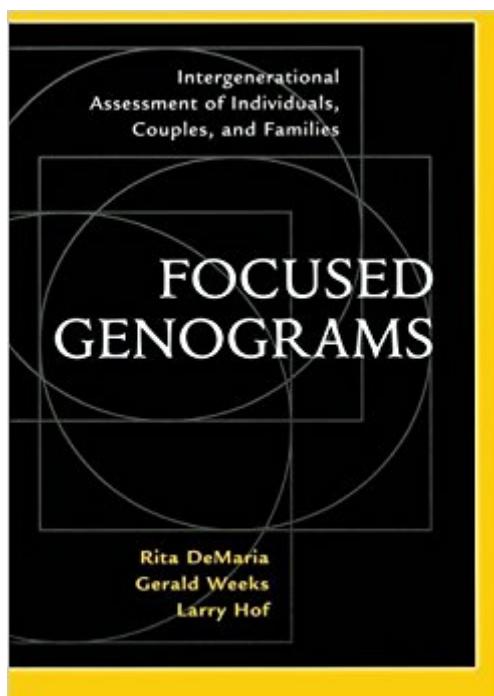


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# **Focused Genograms: Intergenerational Assessment Of Individuals, Couples, And Families**



## **Synopsis**

The interpersonal relationships that make up family life are a complex web between many individuals spanning several generations at one time. This web is further complicated by the influence of other factors such as culture and gender. It can be a daunting task for a therapist to unravel this tangle and understand the specific dynamics and individual development within the family. The Multifocused Family Genogram (MFG) is a powerful tool that allows the therapist to record and structure these different elements that make up the family system. By combining the Basic Genogram, the Family Map, and several Focused Genograms, the MFG provides a clear picture of dynamic family history that aids in individual and family assessment. Focused Genograms provides a thorough account of the use of MFGs in family therapy and practice. The authors present a clinically useful method for collecting the information in key areas of individual and family functioning needed to create Focused Genograms. In addition, the authors carefully explain the diagnostic use and therapeutic applications of this tool. The book is supplemented by extensive examples of Focused Genograms, Family Maps, and Time Lines used in MFG construction. Suggested readings listed at the close of each chapter provide links between techniques fully described in the book and other therapeutic techniques beyond the scope of this work. A thorough presentation of innovative methods for using Focused Genograms makes this an important text for students of marriage and family therapy, as well as an indispensable resource for professionals.

## **Book Information**

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## **Customer Reviews**

This book is really straightforward.

I love the information contained in this book. The detailed information will be helpful when utilizing genograms counseling individual or couples.

It is interesting.

Family systems are fascinating, dynamic, and multidimensional. Psychologists and counselors have developed systems for studying them. M. Bowen and Systems Theory are well linked to the development and use of genograms in family and individual therapy, for instance. Genograms are used in American Association of Marriage and Family Therapists clinical training and supervision programs, and are an important tool in the clinical process. Medical schools and practices, genetic counselors, and even business and organizational settings find them useful. Genograms, though, have their limitations which the authors summarize well, proceeding to make a clear case for what they have developed: the Multilayered Focused Genogram (MFG). They make a graphic comparison of current genograms as normal X-ray exam, to MFG system which for them is like the hospital MRI exam, providing much more in-depth information. Actually, the MFG is a combination of the Basic Genogram, Family Map and Time Line, amplified with one or more Focused Genograms. It is an inclusive system of assessing issues in all aspects of a client's personal and multi-generational history as well as present day circumstances. I appreciate the format of the book for its clarity. In the first third, the authors address succinctly each of the three main components of MFGs using vignettes and rationales for collecting and organizing so much data about the client and his or her family system. They provide practical applications and diagrams for the clinician's immediate use. The last two thirds of the book address Focused Genograms, outlining a surprising fifty plus possible topics of focus, and concentrate a chapter on the major ones: attachments, emotions, anger (as an important, specifically independent focus), gender, sexuality, romantic love and culture. The first part of each of these last chapters is a guide to the construction and uniqueness of each, while the last half gives the basic theoretical concepts and research that supports the inclusion of the particular topics for each Focused Genogram. Though the book does not pretend to be a critical review of the literature, the text is peppered with references, each chapter offers suggested reading, and includes a good bibliography of over 225 books as well as comments on two computerized genogram programs. Neither is the book a complete exploration of the topical areas but rather a strong overview, and therefore, would be useful to graduate students

(in counseling, psychology, genetics, medicine, or business) or anyone who wanted to upgrade their current use of genograms to incorporate this meaningful and extensive MFG tool into their counseling practice. Focused Genograms kept my interest throughout, and it was well worth my time. I will make good use of the practical list of suggested question it contains in every chapter with my clients starting right away.

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