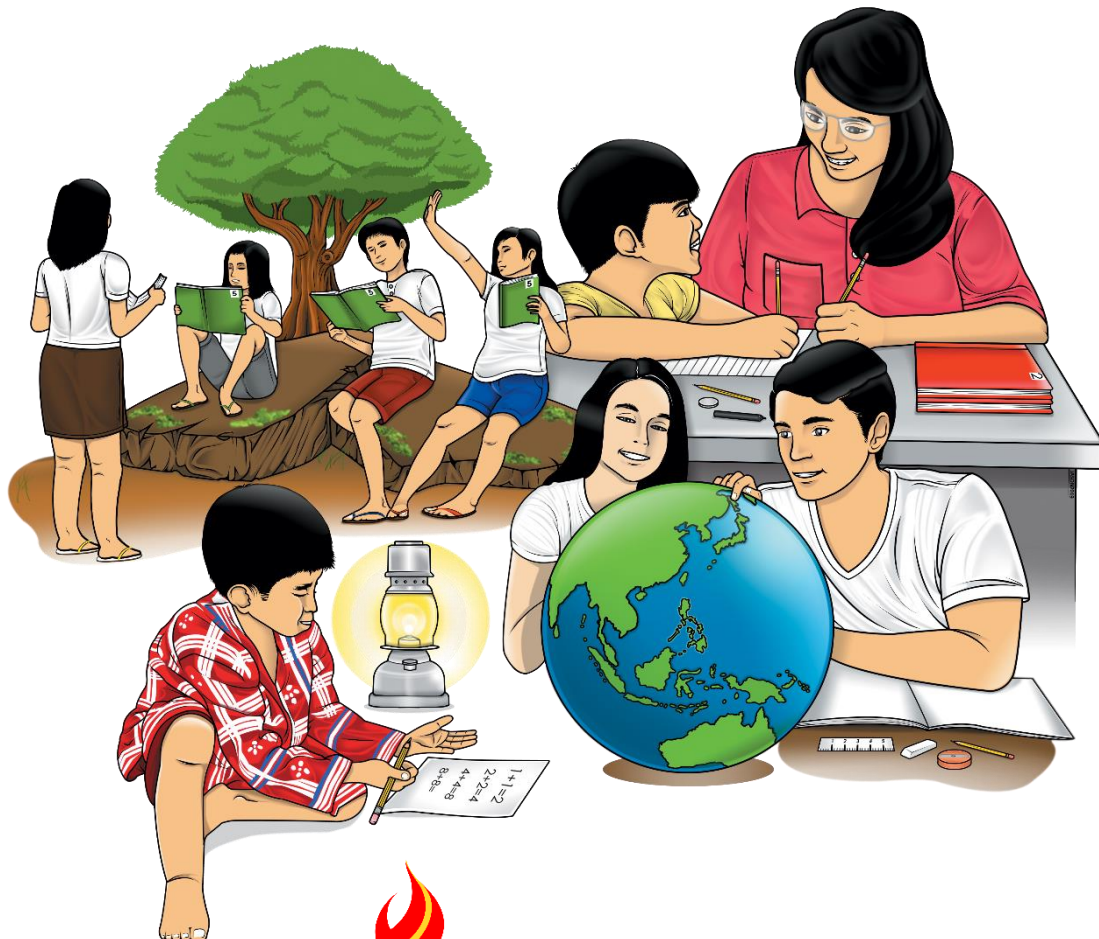


Personal Development

Quarter 2 – Module 8:

Make a Genogram and Trace Certain Physical, Personality, or Behavioral Attributes through Generations



Personal Development

Alternative Delivery Mode

Quarter 2 – Module 8: Make a Genogram and Trace Certain Physical, Personality, or Behavioral Attributes through Generations

First Edition, 2021

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Personal Development
Quarter 2 – Module 8:
Make a Genogram and Trace
Certain Physical, Personality, or
Behavioral Attributes through
Generations

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

This material was produced to give you, learners, the right amount of assistance you need to absorb and acquire all the necessary concepts and nature comprising oneself. Lessons are bounded on the performance and content standard, learning competencies and level of the learners. This material is very appropriate to the understanding of the varied types of learners like you. Sequence of the lessons adhered to the arrangement of the competencies as reflected on the DepEd's curriculum guide for this course.

