

21st International Project Week 2019
20th – 24th May 2019

Lecturer: Eglė Naraškevičiūtė-Guiraldelli

University/Company: Expat Psychologist

Country: Netherlands

Genograms and Families of Nowadays

Content:

During this week we will discover together how does family structure looks like and functions, what are the difficulties and challenges (Bowen's Family Theory). We'll look beyond the traditional family and discuss the structures and challenges of different nowadays families (e.g. cross-cultural, LGBTQ+, adopted/foster, divorced, long-distance families). Then, we'll learn to visualise families as "psychological family trees", helping to better see it's structure, functions and difficulties (Genogram and GenoPro software). We'll use this method to analyse our own families, too. Finally, we'll practise how to use this method in real life together with acquiring skills of counselling (e.g. active listening skills).

Prepare to be curious, look deeper, connect with yourself and others. Topic of family is sensitive, yet very important to everyone, so you have an opportunity to grow yourself as a family member and as social help provider.

Methods:

- * Interactive lectures with media content,
- * Software training,
- * Role play, experiential activities,
- * Group debate,
- * Discussions,
- * Individual self-reflection tasks.

Competences and skills to be acquired:

By the end of this training students will have acquired and will be able to demonstrate:

- * Thorough knowledge of the transgenerational theory (Bowen's Family Theory),
- * Skills in making and understanding the Genogram and its application software (GenoPro),
- * Knowledge and skills about Genogram in practice: usage as instruments and methods to gather information,
- * Broader perspective and knowledge about various family structures of nowadays,
- * Knowledge and skills in counselling, especially on sensitive topics related to family and emotions,
- * Self-reflection skills and better understanding of own family and personal future goals.

Prerequisites:

- * Interest or/and studying in social, psychology related areas, counselling,
- * Willingness for family analysis and self-reflection (important).

Language of instruction:

English

Recommended for:

Sozialwissenschaften