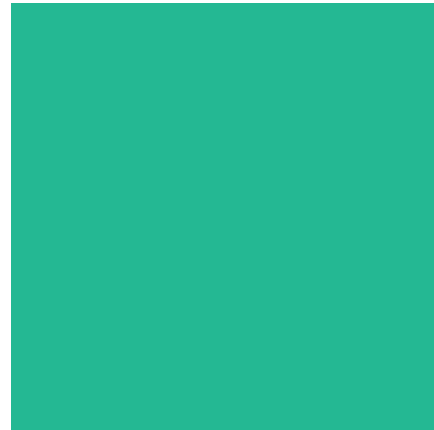


Cultural Genogram



Training in the Michigan Model of Infant Mental Health Home Visiting



Intentions for the Day

- Trainer's intentions:
 - Trainees will have opportunity to consider their cultural lens



What is your cultural lens?

Thinking About our Cultural Lens

- During the training when the term “culture” is used, keep in mind that race, age, class, ability, body size, sexual orientation, gender identity, and religion are included
- Our goal is to support your thinking about culture and bias not to train on each –ism comprehensively
- Our hope is that as you notice a bias (we all have them!) you will explore it in reflective supervision and focus it as an area of growth

Overview of Our Genogram Activity Process

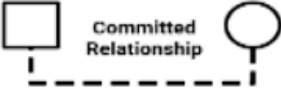
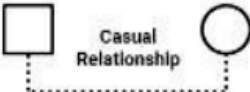
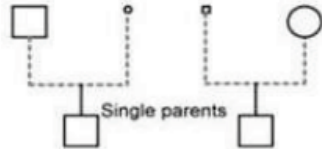
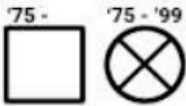
- We are going to engage in a self-reflection activity that involves making your own family genogram
- After finishing your genogram, you will have a handout with a set of self-reflection questions as they may relate to your genogram [you can consider several, but you may not get through all of these]
- NOTE that you will *not* have to share specifics related to your genogram or your reflections with others today, but be prepared to talk in small groups about what you have learned about yourself and how this might affect you in the work you do with families
- We will then divide up into pairs/small groups to discuss those insights
- Cultural Genogram Module 2 Handout

Begin with Your Family Genogram



- Try to do three generations. Your generation, your parent's generation, your grandparent's generation
- If you weren't cared for by your parents, consider doing multiple genograms to capture the complexity. You may want to do a timeline in addition to your genogram
- Thinking about your family culture can evoke many feelings, both positive and negative. Take care of yourself in this process.

Cultural Genogram

 Male	 Female	Transgender (Female to Male) 	Transgender (Male to Female) 	Non-Binary 
 Gay  Lesbian  Bisexual 	6-19-41 to  Birthdate is indicated above and left of symbol	5-25-27  Date of death is indicated above and right of symbol	 Marriage  Committed Relationship	 Temporary Sexual Relationship
 Casual Relationship	 Divorced	 Separated	 Widowed	 Cohabitation
 Single parents		 Deceased	 Age / Age at Death	 Birth Year / Birth and Death

Cultural Genogram: Questions



What is your racial/ethnic background?

With the exception of Native Americans, under what conditions did you or your ancestors come to the US? (immigrant, enslaved, refugee, etc.)

What issues divide members of your same group? What are the sources of conflict?

What differences do physical appearance play in your group? (skin or hair color, weight, height)

How are disabilities (cognitive, physical) viewed in your group?

What is the dominant religion? What role does religion or spirituality play?

Cultural Genogram: Questions

How are gender roles defined? How are diverse gender identities and/or sexual orientation regarded?

How is social class defined?

What occupations are valued and devalued?

How is family defined?

How are outsiders viewed?

If your culture of origin comes from more than one group, how are these differences negotiated in your family?

What prejudices or stereotypes does the group have about itself?

Cultural Genogram: Questions

What prejudices and stereotypes do others have about this group?

How does this group view mental health professionals?

What are the ways in which pride and shame show up in the group?

What impact do the pride/shame issues show up with clients who are culturally similar and dissimilar to you?

What are the communication “rules” of your culture?

How is trauma and mental health approached or addressed?

What is the place of babies in your culture?

When we begin to think about diversity as it relates to our work, it can feel ambiguous and disconcerting. The narrative that fuels the word can bring to mind painful memories of discrimination, misunderstandings, and shame (Lewis, Noroña, McConnico, & Thomas, 2013). Instead of thinking about diversity as a valuable tool to better understand the family and influences that impact behavior and relationships, it often feels like a persistent, uncomfortable, and unsure ghost. Unlike Fraiberg's ghosts in the nursery (Fraiberg, 1980), this ghost should be seen as a welcomed guest intricately intertwined in the tapestries of what makes us who we are.

Karol Wilson, Carla Barron, Rebecca Wheeler & Patricia Estele-Avelini Jedrzejek (2018) The importance of examining diversity in reflective supervision when working with young children and their families, *Reflective Practice*, 19:5, 653-665

Reflect

- Look at what you have drawn and read what you have written
- Take a moment and center yourself – maybe a few nice deep breaths
- Spend a few minutes writing or thinking how your cultural lens influences your relationships with your clients



Pair and Share

Get together in groups of 2-3 and discuss what you have discovered about how your cultural lens impacts how you view your clients

Did anything surprise you? Concern you?
Make you wonder?

Large group debrief

Does anyone have thoughts about how they might want to use some of their own insights about themselves going forward in your work with clients?

Stay focused on your insights about yourself and do not share your partners' personal information

Review

- Values
- Your cultural lens

