

# GARF

## [Global Assessment of Relational Functioning]

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The first family assessment instrument to be recognized by the DSM is the Global Assessment of Relational Functioning. As a result of the taskforce work headed by Lyman Wynne, MD, the GARF is included in the DSM-IV Appendix for further study. Work on the GARF is reported in the following book:

Yingling, L.C., Miller, Jr. W.E., McDonald, A.L., Galewaler, S.T. [1998]. *GARF assessment sourcebook: Using the DSM-IV Global Assessment of Relational Functioning*. New York: Brunner-Routledge.  
[www.brunner-routledge.com](http://www.brunner-routledge.com)

The GARF Assessment Sourcebook is a comprehensive guide to the GARF scale for family assessment. It provides a thorough description of each element of the GARF, a comprehensive review of the GARF in relation to other marriage and family assessment tools, summaries of GARF research, and a comprehensive appendix of reproducible GARF-related forms.

The Sourcebook challenges marriage and family therapists to use, evaluate, and refine the GARF so that it may be included in the main portion of the next revision of the DSM. As accountability for our work becomes more pervasive, the GARF will become an important new tool in family mental health treatment.

The GARF was developed as a clinical rating scale to be completed by therapists/researchers. However, Dr. Yingling developed the enclosed self-report for clients to complete. Each family member completing the brief self-report and the therapist graphing everyone's results can provide a useful tool for sharing various perspectives on the family's functioning. The self-report instrument can also serve as a very useful training tool for therapists to get acquainted with the GARF concepts.

# GARF Self-Assessment for Families

*form developed by Lynelle C. Yingling, PhD*

Directions: Think of each of the items below in terms of your family and how well it functions now. In the blank to the left of each item, assign a **rating of 1-10**, with 10 being the best and 1 being the worst. If you think some important characteristic of family functioning is left out, add that item on the "Other" line under the category it best fits and then rate it. After rating each item, circle the 3 items from the entire list you believe would need to change in order to make this family work well.

## A. Problem solving/interactional skills for making this family work well

- 1 \_\_\_\_ Negotiating family goals, rules, & routines
- 2 \_\_\_\_ Adapting to stress
- 3 \_\_\_\_ Communicating
- 4 \_\_\_\_ Resolving conflict
- 5 \_\_\_\_ Other: \_\_\_\_\_

## B. The way this family is organized and structured

- 1 \_\_\_\_ Maintaining boundaries so that each individual has some personal "space"
- 2 \_\_\_\_ Keeping "space" for parents separate from kids
- 3 \_\_\_\_ Parents working together to lead this family effectively
- 4 \_\_\_\_ Distributing the power, control, & responsibility appropriately
- 5 \_\_\_\_ Other: \_\_\_\_\_

## C. How members of this family feel about being a part of this family

- 1 \_\_\_\_ Feeling free to experience a wide range of feelings
- 2 \_\_\_\_ Showing a high quality of caring, empathy, involvement & attachment/commitment to each other
- 3 \_\_\_\_ Sharing of values
- 4 \_\_\_\_ Showing affection, respect, & regard
- 5 \_\_\_\_ Experiencing a high quality of appropriate sexual functioning
- 6 \_\_\_\_ Other: \_\_\_\_\_

Family Member: \_\_\_\_ wife/mother \_\_\_\_ husband/father \_\_\_\_ daughter \_\_\_\_ son \_\_\_\_ other: \_\_\_\_\_

Scoring Instructions: Add the points under each of the "A", "B", and "C" categories and record in the Total Points blank below. Divide the Total Points by the number of items in that category to calculate the Average Raw Score for that category. Multiply each Average Raw Score by 10 to calculate the GARF score for each of the 3 areas. These scores can then be plotted on the GARF Profile Chart.

### A. Problem solving/interactional skills:

- \_\_\_\_ Total Points [sum of ratings under this category]
- \_\_\_\_ Average Raw Score [sum of ratings divided by the number of items scored in the category]
- \_\_\_\_ GARF Score [Average Raw Score multiplied by 10]

### B. Organizational structure:

- \_\_\_\_ Total Points [sum of ratings under this category]
- \_\_\_\_ Average Raw Score [sum of ratings divided by the number of items scored in the category]
- \_\_\_\_ GARF Score [Average Raw Score multiplied by 10]

### C. Emotional Climate:

- \_\_\_\_ Total Points [sum of ratings under this category]
- \_\_\_\_ Average Raw Score [sum of ratings divided by the number of items scored in the category]
- \_\_\_\_ GARF Score [Average Raw Score multiplied by 10]

date of completion: \_\_\_\_\_

court cause no: \_\_\_\_\_

# GARF Profile Chart

form developed by Lynelle C. Yingling, PhD

**DIRECTIONS:** Locate the functioning level [1-99] in each of the 3 functioning factors [interactional, organizational, and emotional climate]; assign a precise assessment score for each factor and record in the session summary table below. Also plot the 3 factors on the profile chart using the abbreviation of I, O, or E for each session on the profile chart; the three factor initials will be lined up on the profile chart above the session number in the summary table below. Compile an overall functioning score for each session by averaging the scores in the 3 areas and recording the score in the summary table below. The three factors are defined as follows:

