

The EMDR-Useful Genogram

Principles:

1. The important "cast of characters"
2. Everything is from the client's point of view (how old he/she was etc)
3. Client in the bottom left quadrant
4. Includes *only* EMDR-pertinent information
5. At least three-generational (four, if the ct has grandchildren)
6. shorthand descriptors of each major player (3 or 4 words)
7. professions, cultural heritage, important religious observance
8. Substance abuse, legal stuff
9. dates or number-of-years or client's-age
10. relationship lines
11. Include important others (godparents, pets, complimentary aunts/uncles etc)

Questions:

1. *Who is living at home?*
2. *Tell me about the birth mother/father (if separated).*
3. *Does your mother/father come from a big family? (so you know where to draw the line).*
4. *What is she/he like? (3 word descriptors for each main player)*

Males in squares (age inside, name above, profession beside)-

Frank - GH
70

Females in circles (age inside, name above, profession beside)-

Joyanne - HM
67

Age at death- 91 '02

Sib-lines in age-order

Marriages & separations (years together, years separated)

Jack 32 2/12 12 Alice 28

Relationship Lines:

Enmeshed-



Close-



Conflicted-



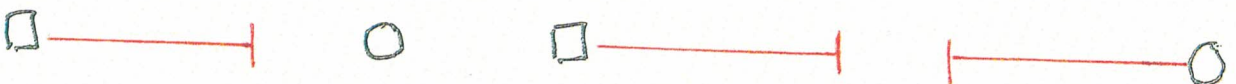
Abusive (PA, SA, VA)-



Distant-



Rift-



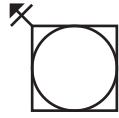
Genogram Symbols



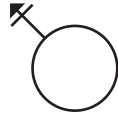
Male



Female



Trans-Gender Male Identity



Trans-Gender Female Identity



Trans-Gender Androgynous



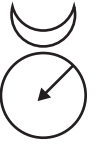
Two-Spirited Male



Two-Spirited Female



Intersexed Male Identity



Intersexed Female Identity



Intersexed Androgynous



Heterosexual Male



Heterosexual Female



Gay Male



Lesbian



Bi Male



Bi Female



Bi Trans Person



Two-Spirited Gay Male



Two-Spirited Lesbian



Pansexual Male



Pansexual Female



Sperm Donor



Egg Donor

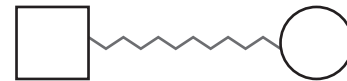


Gestation Carrier (CG) or Surrogate Mother (SM)

Harmony



Hostile



Close / Friendship



Violence



Best Friend



Abuse



Discord / Conflict



Neglect



Cutoff / Estranged



GENOGRAM:

YEAR _____

READINESS CHECKLIST

Issue	√	Fine	Details	Re-evaluation Dates
Positive Affect Tolerance				
Affect Regulation Skill				
Hypo-arousal Hyper-arousal				
Secondary Gains/Fears about Therapy				
Therapeutic Relp				
Support Network				
Health Issues				
Lifestyle Issues (substance, med, eating)				
Stabilization Skills				
Dissociation/DES				
DSM-V				
Legal Issues				
Informed Consent				
Systems Issues				

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EMDR Phase One History Taking: Attachment & Trauma History Script

Adapted from an intake questionnaire designed by Suzanne Aikins, MA, RP, EMDRIA-Approved Trainer

Text in italic/bold are suggested scripts.

Introduction

With history-gathering we are looking through the lens of the client's maladaptive symptoms that have brought them to therapy – these stories begin to paint the picture for us about their early home life. When was their anxiety needed, when was their people-pleasing needed, where were their needs not met? You journey into the history to find the moments that they adapted, without the guidance of an adult, but instead with their undeveloped child-brain. This connects the maladaptive present-day symptoms to their childhood coping responses & memories.