This module is entitled “Make a Genogram and Trace Certain Physical, Social, and Emotional Personality, or Behavioral Attributes through Generations”.
(EsP-PD11/12FSL-IId-e11.2)

After going through this module, you are expected to:

1. Define genogram;
2. Appreciate the importance of family genogram; and
3. Make a family genogram and trace physical, social, emotional, or behavioral attributes through generations.



What I Know

Before you proceed to discover this module, you are given two sets of activity to check your own understanding.

Activity 1. Multiple Choices

Directions: Choose the letter of the best answer. Write the correct answer on a separate sheet of paper.

1. This is a graphic representation of a family tree that displays detailed data on relationships among individuals. It goes beyond a traditional family tree by allowing the user to analyze hereditary patterns and psychological factors that punctuate relationships.

- A. Biogram
- B. Heregram
- C. Genogram
- D. Radiogram

2. One of the advantages of describing family relationships through illustrations is to include some basic data found in traditional family tree. Which among the group is NOT included?

- A. Chronic illness
- B. Gender
- C. Family relationships
- D. Social events

3. Every member of the family should consider one's emotion because this affects family relationships. The emotional relationships provide an in-depth analysis of how these individuals in the family relate to one another. These statements are

- A. False
- B. Maybe
- C. True
- D. Irrelevant

4. It is a special symbol used to describe relationships, major events, and the dynamics of a family over multiple generations. Which shape symbolizes male member of the family?

- A. Circle
- B. Diamond
- C. Square
- D. Triangle

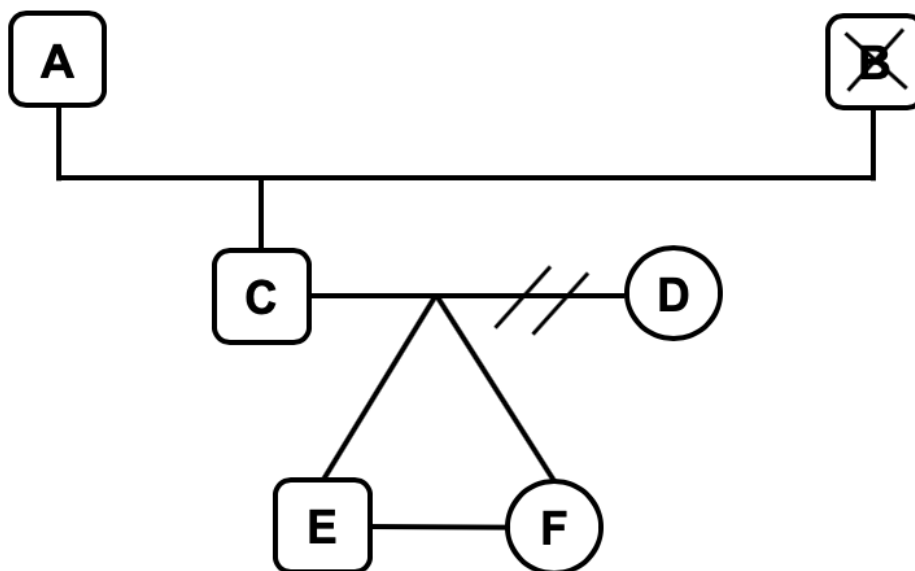
5. It is a special symbol used to describe relationships, major events, and the dynamics of a family over multiple generations. Which shape symbolizes female member of the family?

- A. Circle
- B. Diamond
- C. Square
- D. Triangle

Activity 2. Illustration analysis

Directions: Study the diagram below and identify the symbol and its meaning base on your own understanding. Refer to the assigned letters.

Symbol	Meaning (Choose one) brother, daughter, husband, sister, son, wife,
A.	
B.	
C.	
D.	
E.	



Lesson
8

Make a Genogram and Trace Certain Physical, Personality, or Behavioral Attributes through Generations

“When a picture depicts thousand words.”

Grandfather, grandmother, father, mother, son, daughter, aunt, uncle, cousin, niece, and nephew are but just of the few words you will use in making family genogram. You will be able to identify various family members in your family as well as other members of your kin when illustrating your family genogram.

In this lesson, let us learn more about how your family genogram will help you trace physical, personality, or behavioral attributes through generations. As a student, you will be able to recognize your family members and describe each of them. You need to do some activities in this lesson. Also, medical, social, emotional and mental relationships in the family will be represented to help you focus on the family information you want to know and further evaluate.






What’s In

Let us begin this lesson by letting you assess your learnings about the previous topics on family structures.

