

Reflection #7

Create a genogram of your family of origin. Explore the connections within the family and the ways in which those connections impact the relationships within the family, particularly your relationships. Address the following:

1. What are the strengths of your family? In completing a genogram of my family, I noticed that the strengths that my family have are marriage. Most of my family members are married and have had long marriages with their spouses
2. What are the issues your family has faced? Some issues that my family faces are mental health issues. My family has a long history of depression and bipolar depression.
3. How have those issues impacted the various relationships? These issues have impacted various relationships in that for those that don't understand mental health has isolated those that suffer from the condition. Those suffering from depression are just seen as family members that never want to attend a family function and that if they show up rarely do not like to stay and do not smile nor socialize when they are there.
4. Who has the most/least "power" in the family? What are the sources of this power? The ones with the least "power" in the family are those suffering from mental health. As they are not able to take care of themselves and live with other family. I wouldn't say that they lack power I would just consider them to be dependent on others and the person taking care of them helps with the decision making.
5. If you were the social worker working with your family, what issues would take precedence? If I was the social worker working with my family I would first focus on working with the family members that are suffering with depression and bipolar depression. I would set up a treatment plan for them and get the started on the road to recovery.
6. What have you learned about your family from this exercise? I learned that more family members than what I was aware of have mental health issues and that other family members may be in denial as they don't want the stigma of having a mental health issue.