Transnational Families and Family therapy in Europe and in the USA: Distance and Closeness in the Digital Era

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Genogram 4.0
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Part I. Traditional genogram (McGoldrick, Gerson 2009)
1. Name, age, gender, date of birth (and death), number of siblings and place of birth in birth order, education and occupation, date of marriage (separation, divorce and remarriages) of three generations
2. Health-related changes or problems: illnesses, hospitalization, illness-related deaths, psychiatric problems

Part II. Ethnic and cultural background (based on Schellenberger et al. 2007)
A. Ethnic and cultural variables
1. What are the countries of origin of the people listed on the genogram?
2. What is/are your/their ethnic identification(s)?
3. Do you/they practice a religion? If so, how would you describe your/their level of commitment?
4. How would you describe the degree of commitment to your/their cultural context?
B. Culturally influenced health beliefs and behavior
1. What is the family's definition of health? How concerned were they about health when you were growing up?
2. What did/do your parents believe cause(d) illness(es)?
3. Were/are the views of your parents similar to the views of your grandparents or other significant family members?
4. How was/is emotional illness viewed?
5. Did/does religion play a role in curing illness?
6. Rituals for maintaining health?
7. What types of illnesses were/are most often treated at home? How come?
8. Who took care of the sick person? How are/were elderly relatives cared for, and by whom?
C. Gender issues
1. What are the gender roles within the family or culture regarding health and illness?

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[1] Work in progress; Publication in preparation: Borcsa, M. & Hille, J. (2016). Virtual Intimacies and Globalized Families – Some Implications for Training Systemic Therapists. In: Borcsa, M. & Stratton, P. (Eds.) Origins and Originality in Family Therapy and Systemic Practice. Springer International.

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Genogram 4.0 © Borcsa & Hille 2015 (continued)

Part III. Locality, use of information and communication technologies (ICT)
A. Locality
1. What does „home" mean to you and your family?
2. Are there differences between the generations?
3. How meaningful is the local space you are living in for you?
4. What does privacy mean to you?
B. Use of ICT
1. How do you use ICTs?
2. What impact do ICTs have on your everyday life?
3. How do you regulate closeness and distance through ICT?
4. Do you have rituals when using communication technologies? What do they look like?
5. How do you use ICTs for sharing private information in your family (e.g., pictures etc. in Facebook, Instagram, Twitter, Whatsapp)?
C. Differences between generations
1. What kind of differences in using ICTs do you realize in your family between the generations?
2. What impacts do these differences have on your relationship?
3. How do you deal with these differences?

Upgrade

Part IV. Professional reflexion
1. How do you use ICTs in your private life?
2. Do you use it in your professional life? If so, how?
3. What impact does using ICTs in therapy have on your therapeutic relationship(s)?
4. Does using ICTs in therapy change the way you are dealing with closeness and distance in your professional relationship(s)?