The Three-Coded Column Chart

Directions: Identify what family structures are described in the sentences below by decoding the symbol in each item placed before the number. Each symbol corresponds to the family structures as shown in the column below. Write only the letters of the chosen answer on a separate sheet of paper.

		
A. Blended	B. Multi-racial	C. Adoptive
D. Step	E. Single parent	F. Immigrant
G. Extended	H. Foster	I. Migrant
J. Conditionally separated	K. Nuclear	L. Gay or Lesbian

- 1. A family unit consisting of at most a father, a mother and a dependent child or children.
- 2. A family consisting of parents and children, along with grandparents, grandchildren and other relatives.
- 3. Two families brought together due to divorce, separation, and remarriage.
- 4. This can be either a father or a mother who has that sole responsibility of raising a child or children.
- 5. A family where one or more of the children has been adopted.
- 6. A family that consist of members from two previous family.
- 7. A family member separated from the rest of the family due to employment and military service.
- 8. A family where one or more of the children is legally a temporary member of the household. The “temporary” period may be as short as few days or as long as the child’s entire childhood.
- 9. A family where parents have gone to other country as adults while the children may stay in the country of origin.
- 10. A family that moves from one place to another due to employment. The whole family members do the movement.



What’s New



Tracing our family history may not only give us ideas of who are the prominent individuals who belong to our family tree but most significantly, it will help us grow better. You will not only learn who your family is but how everyone is connected. For instance, a family genogram can tell you who is married, widowed, divorced, and the like.

To begin a genogram, you will need to follow different steps to document your family history. Wise choice of symbols could lead to a well-illustrated family genogram.

However, you are going to do the following activities first before going further with the lesson.

Activity 1: The V-CHART

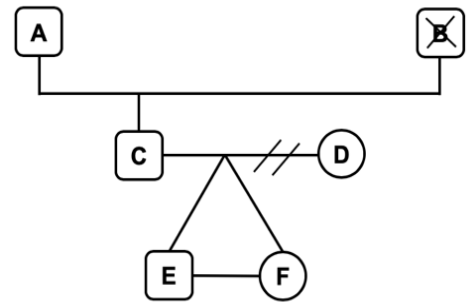
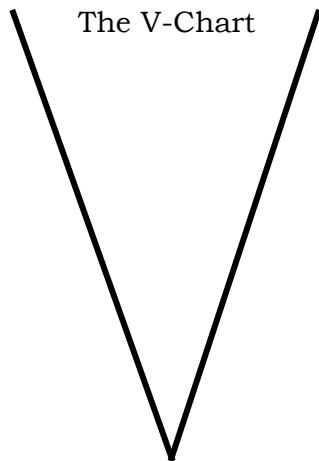
Directions. Think about your traditional family tree. Make a comparison between a family tree and family genogram. Refer to the pictures and write your description according to your own understanding. You can use a separate sheet of paper.



The Family Tree

1. _____
2. _____
3. _____
4. _____
5. _____

The V-Chart



The Family Genogram

1. _____
2. _____
3. _____
4. _____
5. _____

Process Questions:

1. How do you feel about the activity?
2. How do you compare family tree from genogram?
3. How is genogram made? Are you ready to explore one? Do you like to make your own family genogram?



What is It

Genogram Defined

A **genogram** (pronounced: *jen-uh-gram*) is a graphic representation of a family tree that displays detailed data on relationships among individuals. A genogram is a more complex family tree because it describes not only the family's physical and social relationships, but also the emotional connections and other family attributes.

Genograms were first developed and popularized in clinical settings by Monica McGoldrick and Randy Gerson through the publication of a book in 1985. Genograms are now used by various groups of people in a variety of fields such as medicine, psychology, social work, genealogy, genetic research, and education.

A **genogram** is also known as a **McGoldrick–Gerson study** (Jolly et al., 1980). It goes beyond a traditional family tree by allowing the user to visualize hereditary patterns and psychological factors that punctuate relationships. It can be used to identify repetitive patterns of behavior and to recognize hereditary tendencies (Friedman et al., 1988).

