The Effective Use of Genogram and Sociogram in Case Management Across the Life-Span
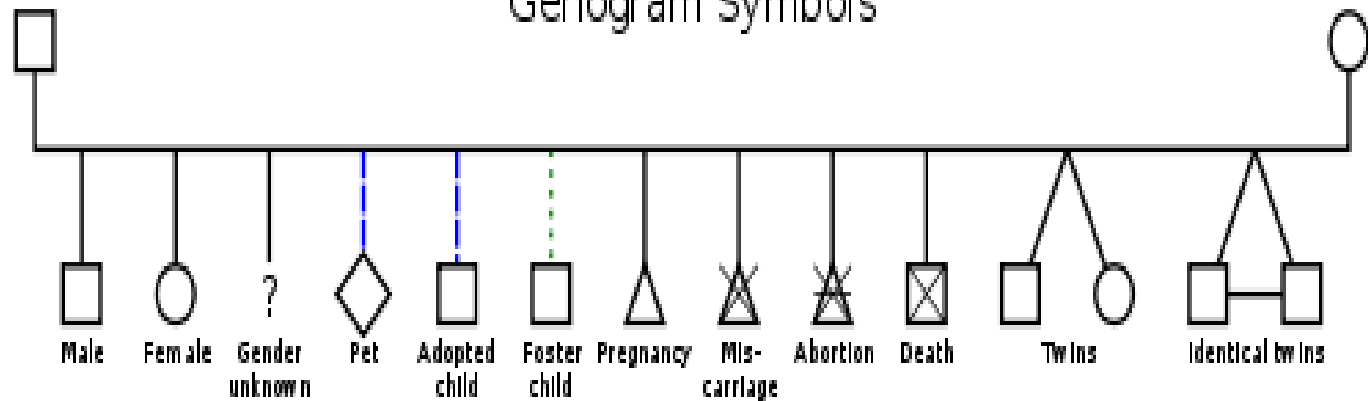
Course Objectives

- **Define Genogram , and Sociogram**

- **Introduction to the Genogram and Sociogram**
  - **PRACTICUM**

- **Demographics : Race , Ethnicity and Culture**

- **Definition of Cultural Competency and Cultural Humility**

- **Using the your Tools to Effectively Conduct an Assessment and Plan of Care.**
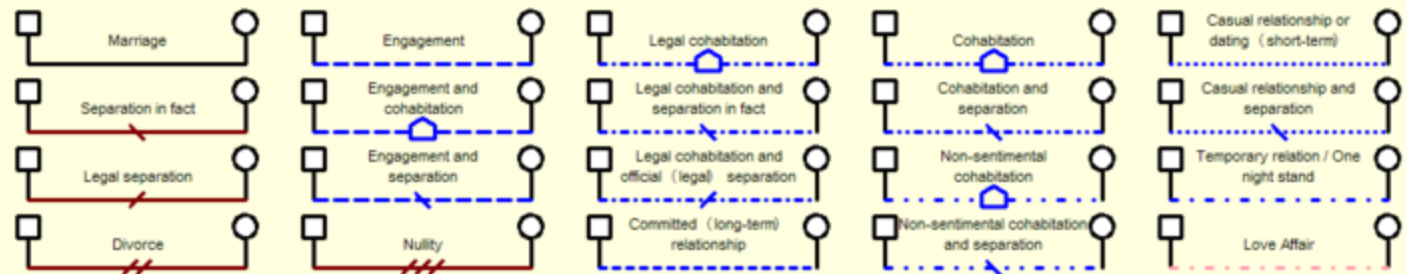
Genogram

- A genogram is a tool that was first developed and popularized in clinical settings by M. McGoldrick and R. Gerson. It resembles a family tree but is more sophisticated in its ability to provide particular kinds of information.

