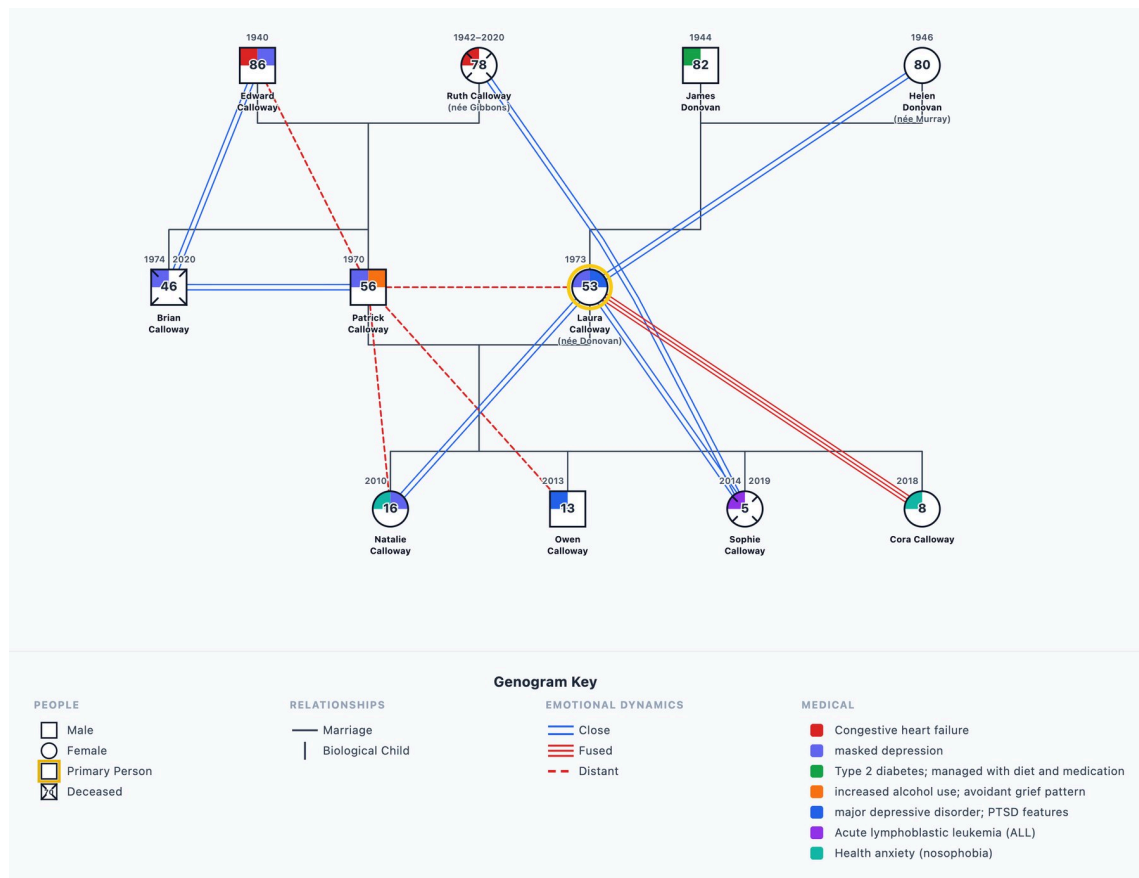


Grief Counseling Genogram Template: filled-in example

Grief and Loss Pattern · a fictional family drawn in GenogramAI · blank version on page 2



The example is a fictional family centred on Laura Calloway (b. 1973) after three losses close together: a young daughter who died of leukemia, a grandmother who died six months later and her husband's brother killed in an accident, with depression shaded across generations and distant lines where the family pulled apart.

PERSON SYMBOLS

- **Male (Square)** A square represents a male family member in standard genogram notation.
- **Female (Circle)** A circle represents a female family member in standard genogram notation.

STATUS MARKERS

- **Deceased (X)** An X drawn through the symbol indicates the person is deceased.
- **Index Patient (Arrow)** An arrow pointing to a person identifies them as the index patient — the individual who is the focus of the clinical assessment.