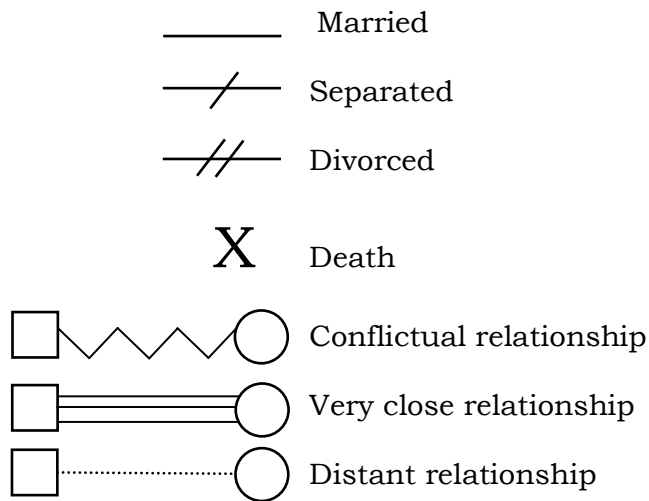
Murray Bowen invented the concept of the genogram as part of his family systems model in the 1970s. Genograms were later developed and popularized in clinical settings by Monica McGoldrick and Randy Gerson through the publication of a book titled *Genograms: Assessment and Intervention* in 1985. Genograms are now used by various groups of people in a variety of fields such as medicine, psychiatry, psychology, social work, genetic research, education, and many more. Some practitioners in personal and family therapy use genograms for personal records and/or to explain family dynamics to the client.

Genogram Symbols

A genogram is a family tree or map or history that uses special symbols to describe relationships of family members over multiple generations. Like any other graphic organizer, genogram makes it easy for a person to present and comprehend certain information.

Figure 1. Basic Genogram Symbols

- Male symbol
- Female symbol
- Pregnancy
- Gay symbol
- Lesbian symbol



Additional genogram symbols

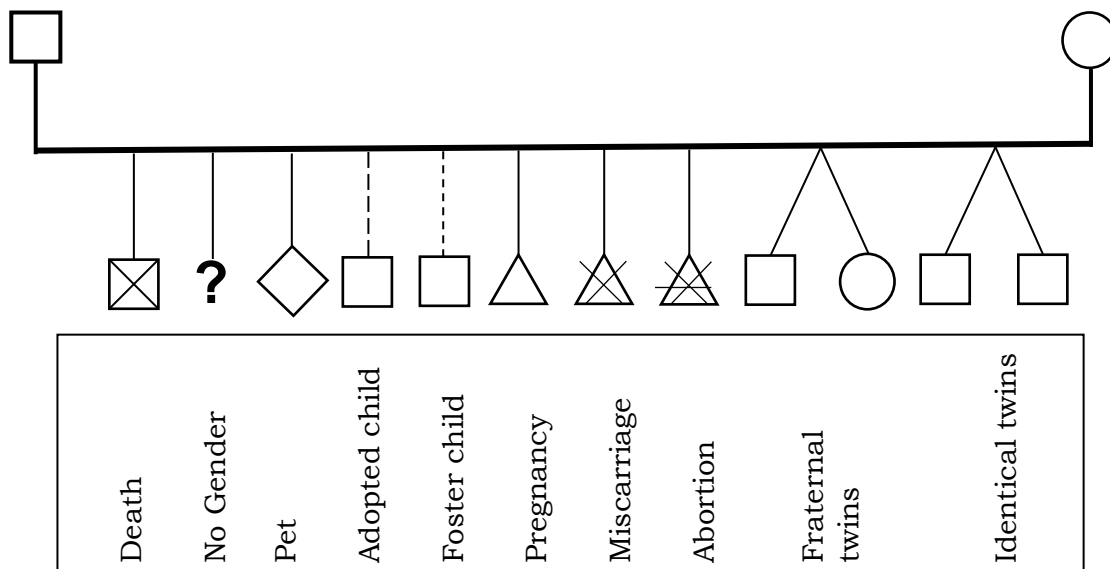
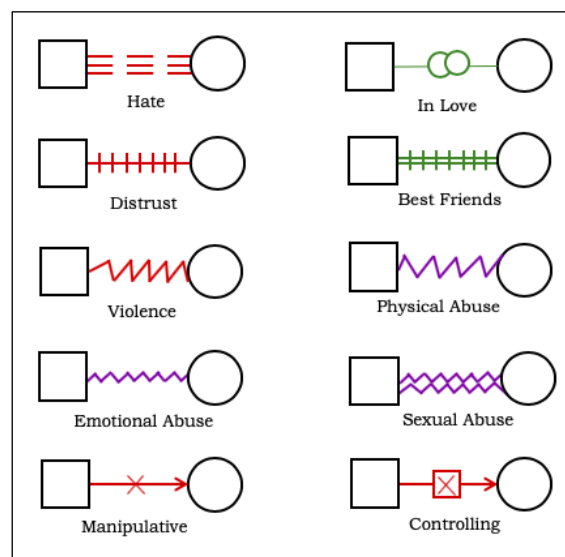
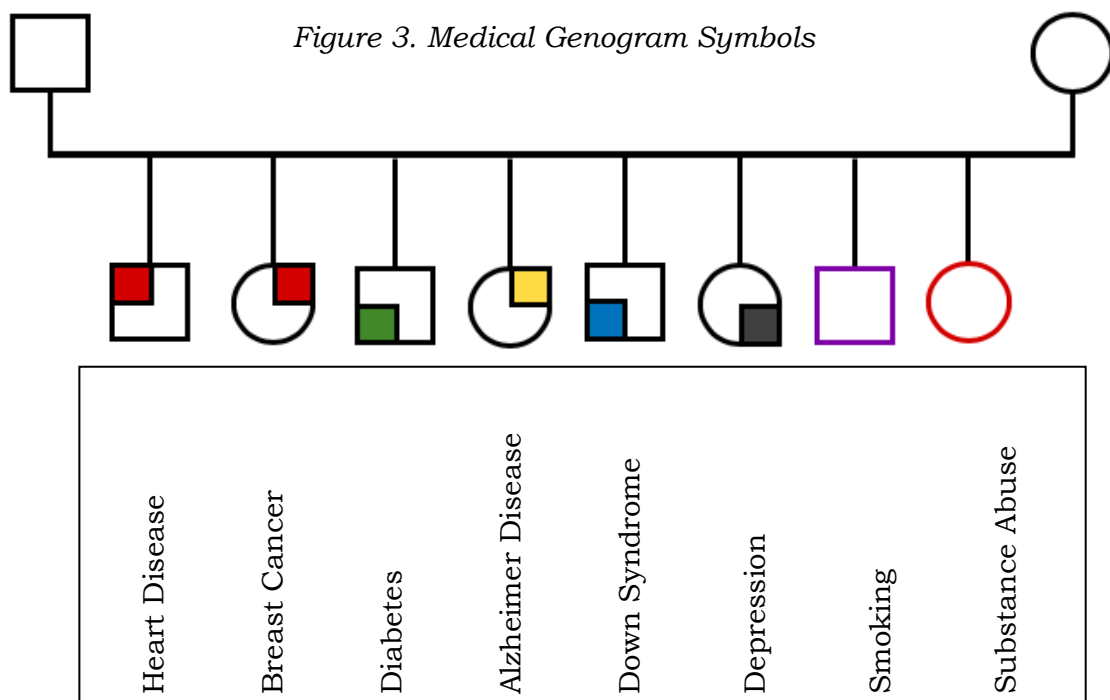