- For example, an individual can create a genogram that traces the medical history of cancer in a family. This genogram would include basic information about each family member, such as the dates of birth, death, marriage, and divorce, and also the occurrences of cancer. It could easily be elaborated upon to show what kind of work the individual family members were involved in or pertinent habits, such as smoking. When pertinent details are included, the genogram can help clarify and nuance the understanding of how cancer has impacted the family.
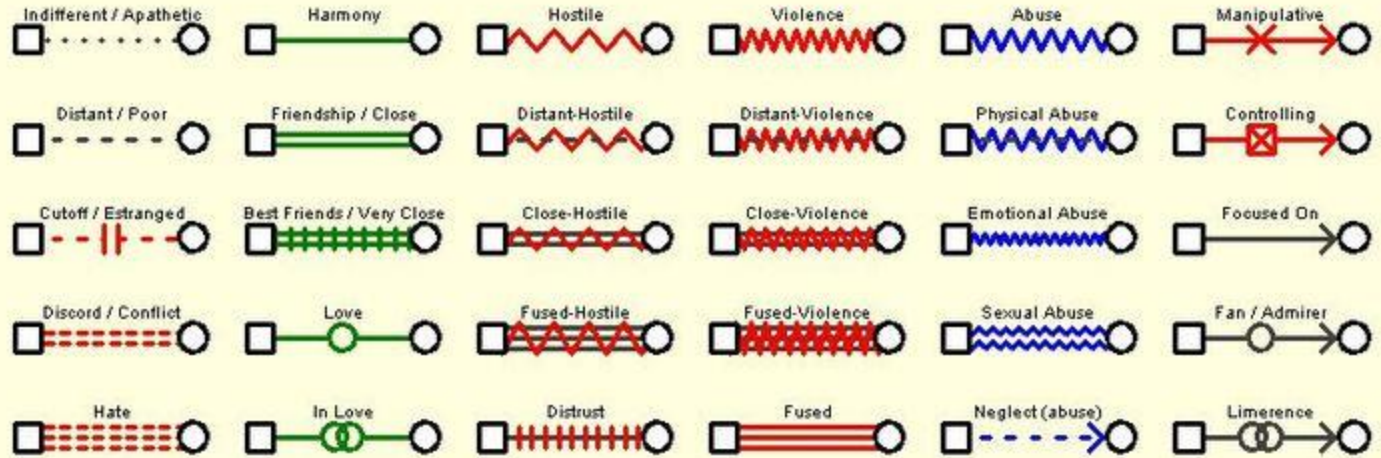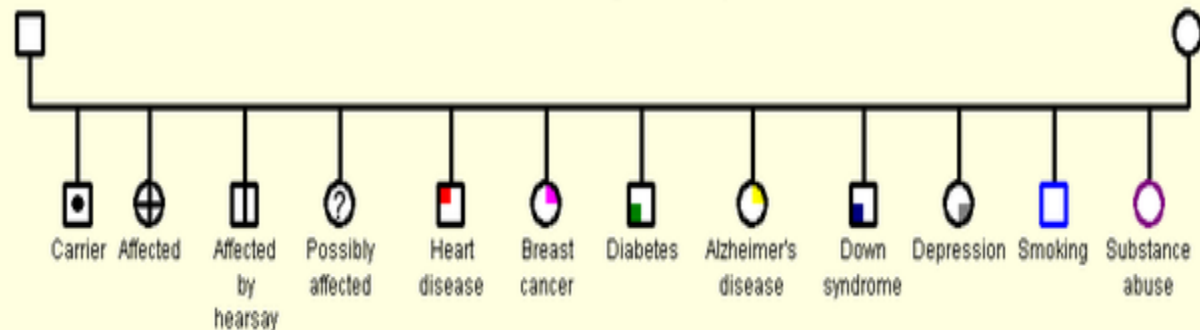
Genogram Symbols

| Male | Female | Gender unknown | Pet | Adopted child | Foster child | Pregnancy | Mis-carriage | Abortion | Death | Twins | Identical twins |

Family Relationships Legend

Marriage	Engagement	Legal cohabitation	Cohabitation	Casual relationship or dating (short-term)
Separation in fact	Engagement and cohabitation	Legal cohabitation and separation in fact	Cohabitation and separation	Casual relationship and separation
Legal separation	Engagement and separation	Legal cohabitation and official (legal) separation	Non-sentimental cohabitation	Temporary relation / One night stand
Divorce	Nullity	Committed (long-term) relationship	Non-sentimental cohabitation and separation	Love Affair

