicator of the information gathered from your discussions. You can draw the standard genogram symbols by hand or by using the "draw" or "shapes" option.



## An example: Genogram Depicting Three Generations



Organize the chart based on family interactions. Begin with the oldest generation you want to represent. For example, you may decide to start your genogram with the grandparents or even great grandparents. Genograms can be used to show the diversity in family and friend relationships, as well as patterns of illnesses.