Your Name

Instructor Name

Course Number

Date

Family Therapy and Genograms

A Genogram is used to maintain and illustrate the medical history of patients as well as their terms with their families. A patient suffering from any mental or psychological disorder may not be able to overcome such issues. However, family therapy is used to improve the relationship with family members to ensure better communication with the member suffering from a psychological disorder. This therapy is also used to resolve the conflicts between family members. Most of the time, family therapy is suggested by the psychologist, psychiatrist, a clinical social worker or a licensed therapist.

Family is the basic unit and this institution works as an emotional unit. The family helps to understand the environment and the conflict. With the help of such narratives, professionals involve family members and they illustrate these conditions on the Genogram. The family therapy concept is better because it involves the family members and helps to improve the communication gap between the members. Lack of communication with the suffering individual may lead him to an environment of isolation, therefore, to avoid this, it is important to overcome such issues.

I believe that rather than prescribing medication and making changes in the environment, it is better to involve the family to treat the suffering individual. Making improvements in communication and troubled relationships may create a peaceful environment for the suffering individual. Such environments are preferable for treating them. However, in case of addiction, family therapy may be helpful in the positive engagement of the addicted individual. Family therapy can be implemented without the concerns of the person. However, this helps to overcome the conditions of grief, stress, anger, and conflicts. Moreover, a Genogram can be helpful for the depiction of problem solution and involvement of family members.