My family: using Genogram to explore transgenerational relationships. Self-reflection and application in practice

Content:
1. Transgenerational concept:
   - Bowen's Family Theory
   - Exercise - Me and my family
2. Introduction to Genograms:
   - Symbols, types, usage
   - My Family Genogram exercise (paper-pencil method)
   - Using GenoPro software for making Genograms
3. Emotional relationships within the family
   - Exercise - My family's emotional dynamics
   - Emotional relationships in the Genogram
4. Using Genograms in professional practice
   - Practical instructions and recommendations
   - Exercise - Creating Genograms in consultation
5. Preparation for poster presentation

Methods:
- Media presentations
- Video illustrations
- Role play, individual self-reflection tasks, group discussions
- Software training

Competences and skills to be acquired:
- Knowledge about transgenerational theory
- Skills in making and understanding the Genogram and it's application software (GenoPro)
- Knowledge and skills about Genogram usage in practical work
- Self-reflection skills
- Communication in sensitive topics competence

Prerequisites:
Interest or/and studying in social, psychology related areas, consulting. Willingness for family analysis and self-reflection.

Language of instruction: English

Recommended for: Social Studies