Emotional Relationships Legend

Indifferent / Apathetic	Harmony	Hostile	Violence	Abuse	Manipulative
Distant / Poor	Friendship / Close	Distant-Hostile	Distant-Violence	Physical Abuse	Controlling
Cutoff / Estranged	Best Friends / Very Close	Close-Hostile	Close-Violence	Emotional Abuse	Focused On
Discord / Conflict	Love	Fused-Hostile	Fused-Violence	Sexual Abuse	Fan / Admirer
Hate	In Love	Distrust	Fused	Neglect (abuse)	Limerence

Medical Genogram Symbols

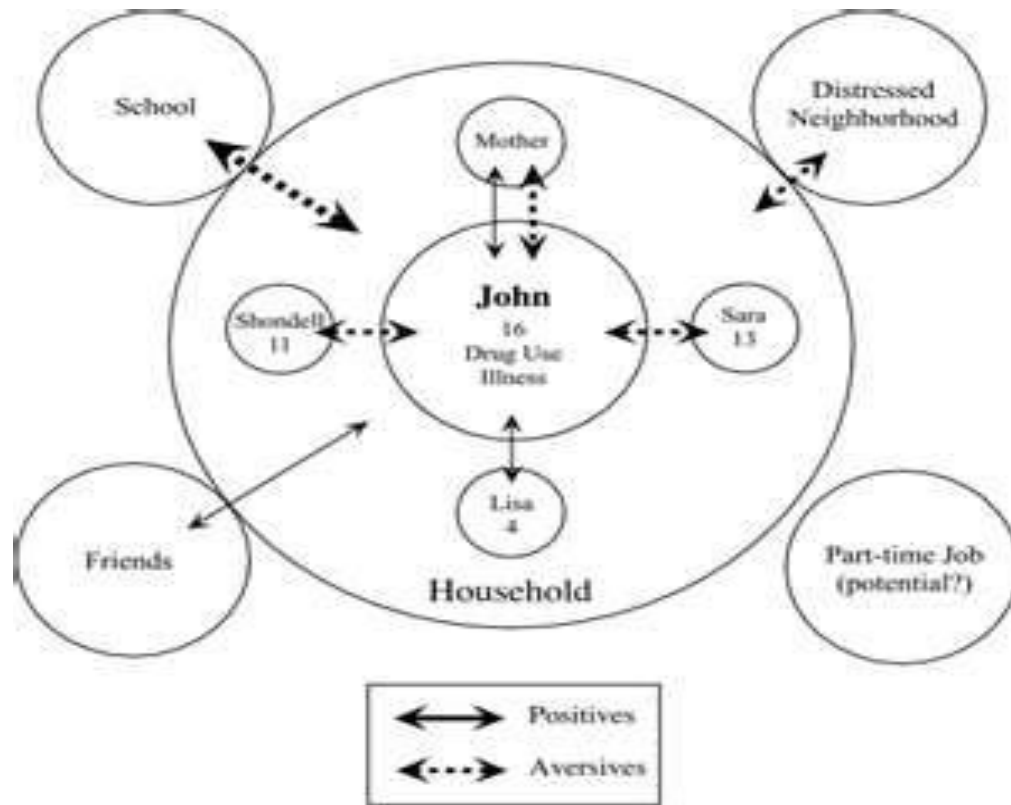| Carrier	Affected	Affected by hearsay	Possibly affected	Heart disease	Breast cancer	Diabetes	Alzheimer's disease	Down syndrome	Depression	Smoking	Substance abuse

Function -Elements of a Sociogram

- **Sociograms were developed by Jacob L. Moreno to analyze choices or preferences within a group.2 They can diagram the structure and patterns of group interactions. A sociogram can be drawn on the basis of many different criteria: Social relations, channels of influence, lines of communication etc.**