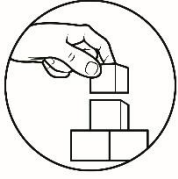
Figure 2. Emotional Relationships Genogram Symbols





How to Draw Genogram: Steps

1. Know your reason for making a genogram to help you determine the type of family information you want to indicate.
2. Name all the members of your family kinship that you wanted to include in your genogram.
3. Organize questions to gather facts and figures about your relatives to be included in the genogram
4. Write down notes how everyone in your family is connected. Solicit information starting with the oldest generation down the line.



What's More

Learning the Skill: Understanding Genogram

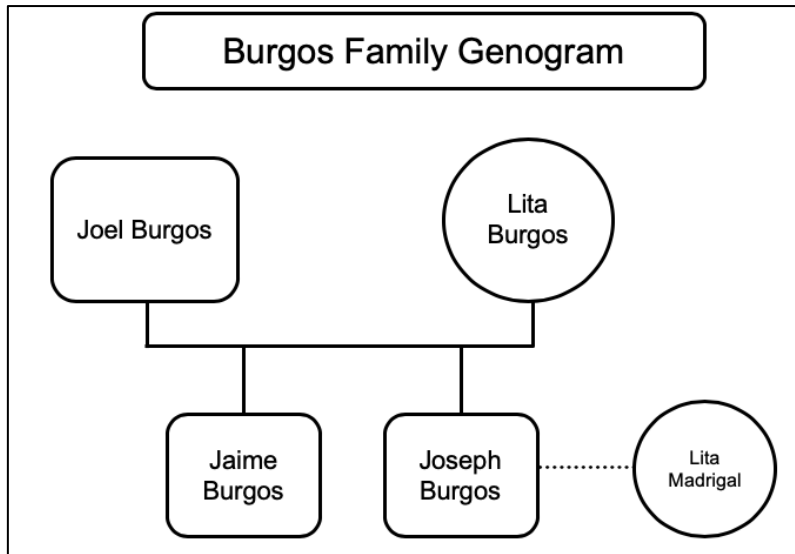
Activity 1: Worded Problem

Directions: Make a family genogram using the situation below. Use another sheet of paper if needed.