STRUCTURAL RELATIONSHIPS

- **Marriage** A solid horizontal line connecting two individuals represents a marriage or committed partnership.
- **Parent-Child** A vertical line descending from a couple line to a child symbol represents a parent-child relationship.

EMOTIONAL RELATIONSHIPS

- **Close** Two parallel lines between individuals represent an emotionally close relationship.
- **Distant** A dotted line represents an emotionally distant or disengaged relationship.
- **Fused/Enmeshed** Three parallel lines with a zigzag overlay represent a fused relationship — emotionally intense with poor boundaries.

MEDICAL CONDITIONS

- **Anxiety Conditions** Shading in the genogram symbol indicates anxiety-spectrum diagnoses (GAD, panic disorder, phobias, OCD).
- **Depressive Disorders** Shading indicates depressive conditions (major depression, dysthymia, bipolar disorder).
- **Mental Health Conditions** Shading indicates psychological or psychiatric conditions beyond anxiety and depression.
- **Cardiovascular Conditions** Shading indicates heart disease, hypertension, stroke, or other cardiovascular conditions.
- **Cancer** Shading indicates any cancer diagnosis, with specifics noted in the individual's record.
- **Diabetes** Shading indicates Type 1 or Type 2 diabetes.

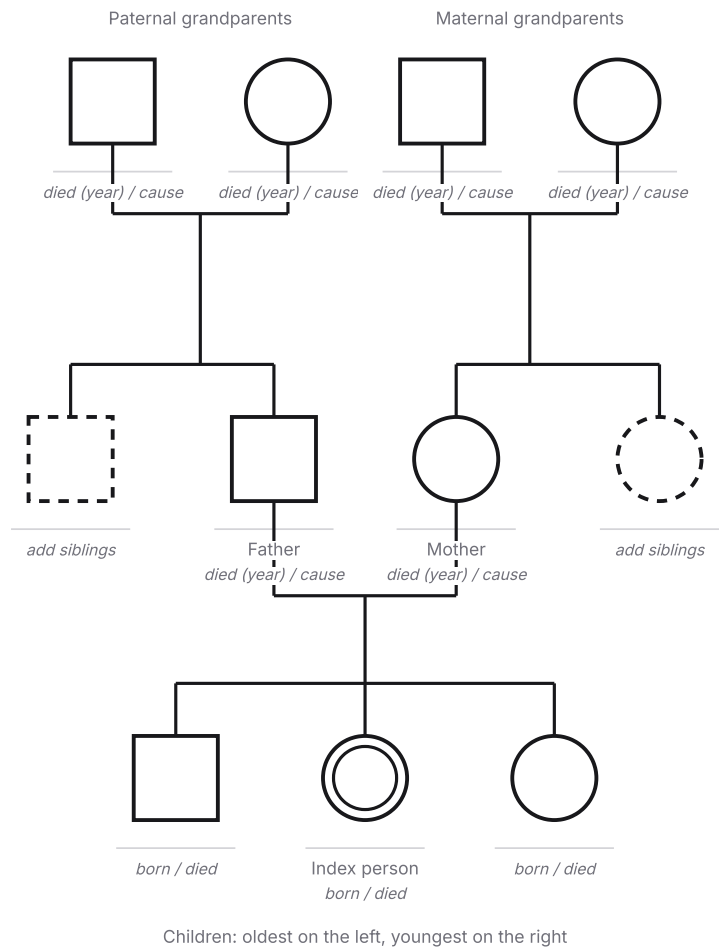
Grief and Loss Genogram Template

Deaths, losses and anniversaries across three generations

Client: _____

Clinician: _____

Date: _____



Symbol key: deaths and losses



Deceased (X through symbol)



Index person (double outline)



Miscarriage (small filled circle)



Stillbirth (small symbol with X)



Close (two blue lines)



Distant (dashed line)



Cutoff (line broken by two bars)



Cutoff, repaired

Notes: anniversaries, how each loss was grieved, losses not spoken about