- **Elements to an Eco Map**

Eco- Map – Collateral Resources

LA County Demographics

- **General Demographics**
  - **9 Million 2010**
- **Sex Demographics**
  - **49.42%   Males**
  - **50.58%   Females**
- **Ethnic Demographics**
  - **27 % White**
  - **48% Hispanic**
  - **13% Asian**
  - **.28% Pacific Islander**
  - **8% African American**
  - **.30 American Indian**
  - **1.76 % Multi-Racial**

Race and Ethnicity

- Group distinguished by cultural similarities and differences, i.e. ethnic members share beliefs, values, habits, customs, and norms as well as common language, religion, history, geography, kinship and/or race, etc.

- Examples:

- An ethnic group assumed to have a biological basis (phenotype and minor genetic difference); also a social construction

- An issue of political oppression, not a cultural or genetic issue

- Has always been a major cultural definer and divider in our society

(McGoldbrick et.al.)

Global Perspectives

- **East**
  - **Harmony, Community, Interdependence, Cooperation, Sincerity/Honesty, Sensibility, Sacrifice for others, Generosity, Tranquility, Obedience, and Submission**

- **Western**
  - **Excitement, Individuality, Independence, Competition, Appearance/Personality, Toughness, Lifemanship, Economy/Prudence, Stimulation, Domination, and Power**

Classical Definition of Culture

- **Tylor's definition of "that complex whole which includes, knowledge, belief, arts, morals, law, custom, and any other capabilities and habits acquired by man as a member of society "**

What is Culture?

- "C" in the "general sense" is the transmission of traditions and customs shared by humans
- The concept of Culture is located and transmitted in groups.
  - The social transmission of culture tends to unify people by providing us with a common experience.
  - The commonalty of experience in turn tends to generate a common understanding of future events
  - "c" in the "specific sense" is the different and varied cultural traditions of specific societies
  - Social
  - Political
  - Economic
  - Spiritual

Acculturation and Assimilation

- Exchange of cultural features that results when groups come into continuous firsthand contact; the original cultural patterns of either or both groups may be altered, but the groups remain distinct

- Process of change that a minority group may experience when it moves to a country where another country dominates; the minority is incorporated into the dominant culture to the point that it no longer exists as a separate cultural unit

(Kottack, 1996

What is Cultural Competency?

- It is the ability to work effectively across cultures

- <u>Individually</u> – It is an approach to learning, communicating, and working respectfully with people different from ourselves

- <u>Organizationally</u> – It creates practices and policies that will make services more accessible to diverse populations and provide for appropriate and effective services in cross-cultural situations

- Romer's Rule: evolutionary rule stating " that an innovation that evolves to maintain an existing system can play a major role in changing that system"

    (Kottack: Mirror of Humanity : A Concise Introduction to Cultural Anthropology, 1996)

What is Cultural Humility

- **Incorporates a lifelong commitment to self-evaluation and critique, to redressing the power imbalances in the physician-patient dynamic, and to developing mutually beneficial and non-judgmental partnerships and non-paternalistic partnerships with communities on behalf of individuals and defined populations**

- **Life-long learning process**
- **Engender self-knowledge**
- **Remedies the inappropriate exploitation of power**
- **Establishes full partnership (s)**

(Cultural Humility vs. Cultural Competence: Tervalon and Murray-Garcia, 1998)

Assessments

- **Assessments are used to understand a client and his/her situation**
  - **i.e. identify motivation and goals as well as assess their capacity and opportunity to change**
  - **i.e. identify the causes and maintenance of the problem**
- **Characteristics**
  - **i.e. brevity, clarity, usefulness, objectivity, relevance, client strengths , confidentiality**

(AATBS 2010)

Conclusion: Self–Assessment

- Identify your own family life patterns .

- Define your own personal culture/identity, i.e. ethnicity, age, experience, education, socio-economic status, gender, sexual orientation, religion, etc.

- Are you aware of your personal biases and assumptions about people with different beliefs and values than yours?

- Challenge yourself in identifying your own values as the "norm."

(News on Health Care Disparities, April 2007)