Juan, 48 years old, had been married to Maria, 42 years old, since 2000. They were blessed with two children, Fe and Jose. Fe, 22 years old, was the eldest and Jose, 20 years old, was the youngest. However, as time went by, problems and misunderstanding of the couple had caused them to divorce their marriage. Eventually, due to the divorced of their parents, Fe had decided to get married to Mateo, 26 years old, last 2019. Later, they were blessed with twins named Noel and Noela. On the other hand, Maria then found her long-distance relationship to Nena, a 40-year-old lesbian. While at present, Jose is living alone with his favorite pet, Lassie.

Activity 2: Illustrated Problem

Directions: Study the family genogram below and describe the family relationships in the form of an essay. Write your answer on a separate sheet of paper.



A large rectangular box containing seven horizontal lines for writing an essay response.

Process Questions:

1. How did you feel about the activity?
2. What are the genogram symbols that you used?
3. Is making genogram a good idea to describe one's family relationships? Why?
4. How do making your family genogram affect your life as an adolescent?



What I Have Learned

Activity 1. Filling the Blanks

Directions: Carefully analyze each developmental concept about genogram. Fill in the blanks with the letter of the correct answer. Choose your answer from the list of words inside the box.

A. circle	F. Graphic
B. symbols	G. Murray Bowen
C. psychology	H. Genograms
D. 1970	I. medicine
E. Family	J. square

Genogram is a ____ (1) ____ representation of a family tree that displays detailed data on relationships among individual member of the ____ (2) _____. Genograms were first developed and popularized in clinical settings by Monica McGoldrick and Randy Gerson through the publication of a book in 1985.

Genogram is also known as a McGoldrick–Gerson study.

____ (3) ____ invented the concept of the genogram as part of his family systems model in the ____ (4) _____. ____ (5) _____ are now used by various groups of people in a variety of fields like ____ (6) _____, psychiatry, ____ (7) _____, social work, genetic research, education and many more.

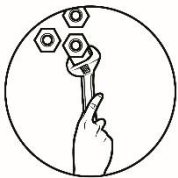
Genogram is a family tree or map or history that uses special ____ (8) _____ to describe relationships of family members over multiple generations.

Genogram is represented by different symbols to identify family members like ____ (9) _____ for male, ____ (10) _____ for female, and many more.

Activity 2. Mnemonics

Directions: Rearrange the following steps from 11-15 in making family genogram by considering the beginning of the sentences to form the **mnemonic**. Write A for the first step and E for the last step.

- _____ 11. Write down notes how everyone in your family is connected.
- _____ 12. Organize questions to relatives to solicit family information.
- _____ 13. Name all the members of your family kinship that you wanted to include in your genogram.
- _____ 14. Know your reason for making a genogram to help you determine the type of family information you want to indicate.
- _____ 15. Solicit information starting with the oldest generation down the line.

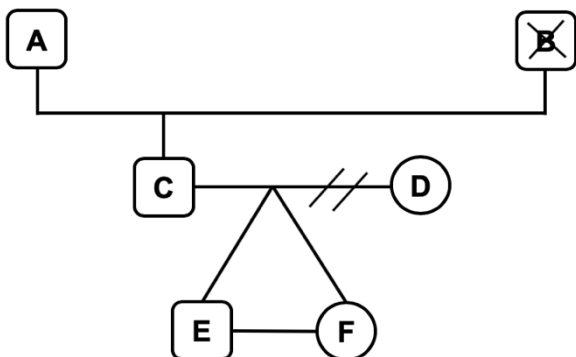


What I Can Do

Let us try to examine how well you have learned from this lesson by doing the activity below.

Activity 1: Family Genogram

Directions: Make genogram of your family by using the symbols that you have learned. Consider the family physical, social and emotional relationships, and other family attributes.





