



Parental Alienation

What is it? How to spot it, what to do about it.

What is Parental Alienation?

It involves the manipulation of children via a set of inappropriate behaviors that may result in destroying a loving and warm relationship they once shared with a parent. It is considered a form of child abuse as the alienating tactics are disturbing, confusing and often frightening and rob children of their sense of security and safety.

How do I spot it?

It looks like a very high conflict divorce or bitter estrangement that never, ever heals.

What is the Alienator like?

The alienator is a narcissist and may initially make a good impression, likeable and charming. You will find that they always make it about them—their victimization, their achievements. They react very negatively to criticism and will not follow through in ever putting the children's needs first. They often don't comply with custody agreements nor will they partner with the alienated parent or work together.



What is the Alienated Parent like?

The alienated parent is sometimes hysterical. They are aware that they are losing their child/ren but cannot seem to get others to see their plight. They are desperate for help and support and can seem overly emotional or paranoid. With support, they are generally unusually kind and forgiving.

What is the Alienated Child like?

The alienated child may seem angry and hateful to the alienated parent but not with adequate explanation. They parrot words and behavior of the alienator and may be privy to adult information. They may seem cold or remorseless about their behaviors. When in therapy, they instantly report ideas the alienator wants them to, and then relax a little. They are often good students, involved in sports or activities.

How can I help in a situation where there is Parental Alienation?

The only person who can be helped initially is the alienated parent. They need your love and support. They are living a nightmare. They need treatment and support groups to help with parental alienation.

What heals Parental Alienation?

The only thing that helps heal families is LOVE. The court will not get it, or fix it. The therapy for the kids will put more pressure on them. The alienated parent needs to get healthy, avoid court, respond civilly to the alienator and reach out with love to their child/ren. Hate and war DON'T ever work.

