

## **W20**

### **Drawing family-circles**

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The drawing family circles method belongs to the family diagnosis techniques and has a therapeutic input too.

- a. Indications: Whenever the doctor gets the idea that the patient's problem has to do with his/her family or environment or the reason for counselling is unclear he invites the patient to draw family circles.
- b. The patient is asked to draw in him/herself and members of his/her family, peer group, etc. as smaller or bigger circles inside or outside of the large circle. Also friends, enemies, work, god, hobbies, pets, etc. (whatever the patient thinks to be important) may find a place.
- c. The patient is encouraged to speak about his/her interpretation and to describe his feelings and sense.
- d. Useful reflecting questions: Do you like this picture? Is there anything surprising? Would you like to change anything? What is your need for changing? Accept all explanations of the patient, even if they seem to be peculiar.
- e. The patient and the doctor talk about the patient's resources and ideas, for instance about looking for another, better place in the circle. A process can start.

Examples from everyday work are presented.

Each participant draws a family circle of his/her own or of an imaginative patient. The pictures are discussed in small groups. Additionally we can focus on some cases, and develop new views and solutions.

Drawing family circles offers an easy-to-do systemic snap-shot, as if both the patient and the doctor fly like sharp-eyed eagles over the patient's family situation. There is no bad or wrong. The patient is the expert for him/herself. You see and feel more than you can talk about. The method offers a feasible way to solve complexity in the GP's daily work.