Assessment

A. Multiple Choice

Direction. Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

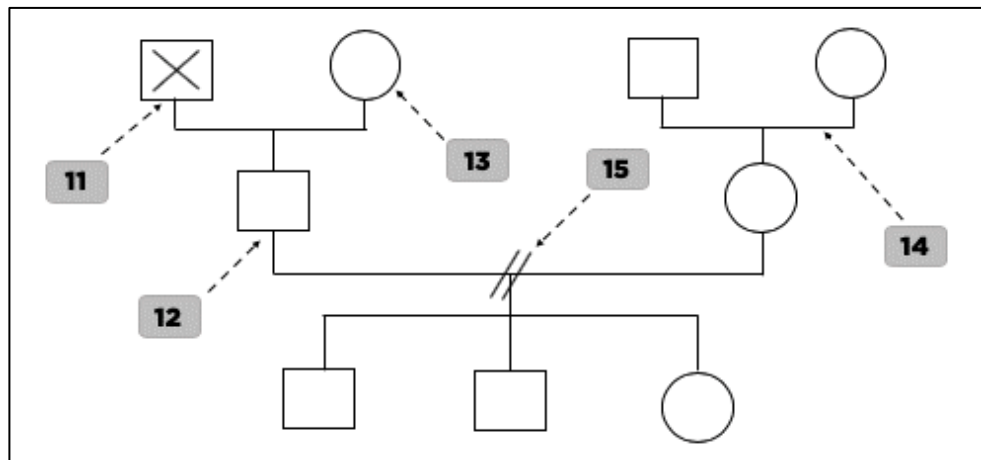
1. What is this graphic representation of a family tree that displays detailed data on relationships among the individual member of the family?
 - A. Genocide
 - B. Genogram
 - C. Genealogy
 - D. Generation
2. Genograms were first developed and popularized in clinical settings by Monica McGoldrick and Randy Gerson through the publication of a book in
 - A. 1985
 - B. 1988
 - C. 1995
 - D. 1998
3. A genogram is also known as
 - A. McCormick–Gerson study
 - B. McGoldrick–Gerson study
 - C. McJohnrick–Gerson study
 - D. McPatrick–Gerson study
4. Who invented the concept of the genogram as part of his family systems model?
 - A. Charles Bowen
 - B. Harray Randell
 - C. Marly Bowen
 - D. Murray Bowen
5. Genograms are now used by various groups of people in a variety of fields like medicine, psychiatry, psychology, social work, genetic research, and
 - A. culture
 - B. education
 - C. philosophy
 - D. society

B. Identification

B.1 Directions: Study the genogram below and draw the symbols of the following identifiers from items 6-10.

6. Male _____
7. Married _____
8. Death _____
9. Divorced _____
10. Female _____

B.2 Directions: Name the genogram symbols used below.



