



Focused Genograms: Intergenerational Assessment of Individuals, Couples, and Families

Rita DeMaria, Gerald Weeks, Larry Hof

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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.

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