



PICTURE THIS

Harnessing the Therapeutic Power of Genograms

This workshop will open up the enormous possibilities and potential of the Genogram, a typically underutilised tool, as a process for both assessment, and intervention. Widely used by all professionals across medicine, psychology, social work, education, and youth work to name but a few. Many practitioners commonly complete only a basic genogram and file it away, never to be looked at again by them (or their client). This is a major loss especially with complex cases, a Genogram interview is a powerful assessment tool giving you more detailed understanding of case presentations and how to plan targeted interventions.

To understand what it is that brings a person to seek help, it's extremely useful to consider how each person is inextricably interwoven within broader interactional and contextual systems, the most fundamental of which is family. Family is a principle influence in shaping who a person is, how they relate to others, and how they react or respond to life's predictable stages and changes (e.g., marriage, starting a family, teenage years, aging parents), as well as unplanned challenges (e.g., divorce, remarriage, infertility, untimely death, trauma). This is an important consideration regardless of the family structure people come from, but especially so if clients have an experience of removal from their biological family to foster, kinship or residential care.

Family diagrams (or Genograms) provide a picture of who a person is, where they come from, who matters in their life, and how they belong in the world; as well as providing a framework for understanding present stressors, past struggles and strengths and resources. It goes beyond a traditional family tree allowing practitioners to visualise patterns and psychological factors that affect relationships. This "picture" representation of a client's family context enables practitioners to organise and hold in mind the complexity of a client's context (family history, patterns, events) and their strengths in order to collaboratively identify pathways to healing and promote recovery. Genograms provide a rich and powerful tool for engagement, enhancing the therapeutic alliance, assessment, treatment planning, and can be used as a therapeutic intervention in itself.

By completion of this workshop participants will have highly effective tools that can be used with all clients and their families/carers/other professionals involved. The Workshop will include the following areas:

- The place of Genogram work within Systemic Family Therapy
- Core systemic concepts related to genogram workHow to create a genogram and graphically organise information gathered in an assessment session
- How to conduct a Genogram Interview
- Tracking family patterns through time and space
- Interpreting and working with family structure
- Assessing family patterns and functioning, including relational patterns and triangles
- Consideration of the Family Life Cycle
- Mental Health implications
- A Strengths based approach to genograms
- Using genograms as assessment, to plan intervention and as an interventionCreative approaches to creating and working with genograms
- Genograms for Young People in Out of Home Care



Dr Leonie White is a Psychologist and Family Therapist with 20 years experience - including work with children, adults, families, foster families, residential care providers, teachers and other therapists, in Australian and Canadian Education Systems, as well as working in Health and Australian and Canadian Child Protection Systems. Leonie is the Family Therapy field of study coordination at the University of Queensland for the Masters of Mental Health (Family Therapy), and Member of Staff at the Queensland University of Technology in the Masters of Counselling.

Booking process:

1. Request a quotation.
2. Agree upon a delivery date.
3. Pay the booking deposit.
4. Finalise balance of booking fee one month prior to the training.

We include:

- Presenter travel and accommodation costs.
- Copy of handouts (if applicable).
- Individual attendance certificates for all participants (first name, last name and email required)

To request a quote contact
office@compassaustralia.com.au