11. _____
12. _____
13. _____

14. _____
15. _____

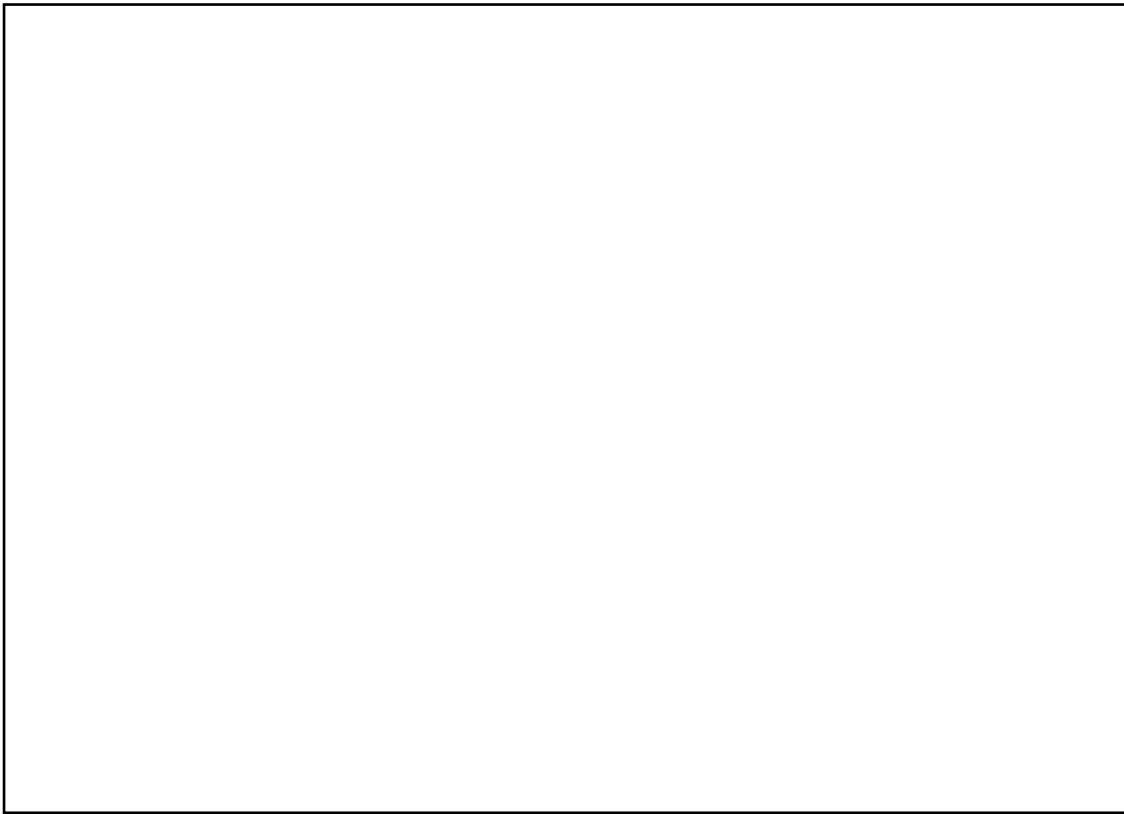


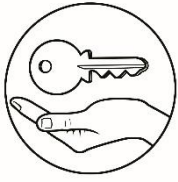
Additional Activities

You have already learned a lot about family structure. This time, you are going to make a legwork. Try interviewing your relatives about your family history. You may begin with your parents then interview your grandparents for you to make 'The Family Genogram' of your clan.

Trace the history of your family considering the family relationships, emotional relationships, and medical history using the different genogram symbols. Consider a good layout in presenting your output. Include important details such as the complete name of your relative and their occupation or any legacy to where they become prominent. Then, write a short statement giving your assessment as to whom you have inherited some of your dominant characteristic traits. Write your answer on a separate sheet of paper.

Villan Family Genogram










Answer Key

<p>Assessment</p> <p>1. B 2. A 3. B 4. D 5. B 6. – 10. refer below 11. Death 12. Male 13. Female 14. Married 15. Divorced</p>	<p>What's More</p> <p>1. K 2. G 3. D 4. E 5. C 6. A 7. J 8. H 9. F 10. I</p>	<p>What I Know</p> <p>1. B 2. D 3. C 4. C 5. A 6-7. A is the husband of B 8-9. B is the deceased wife of A 10-11. C is the son of A and B 12-13. D is the wife of C who had their divorced lately 14-15. E are the twin children of C and D</p>
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Assessment answer key (6-10)

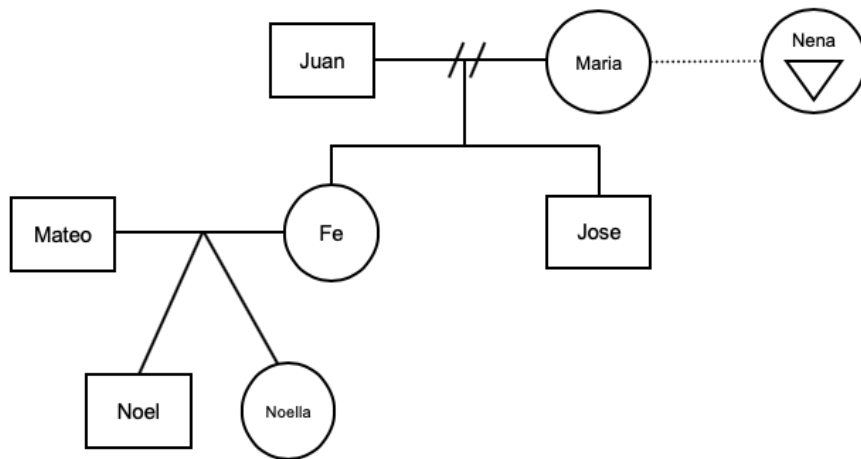
6. 
 7. 
 8. 
 9. 
 10. 

What I have learned:

1. F	6. C	11. D
2. E	7. I	12. C
3. G	8. B	13. B
4. D	9. J	14. A
5. H	10. A	15. E

What's More

Activity 1



Activity 2

(Possible Answer)

Joel Burgos and Carlito Burgos had been married for 30 years. But due to circumstances, they got their divorced lately. However, they had their two children, namely, Jaime Burgos, 29 years old and Joseph Burgos, 24 years old. At present, Joseph is in a long-distance relationship with Jona, 24 years old.

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