**INTERACTIONAL [I]** = *skills in negotiating goals, rules, & routines; adaptability to stress; communication skills; ability to resolve conflict.*

**ORGANIZATIONAL [O]** = *maintenance of interpersonal roles & subsystem boundaries; hierarchial functioning, coalitions, & distribution of power, control, & responsibility.*

**EMOTIONAL CLIMATE [E]** = *tone & range of feelings; quality of caring, empathy, involvement, & attachment/commitment; sharing of values; mutual affective responsiveness, respect & regard; quality of sexual functioning.*

**PROFILE CHART:**

100 (impossible)						
99						
90 satisfactory						
80						
70 somewhat unsatisfactory						
60						
50 predominantly unsatisfactory						
40						
30 rarely satisfactory						
20						
10 chaotic						
1						
0 (inadequate information)						

**ASSIGNMENT OF SCORES SUMMARY TABLE:**

RATER:	Mother	Father	Child	Child	Child	Outside Assessor
INTERACTIONAL:						
ORGANIZATIONAL:						
EMOTIONAL CLIMATE:						
GLOBAL:						

DATE: \_\_\_\_\_

CLIENTS PRESENT: \_\_\_\_\_

case file number/name: \_\_\_\_\_ Outside Assessor: \_\_\_\_\_

# GARF Auto-Evaluación para Familias

forma desarrollada por la Dra. Lynelle C. Yingling

traducido por Jordan C. Smith y Todd C. Smith

Direcciones: Piense Ud. en cada una de las características abajo y como funcionan en su familia. En la línea a la izquierda de cada característica, de un valor de 1-10, con 10 como el mejor y 1 como el peor. Si piensa que una característica importante de funcionar familiar fue olvidada, luego póngala en la línea "Otra" bajo de la categoría donde cabe mejor y luego evalúala. Después de considerar cada característica, ponga círculo en las 3 características de la lista entera que cree Ud. necesitaría para hacer esta familia funcionar bien.

## A. Resolver problemas/capacidades interactivas para asegurar que la familia funciona bien

- 1 \_\_\_\_ Negociar metas familiares, reglas y rutinas
- 2 \_\_\_\_ Adaptar al estrés
- 3 \_\_\_\_ Comunicar
- 4 \_\_\_\_ Resolver conflictos
- 5 \_\_\_\_ Otra: \_\_\_\_\_

## B. La manera en que la familia está organizada y estructurada

- 1 \_\_\_\_ Mantener las fronteras para que cada individuo tiene algún "espacio" personal
- 2 \_\_\_\_ Guardar "espacio" para los padres separado de los niños
- 3 \_\_\_\_ Los padres trabajan juntos para guiar a esta familia efectivamente
- 4 \_\_\_\_ Distribuir el poder, el control y la responsabilidad apropiadamente
- 5 \_\_\_\_ Otra: \_\_\_\_\_

## C. Como se sienten los miembros de la familia de ser parte de esta familia

- 1 \_\_\_\_ Sentir libre a conocer un rango amplio de emociones
- 2 \_\_\_\_ Demostrar una calidad alta de cuidar, la empatía, el involucramiento y compromiso a los otros
- 3 \_\_\_\_ Compartir valores
- 4 \_\_\_\_ Mostrar la afección, el respeto y la consideración
- 5 \_\_\_\_ Saber una calidad alta de función sexual apropiado
- 6 \_\_\_\_ Otra: \_\_\_\_\_

Instrucciones: Añada todos los puntos bajo de cada categoría "A", "B", and "C" y apunte en la línea Puntos Totales abajo. Divide Puntos Totales por el número de características en esa categoría para calcular el Promedio para esa categoría. Multiplique cada Promedio por 10 para calcular la Calificación GARF para cada una de las 3 áreas. Estas calificaciones pueden ser puestas en el Gráfico Perfil GARF.

### A. Resolver Problemas/Capacidades Interactivas:

- \_\_\_\_ Puntos totales [suma de las calificaciones bajo de esta categoría]  
\_\_\_\_ Promedio de Calificaciones [suma de las calificaciones dividida por el número de calificaciones en esta en la categoría]  
\_\_\_\_ **Calificación GARF** [Calificación Promedia Cruda multiplicado por 10]

### B. Estructura Organizacional:

- \_\_\_\_ Puntos totales [suma de las calificaciones bajo de esta categoría]  
\_\_\_\_ Calificación Promedia Cruda [suma de calificaciones dividida por el número de características con calificaciones en esta categoría]  
\_\_\_\_ **Calificación GARF** [Calificación Promedia Cruda multiplicado por 10]

### C. Ambiente Emocional:

- \_\_\_\_ Puntos totales [suma de las calificaciones bajo de esta categoría]  
\_\_\_\_ Promedio de Calificaciones [suma de calificaciones dividida por el número de características con calificaciones en esta categoría]  
\_\_\_\_ **Calificación GARF** [Calificación Promedia Cruda multiplicado por 10]

Por favor ponga círculo en cual miembro de la familia es Usted:

madre / esposa    padre / esposo    otro/a: \_\_\_\_\_

Fecha de cumplir la forma: \_\_\_\_\_

No. del archivo del cliente: \_\_\_\_\_