

GENOGRAM KEY:

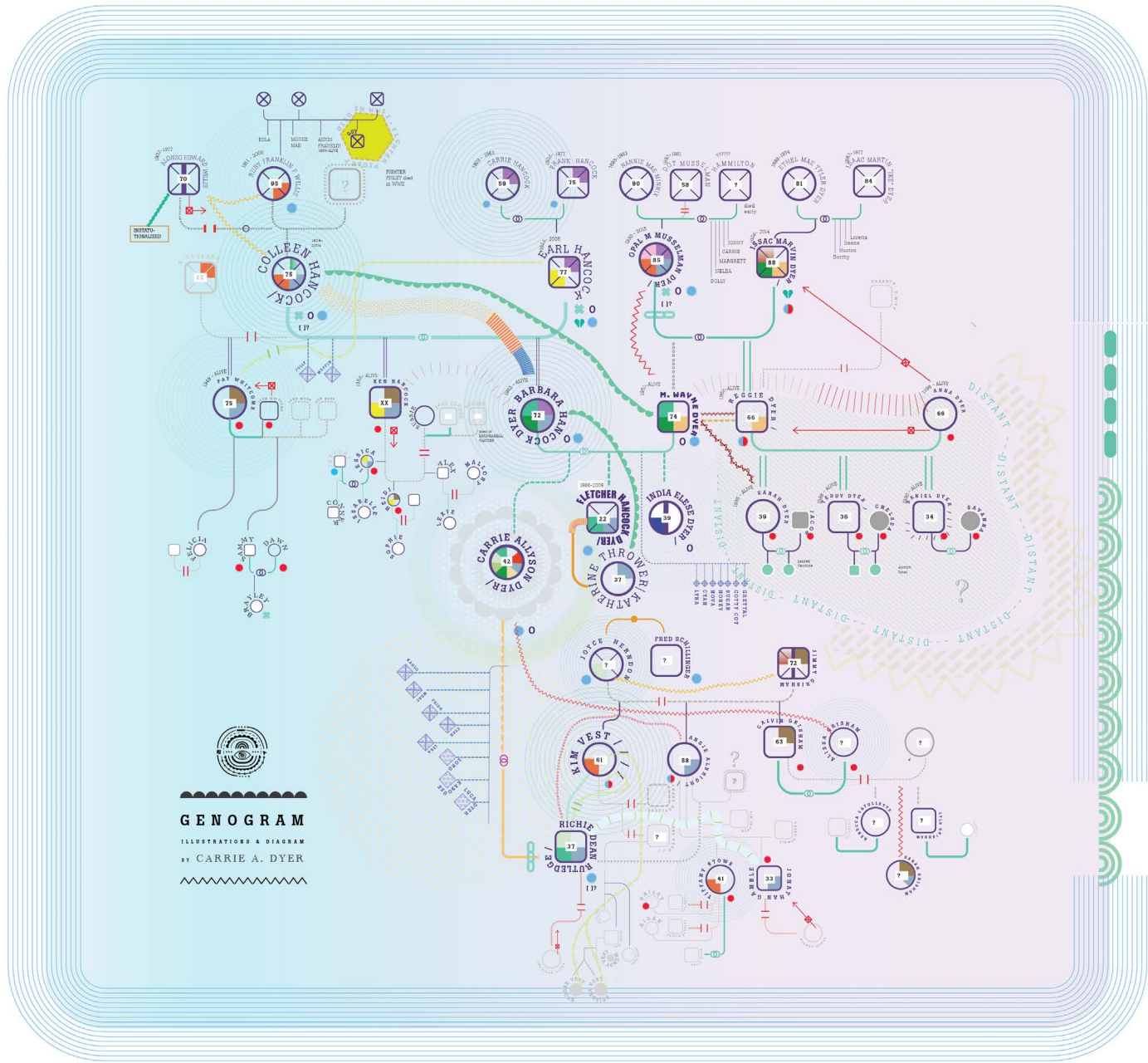
- FEMALE
- MALE
- ⊗ DECEASED
- ◇ SET
- ⊕ SERIOUS MENTAL OR PHYSICAL PROBLEM
- MARRIED
- IN-LOVE & MARRIED
- COUPLE + LOVE
- DIVORCED
- ADOPTED & HIDDEN FROM CHILD AT BIRTH
- ADOPTED & WAS NOT TOLD UNTIL ADULTHOOD

