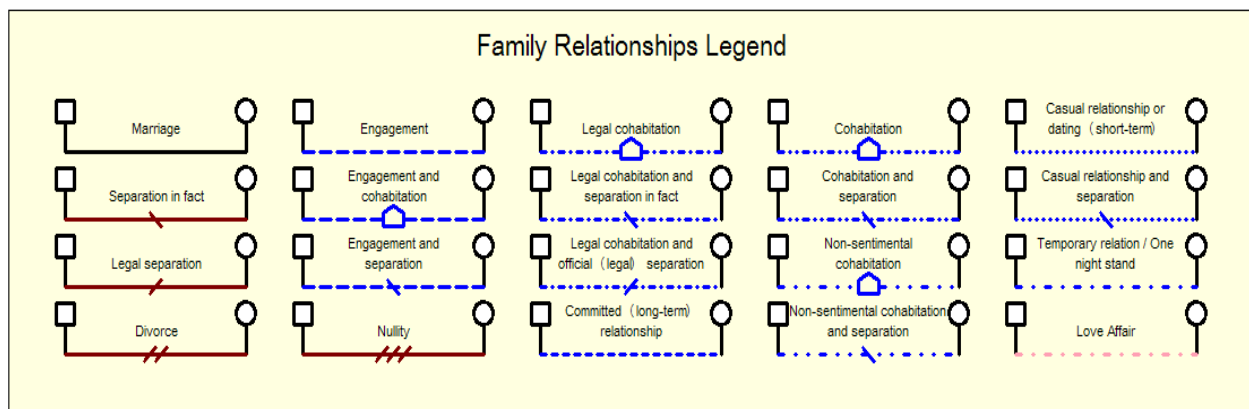
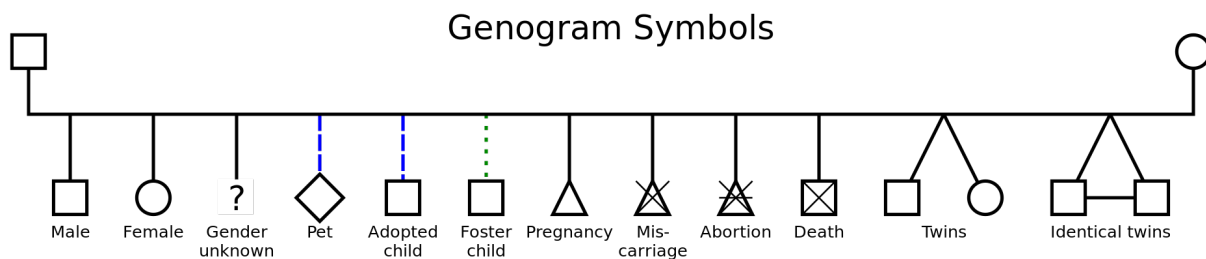


