





Genogram Instructions

Work in Groups of Three

Practitioner:

The purpose of the exercise is to develop coherent narratives?
Hold quiet presence. Listen with rapped attention and eloquent curiosity.
Establish Intention (make sure it is one you can support).
Establish resources with client.
Be interactive active / do no just mirror.
Be a detective. Show curiosity that supports the intention and their focus.
Track the turn member is such a way that they may drop into the felt sense of their ancestral presence.
Note activations and support client focus at the leading edge of their activation.
Work to differentiate who was who.
Pay attention to cohesive and coherent narrative styles.

Remember-all of this happened before your client was conceived.

Client:

One intention of this exercise is to work to develop a coherent narrative with your family tree. Another is to make differentiated choices that support your present life. Establish your intention with your genogram.

Tell your family story. Pay attention to areas where you have intuitive interest and to what shows up in relationship to your intention.
Where did your people come from? Who where they?
Let your intuition guide you. Use free association. Don't think too hard.
Make up stories. When did that ancestor live? What was their life like?
Assume the possibility of what you say may be true.
If you have no known history about certain people, let yourself be attracted to a name.
How do those people influence your life today? How does that influence serve you? How does the influence inhibit you?
How do you want your life to be today?