

Family history dimension
Significant past events, relationships and circumstances

Family task
Family genogram – Draw a family tree with the family including all members of the family and factual details about their lives and the significance they have had or still have for family members

Family Tree

Draw family tree	Notes

Composition of the family in which each partner grew up and their sibling position and contact now

	Description for each significant adult
(To each parent/partner in turn if there are two) Are parents still alive Their education/training/work – similarities/differences (If relevant) when did they die and what of Explore feelings around loss of parents Where they live Amount of contact now Do they have brothers and sisters How old are they So that makes you (position) in the family. How was that for you Their education/training/work – similarities/differences Amount of contact now	

Developmental background of parents/partners

	Description for each significant adult
Significant relationships & events Special person/people inside/outside the family How they were special for person Impact on person Any difficult circumstances in family eg physical or mental illness Impact on person Particular/significant events especially remembered from childhood What were they; what happened Check out separations, losses, deaths, experience of sexual or physical abuse, violence between parents, periods in care etc. For each significant event What was impact – effect on person then Partner's awareness and understanding	

Significant events, experiences and relationships in recent past

<p>Recent life events or significant experiences Reactions to major life events Any permanent effects How significant events/relationships/experiences in past affect person now How they affect their relationships in current family (Check out for each relationship) Establish and clarify links between past and present in terms of ways of behaving, beliefs and emotional responses carried over</p>	<p>Description for each significant adult</p>
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Links with current family

<p>Impact on partner & other family members</p> <p>How past affects current family now</p> <p>If interviewing more than one family member, check out understanding & impact of hearing about childhood experience if for first time, and the impact of effects carried over on partner & other family members</p>	<p>Description for each significant adult</p>
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