SUNDAY SESSIONS

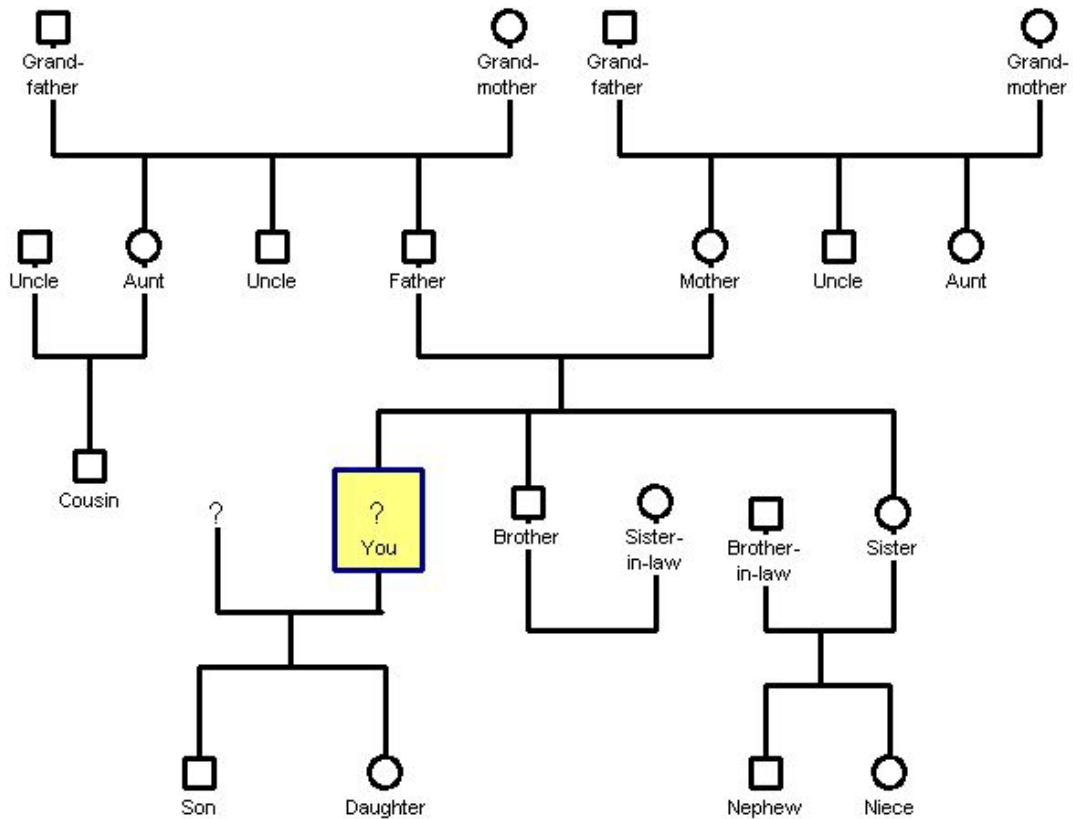
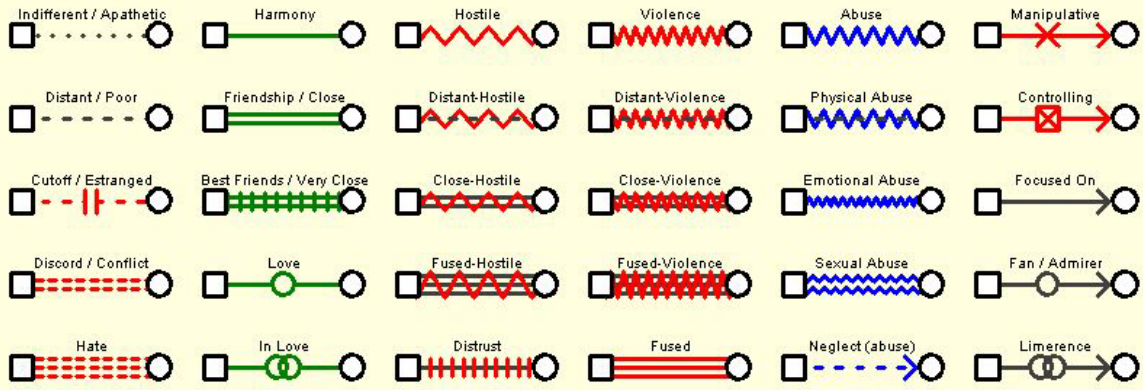
Principles of Counseling

WEEK 1 - AN OVERVIEW OF FAMILY DYNAMICS

A genogram (or family tree) helps to provide a readily accessible picture of current family relationships over at least three generations. It provides information about key family members and shows how we sit within the complex dynamics of their families



Emotional Relationships Legend



A leads to B = C

Activating Event or Process

Behavior

Consequences

EXPLORE THE ICEBERG



What are you mad about?

What are you sad about?

What are you anxious about?

What are you glad about?