Script:

Part of the beginning stages of EMDR is to gather your early life history to find any unresolved memories, or our 'list of targets for reprocessing'. I am going to ask you questions about your childhood experiences. I will be asking you what still feels upsetting about them and how you would rate them on a scale of distress; "0" meaning the memory is neutral (eg, "That was awful but I'm okay when I think of it now.") to "10" meaning the most upsetting possible when you think of it now. We are going to start back to before you were born, and also when your mother was pregnant with you, and move through the years, one by one, because 'the body keeps the score'.

Note: Start with transgenerational trauma, then conception and progress year by year. The client may jump around among ages, so questions are laid out with the age on the left, to help you find the details in your notes, later.

Every time you hear a story, ask for a current SUD, and put the number in a circle beside the story.

"First, worst & most recent": When the client describes something that happened often or 'all the time', ask ***"How old were you when this first happened, or when you would have first been aware of this issue?"*** Then: ***"What would your worst memory (or typical worst experience) of this be (age)?"*** and ***"What would the most recent memory of this be (age)?"*** Because EMDR's outcomes generalize well, you may only need ***"first, worst & most recent"*** for these repetitive experiences.

The goal of these questions is to find unresolved traumas (what will become your 'target list'), touching on all domains of the client's life; physical, cognitive, emotional, social, sexual, and spiritual. This list of questions is not exhaustive – use your own clinical judgement and ask more, or fewer, questions as appropriate. Typically, you would start this enquiry after completing the EMDR-Focused Genogram (who is living at home, and two other generations).

Transgenerational Trauma:

What do you know about your family's trauma history over past generations?

Tell me about any issues in your family to do with war & terror, racism, refugee or emigration issues, poverty, religious persecution etc.

Prebirth History:

What was happening in your family when you were expected?

- *Were there any traumatic circumstances around your conception?*
- *Did your parents have difficulties with getting pregnant?*
- *Were you planned and wanted? Unwanted or a “happy surprise?”*
- *What were the family’s circumstances during the pregnancy?*
- *Were there any inter-familial struggles at that time?*
- *Did your family experience any losses or traumas during the pregnancy?*
- *Were there any pregnancy problems or other medical issues?*

Ages: 0-1:

What was happening in your family when you were born?

- *Where were you born?*
- *What were your family’s circumstances then?*
- *Any labour & delivery problems?*
- *Any infant medical issues?*
- *What was the environment like that you came home to? The atmosphere?*
- *What was your parents’ relationship like?*
- *How were you described as an infant?*
- *Any other traumas happening in your family?*

Ages: 1-4 (go year-by-year):

- *What kind of Mo/Fa was your Mo/Fa when you were an infant, a toddler, a pre-schooler?*
- *Normal developmental milestones?*
- *How were birthdays celebrated? What did your room look like?*
- *What do you think happened about morning time or bedtime routines?*
- *What do you think happened about potty training? Did you sleep well?*
- *Do you think you had good attachment-bonds? Do you remember being held?*
- *Did you go to daycare?*
- *How was your physical health? Any hospital visits?*
- *Did your parents have a religious practice? Positive or negative?*
- *Was there yelling in your home?*
- *How was conflict resolved?*
- *Where did you most often play? And with whom?*
- *What form of discipline did your parents use (Mo and Fa)?*
- *Was there sexual, emotional, physical or verbal abuse from your parents, or other people in your world?*
- *Any traumatic events/losses in your family?*

Ages 4-6 (go year-by-year):

- *What do you remember about starting school? KD & Grade 1*
- *How were you described at this age and by whom?*
- *What did you like/dislike the most about school?*
- *How was morning time before getting to school?*
- *Did you make friends easily or was that difficult for you?*
- *Which parent were you closest with at this time in your life?*

- When you got hurt or upset, who would you go to and why? What would they do?
- Any bullying or witnessing bullying?
- Any cultural or religious issues?
- Any racism, sexism or microaggressions?
- Sexual, emotional, physical or verbal abuse?
- Critical incidents, war or terror?
- Illness, injury or hospital procedures?
- Any question you think might be useful....

