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The Genogram Journey: Reconnecting With Your Family



Synopsis

The godmother of genograms revises her revelatory work that explores how to reconnect with your past and invent a new future. This notable work poignantly explains how a tool of family historyâ•gathering the genogram, or a basic family treeâ•can help us to better understand and mend family relationships and dynamics. Here, fully updated for the first time, Monica McGoldrick's book elaborates on the ways in which genograms can reveal a family's history of estrangement, alliance, divorce, or suicide, exposing intergenerational patterns that prove more than coincidental. Weaving together photographs and genograms of famous familiesâ•including the Kennedys, the Freuds, and the Fondasâ•she sheds light on a range of complex issues such as birth order and sibling rivalry, family myths and secrets, cultural differences, couple relationships, and the pivotal role of loss. In this important work, readers learn to mine previously untapped information about their own family patterns, leading to a reconnection to home and a deeper sense of identity. Originally published as *You Can Go Home Again*.

Book Information

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Customer Reviews

I love this book very much and I have almost every book by this author, but why did I give it only four stars? First let me talk about the positive things. The structure of the book remains mostly the same as the original edition "You Can Go Home Again" published 15 years ago, with an addition chapter on how to coach clients to do family-of-origin tasks in counseling. It also adds and updates several genograms (i.e., family trees) of the celebrities (including Barack Obama) and incorporates recent demographical changes of diverse family forms into the book. The author tells stories of each

family and uses genogram as a tool to analyze complex family patterns within the social, cultural, historical, and political context. She does an excellent job at this. I think this book is very suitable for family therapy students and clinicians, and also for anyone who'd like to learn more about oneself by examining his/her multigenerational family dynamics. The contents are: 1. Reconnecting with Your Family: Why Go Home Again? 2. Family Trees: The Past As Prologue 3. Family Stories, Myths, and Secrets 4. Family Ties and Bonds 5. Death and Other Losses 6. Where Do We Come From? Parents and Children 7. Brothers and Sisters 8. Couple Relationships 9. Culture: Ethnicity, Race, Class, Religion, and Historical Period, with Tracey Laszloffy 10. Reconnecting 11. Coaching Clients on Work with Their Families

Now it's the negative part. One big problem I have to complain is neither about the content nor the author, but about the typeface of the book!! The size of the typeface is so small that I can hardly read. It's only about 1/2 size of average "readable" typeface in other books.

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