EMOTIONAL

- VERY CLOSE
- CLOSE
- CONTROLLING
- DISTANT
- DOMESTIC ABUSE
- HOSTILE-DISTANT
- HOSTILE
- DISTRUST / DIVIDED

HEALTH

- BIPOLAR
- HEART ISSUES
- ANXIETY
- ADHD
- AUTISM
- DIABETES
- CORTICOBASAL DEGENERATION
- DEPRESSION
- DOWN SYNDROME
- CANCER
- DIED FROM HEART BREAK
- ABANDONED BY FATHER
- ONLY CHILD
- UNKNOWN
- CONSERVATIVE
- DEMOCRAT OR PROGRESSIVE
- FATHER UNKNOWN
- PATRONATE, STRONG, FEMALE FIGURES



|The Family Genogram

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This genogram represents a multi-generational systems map designed to explore the interplay of relational dynamics, psychological patterns, and intergenerational transmission within a family system. Rooted in family systems theory, this visual framework extends beyond traditional structural genograms by incorporating emotional, behavioral, and health-related variables to illuminate the complexity of lived relational experience.

Originally developed by Murray Bowen, family systems theory conceptualizes the family as an interconnected emotional unit, in which individual functioning cannot be understood in isolation from the broader relational system (Bowen, 1978). From this perspective, patterns such as anxiety, roles, attachment strategies, and coping mechanisms are transmitted across generations through both explicit and implicit processes. The genogram serves as a clinical and reflective tool for identifying these patterns, including relational proximity, conflict, alliances, and disruptions in attachment (McGoldrick, Gerson, & Petry, 2008).

This particular genogram expands upon traditional approaches by integrating a

layered visual language that captures not only lineage and structure, but also emotional intensity, relational movement, and systemic influence. Color, spatial orientation, and symbolic notation are used to represent varying degrees of closeness, rupture, control, and environmental context, aligning with ecological and trauma-informed frameworks. In doing so, the genogram functions not merely as a static record, but as a dynamic representation of a living system shaped by adaptation, resilience, and constraint.

Consistent with ecological systems theory (Urie Bronfenbrenner, 1979), this map also reflects the influence of broader contextual factors—including sociocultural, historical, and environmental conditions—that interact with family processes across time. These layered influences are particularly relevant when examining how stress, trauma, and neurodivergent traits are expressed and managed within relational systems.

From a trauma-informed and neurodivergence-affirming perspective, patterns identified within the genogram are understood not as pathology, but as adaptive responses shaped by context and necessity. Behaviors such as emotional distance, control, hypervigilance, or role rigidity may be reinterpreted as protective strategies that emerged in response to environmental demands. This reframing aligns with contemporary integrative approaches, including Internal Family Systems (IFS), which conceptualizes internal experiences as composed of protective and vulnerable “parts” that

mirror relational dynamics within the external family system (Schwartz, 2021).

Ultimately, this genogram invites both clinical inquiry and reflective exploration. By making implicit patterns visible, it creates opportunities to recognize cycles of transmission, identify points of disruption, and support movement toward greater differentiation, integration, and relational flexibility within the system.

Key Systemic Themes and Observations

Analysis of the genogram reveals several recurring systemic patterns that illustrate the intergenerational transmission of relational dynamics and adaptive strategies.

Relational Proximity and Distance: Variations in closeness and emotional accessibility suggest oscillation between enmeshment and disengagement, reflecting differing strategies for managing attachment and vulnerability within the system.

Patterns of Control and Protection: Indicators of controlling dynamics and relational tension may be understood as protective mechanisms aimed at maintaining stability in the presence of uncertainty or threat. These patterns often emerge alongside heightened anxiety within the system.

Intergenerational Transmission of Stress and Coping: The repetition of specific relational configurations and behavioral responses suggests the transmission of coping strategies across generations, consistent with Bowen’s concept of multigenerational transmission processes.

Health and Neurodivergence Factors: The inclusion of mental health and neurodevelopmental indicators highlights the interaction between biological predispositions

and environmental context, reinforcing a biopsychosocial understanding of functioning. Systemic Adaptation and Resilience: Despite areas of rupture or strain, the system also demonstrates adaptability, with evidence of connection, repair attempts, and evolving relational configurations over time.

These themes underscore the importance of viewing individual experience within the broader systemic context, where behavior is shaped by both historical patterns and present relational dynamics.

References

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