Ages 6-9 (go year-by-year):

- Parents' discipline style now (each parent)?
- How was grade one—academics & socially? Any school yard bullying? Any adult bullying?
- How was grade two—same thing.
- How was grade three—same thing.
- How was grade four—same thing.
- How did you sleep as a young child—bedtime routines at this age?
- Do you remember experiencing anxiety, stomach aches, headaches, or worrying about things?
- What were your parents' responses to successes or failures? Report-card time?
- What was your relationship like with your siblings?
- How were you comforted when you were upset?
- Any family traumas or losses?
- Do you remember having a hard time separating from your parents or being cared for by someone else?
- Were there any cultural or religious issues?
- Witnessing any conflict?
- Any witnessing of Mother or Father's anger, rage, anxiety, misery, mental health issues?
- Critical incidents, war or terror?
- Any body image issues?
- Illness, injury or hospital procedures?
- Racism, sexism, microaggressions?
- Sexual, emotional, physical or verbal abuse?
- Any question you think might be useful....

Ages 10-13 (go year-by-year):

- How was grade 5 (academically & socially, any bullying by kids or adults? Or, were you a bully?).
- How was grade 6 (same thing).
- How was grade 7 (same thing).
- How was grade 8 (same thing).
- Did you experience any losses?
- How were you disciplined at home?
- What did you learn about body image from your family?
- Tell me about puberty & sex education: How were these changes handled in the home?
- Any physical health issues for you or your family?
- Any family losses or traumas?
- What kinds of responsibilities did you have at home?
- Sibling relationships?
- Do you remember ever feeling dismissed or rejected? Heard or unheard?
- Extracurricular activities, sports?
- Cultural or religious issues?
- Sexual, emotional, physical or verbal abuse?
- Racism, sexism or microaggressions?

Ages 14-18:

- What was the transition like to high school for you?
- How was grade 9 (academically or socially. Any bullying issues?)

- *How was grade 10 (same thing).*
- *How was grade 11 (same thing).*
- *How was grade 12 (same thing).*
- *Did you have close friends?*
- *Were you part of a sport team or hobby group?*
- *Body Image issues?*
- *Did you have intimate relationships with another person at this time or earlier? Any sexual experiences?*
- *How did you spend summers?*
- *Did you experiment with drugs or alcohol?*
- *What were your first part-time jobs?*
- *Any family traumas or losses?*
- *Religious or cultural issues?*
- *Racism, sexism or microaggressions?*
- *Discipline style of parents during adolescent individuation?*
- *Sexual, emotional, physical or verbal abuse?*

Adulthood:

At this time, we can stop going year by year and we can start by tracking more monumental moments in the client's life (career, relationships, marital, parental, social, physical health etc). Perhaps decade by decade?

What were your experiences like at college, university? How was graduation celebrated?

- *Social life during college/university. Life style practices then & now?*
- *What was your first/early job or career?*
- *Work settings (then & now)—professional development? Job satisfaction?*
- *What were/are your self-care practices? Sleeping & eating practices? Fitness practices?*
- *Intimate/sexual relationships?*
- *Sexual, emotional, physical or verbal abuse?*
- *Breakups/Betrayals?*
- *Medical issues and interventions?*
- *How did you manage stress?*
- *How did you respond to successes or failures?*
- *Any losses in your adulthood?*
- *Marriages?*
- *Separations? Managed well?*
- *What is your adult relationship like with your parents?*
- *Critical incidents? War & terror?*
- *Racism/sexism/microaggressions?*
- *Body image issues?*
- *Other training experiences?*
- *Hobbies, sports, social activities*

If the client is a parent:

- *What was it like making the transition into parenthood?*
- *Being pregnant/delivery?*
- *Attachment to the baby?*
- *Parental discipline practices?*
- *Difficulties at any of the developmental stages (preschool to adolescent to adult)*
- *Any critical incidents with your children?*
- *Illnesses/injuries?*
- *How is your relationship now with your children?*
- *If children are older – what was it like sending them off into the world? Empty nest?*

Target/Treatment Plan

With this document you always know where you've been, where you are and where you're going. It's a statement of healing-intent and a record of work accomplished as you go along.

