

# Genograms and Ecomaps



## Quick Guide

Norfolk Safeguarding Children Partnership

### What is a Genogram?

A Genogram is a visual tool (picture) of a family's relationships and history which may capture more detail than a traditional family tree.

Good practice would be giving the family or individual the choice on what symbols they would like to be represented by. However, the following symbols are used to represent the gender of family members

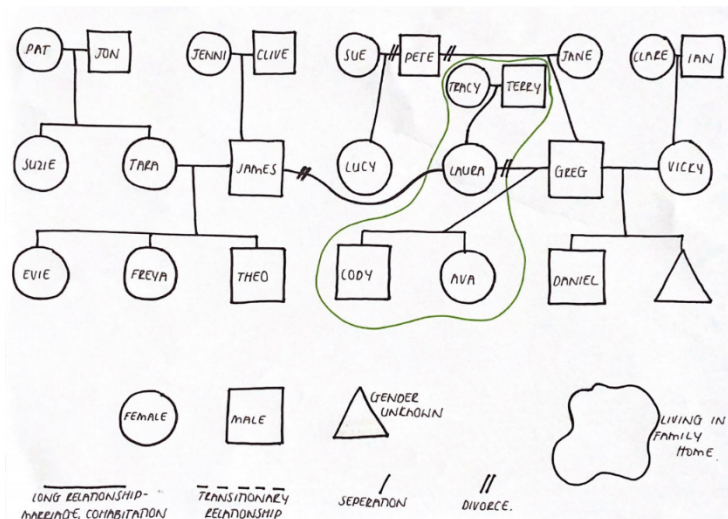
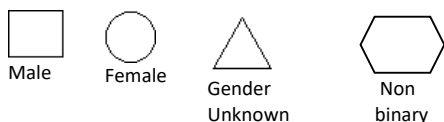


Figure 1: Example of Genogram

### What is an Ecomap?

An Ecomap can be used to identify who is important to individual family members and can include family friends and community connections.

### Why we do it?

It is important when supporting a family to understand the existing connections they have, who can support them to build on their strengths and who may have helped them in the past when things have become tricky.

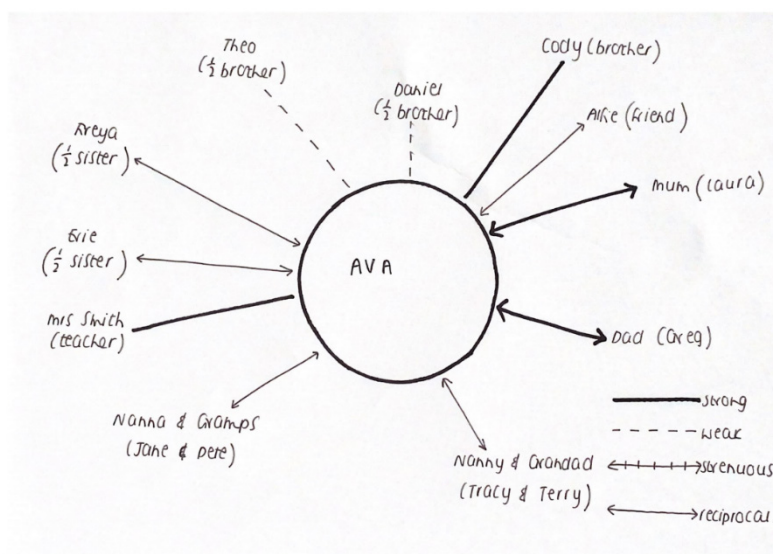


Figure 2: Example of Ecomap

### Who should do it?

The family, with support from a trusted worker. This could be an activity which could also be done with the young people in the family.

The role of the worker would be to explore other family connections asking questions such as; who do you send a Christmas card to?, who are your top Facebook friends? and to also enquire about family members not mentioned such as absent parents or grandparents, aunts and uncles or cousins etc.