



**Denver Psychotherapy and  
Consultation Services, LLC®**  
*Resources for Personal and Professional Growth™*

**Noeticus Counseling Center  
and Training Institute®**  
*Innovative Approaches to Counseling and Change™*



## **THREE GENERATION FAMILY GENOGRAM**

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

Make a family genogram (family picture) that includes three generations of your family with you at the base of the genogram. Include everyone who is part of your family, whether by blood or relationship; include such things as dates of birth, death, marriage/domestic partnering, separation, and divorce. Then begin to include other pertinent information such as: occupations, levels of education, substance use/abuse histories, histories of trauma, religious affiliations, mental illnesses, locations, and relocations. Other relevant dynamics may also be included, as they are deemed useful to you or your therapist. Some people find it useful to speak with family members in order to learn more about their family history. (NOTE: If you want to do this on your computer you can download free software for your PC or MAC at [www.genopro.com](http://www.genopro.com).)

Third Generation

Second Generation

First Generation – You