1) From your intake & history notes, find the first story that got a higher SUD and name its theme.

Examples of possible themes: (others may also make sense to you or your client):

- Transgenerational Trauma—racism, emigration/refugee, cultural, spiritual
- Pre-birth Medical Issues or Trauma
- Birth Trauma
- Attachment issues in infancy & toddlerhood
- Childhood Physical Abuse
- Childhood Sexual Abuse
- Childhood Verbal or Emotional Abuse
- Witnessing CH Abuse
- Conflict
- Witnessing Conflict
- Adolescent Physical Abuse
- Adolescent Sexual Abuse
- Adolescent Verbal or Emotional Abuse
- Witnessing Abuse
- Committing Abuse
- Adult Physical Abuse
- Adult Sexual Abuse
- Adult Verbal or Emotional Abuse
- Witnessing Abuse
- Committing Abuse
- Over-reactive anger—Victim or Witness or Perpetrator
- Abandonment
- Rejection
- Neglect
- Over-responsibility/Parentification
- Parental Medical or Mental Health Issues
- Bullying: Victim or Witness or Perpetrator
- Racism, Cultural Trauma or Microaggressions
- Sexism, Homophobia, Transphobia
- War & Terror or Critical Incident
- Loss & Grief
- Panic or Phobia or Social Anxiety (memories of)
- Failure
- Betrayal/Injustice

- **Medical Trauma**
 - **Religious Trauma**
 - **Illness/Accident**
 - **Body image issues (witnessed or experienced)**
 - **“Idiosyncratic Themes”— “Mo’s or Fa’s rage, misery, immaturity” etc**
 - **Partner themes (eg “Frank” or “Marge”)—power imbalances, infidelities etc**
- 2) **Write the name of the Theme in the first column of the “Target/Tx Plan” and the age in the second. Then, record the memory in shorthand (3-4 words only) with a circled SUD beside it.**
 - 3) **Continue reading your notes until you get to the next memory with a SUD. If it is the same theme, now you’re looking for the “first, worst, most recent” versions, under that Theme.**
 - 4) **When you get to the next SUD-memory of a different Theme, record this in the same way as the first (identify the theme, list it in the first column, then, age, shorthand description & SUD.**
 - 5) **Continue until you’ve gone through the whole set of notes, including Present-Day Triggers, Future fears and Anticipations & Positive Future Template goals.**
 - 6) **There are typically only 6-10 themes in any Target/Treatment Plan, even the extensive ones!**
 - 7) **Present this to the client and review it together (client’s feedback).**
 - 8) **Together, choose the first target—work either chronologically or by the Theme most closely associated presenting symptoms or issue.**
 - 9) **As you set up each target, record the start date and NC. As you complete the protocol, record the PC and end date.**
 - 10) **As you re-evaluate, record this date. Don’t forget Positive Future Templates.**

TARGET/TREATMENT PLAN (print double-sided) Name & Date

THEME (PAST PRONG)	AGE	TARGET (SUD) First/Worst/Most Recent (The moment when...)	NC/PC	Date Started	Date Ended	Re- evaluated

TARGET/TREATMENT PLAN (print double-sided) Name & Date _____

THEME (PAST PRONG)	AGE	TARGET (SUD) First/Worst/Most Recent (The moment when...)	NC/PC	Date Started	Date Ended	Re- evaluation

TARGET/TREATMENT PLAN (print double-sided)

Name & Date _____

THEME-- PRESENT PRONG	Age	TARGET (Present day trigger, the moment when...)	NC/PC	Date Started	Date Ended	Re- evaluation

TARGET/TREATMENT PLAN (print double-sided)

Name & Date _____

THEME-FUTURE PRONG &/or POSITIVE FUTURE TEMPLATE	Age	Target (Future Anxieties, The moment when....) OR Positive Future Template	NC/PC	Date Stared	Date Ended	Re-evaluation