

adult children of parental alienation syndrome

Adult Children of Parental Alienation Syndrome: Understanding the Long-Term Impact and Healing Paths

Adult children of parental alienation syndrome often carry invisible scars that shape their relationships and self-perception well into adulthood. Parental alienation syndrome (PAS) refers to a situation where one parent manipulates a child to reject or turn against the other parent, often during or after a contentious divorce or separation. While the immediate effects are evident during childhood, the repercussions can linger, manifesting in complex emotional challenges for these individuals as they grow older.

If you or someone you know identifies as an adult child of parental alienation syndrome, understanding the nuanced effects and exploring available resources can be a crucial step toward healing and rebuilding healthy relationships.

What Is Parental Alienation Syndrome and How Does It Affect Adult Children?

Parental alienation syndrome involves a systematic campaign by one parent to damage or sever the child's relationship with the other parent. This can include negative talk, false accusations, limiting contact, or emotional manipulation. Though PAS is more commonly discussed in the context of children, adult children of parental alienation syndrome often face the aftermath long after childhood.

Emotional and Psychological Impact on Adult Children

Many adult children of parental alienation syndrome report feelings of confusion, guilt, and loss. Since their childhood experiences were shaped by conflicting loyalties and emotional sabotage, they might struggle with:

- Trust issues in personal relationships
- Difficulty forming or maintaining healthy romantic partnerships
- Identity confusion or fragmented sense of self
- Chronic anxiety or depression linked to unresolved family trauma
- Feelings of abandonment or rejection, particularly toward the alienated parent

This emotional baggage can complicate their adult relationships, both within the family and socially.

Common Behavioral Patterns

Adults who grew up under parental alienation often develop coping mechanisms that, while protective in childhood, may hinder their growth as adults. These patterns may include:

- Avoidance of conflict or emotionally charged conversations
- Hypervigilance toward signs of betrayal or rejection
- Overcompensation by seeking approval or validation from others
- Difficulty expressing emotions openly
- A tendency to repeat dysfunctional family dynamics

Recognizing these patterns is a key step toward breaking free from the cycle of alienation.

Challenges Faced by Adult Children of Parental Alienation Syndrome

Rebuilding Relationships with the Alienated Parent

One of the most heart-wrenching challenges adult children of parental alienation syndrome face is attempting to reconnect with the parent they were alienated from. The process can be fraught with emotional hurdles:

- Resentment or anger toward the alienated parent for perceived abandonment
- Fear of reliving painful childhood experiences
- Uncertainty about how to navigate a relationship that feels unfamiliar
- Pressure from the alienating parent or other family members to maintain distance

Reconciliation often requires patience, empathy, and sometimes professional mediation or counseling.

Dealing with Family Dynamics and Social Stigma

Family gatherings and social events can be triggering environments. Adult children might experience:

- Judgment or misunderstanding from extended family members who sided with the alienating parent
- Pressure to “choose a side,” leading to isolation or feelings of betrayal
- Social stigma attached to discussing family dysfunction openly

These dynamics can reinforce feelings of loneliness and complicate efforts to heal.

Legal and Custody Implications in Adulthood

While parental alienation is predominantly discussed in child custody cases, adult children might encounter ongoing legal complexities, such as:

- Inheritance disputes or family estate conflicts
- Challenges in advocating for their own children if alienation patterns persist
- Navigating custody arrangements involving their own children, informed by their past experiences

Understanding these legal angles can empower adult children to protect their emotional and financial well-being.

Healing and Moving Forward: Strategies for Adult Children of Parental Alienation Syndrome

Healing from the wounds of parental alienation is a gradual process that involves self-awareness, support, and sometimes professional help. Here are some approaches that can facilitate recovery:

Therapy and Counseling

Engaging with a therapist experienced in family dynamics and trauma can help adults:

- Process feelings of loss, anger, and confusion
- Develop healthy communication skills
- Rebuild self-esteem and self-identity
- Work through trust issues in relationships

Cognitive-behavioral therapy (CBT) and trauma-informed therapy are particularly effective modalities.

Support Groups and Peer Networks

Connecting with others who share similar experiences can reduce feelings of isolation. Support groups for adult children of parental alienation offer:

- A safe space to share stories and emotions
- Validation and understanding from peers
- Practical advice on navigating family relationships
- Opportunities to build friendships grounded in empathy

Online forums and local meetups can be valuable resources.

Setting Boundaries and Self-Care

Learning to set boundaries with both alienating and alienated parents is crucial. Adult children should feel empowered to:

- Limit contact when necessary to protect their mental health
- Communicate their needs and limits clearly
- Prioritize self-care practices such as mindfulness, physical activity, and hobbies

Healthy boundaries foster emotional safety and promote long-term stability.

Rebuilding Relationships on Their Own Terms

Reconciliation with an alienated parent doesn't have to follow a predetermined script. Adult children can:

- Take small, gradual steps toward rebuilding trust
- Establish new traditions or shared activities that foster connection
- Seek family therapy to facilitate open dialogue
- Accept that some relationships may remain complicated but still hold value

Patience and compassion—for themselves and others—are essential during this journey.

The Role of Awareness and Education in Breaking the Cycle

Raising awareness about parental alienation and its long-term effects is vital not just for affected families but for society as a whole. Understanding the signs and consequences can help:

- Prevent alienation in future generations
- Encourage early intervention in high-conflict custody cases
- Educate professionals, such as therapists, lawyers, and social workers, to recognize and address PAS effectively
- Foster empathy toward adult children who carry these hidden wounds

When the broader community acknowledges the complexities of parental alienation, it paves the way for more compassionate support systems.

Resources for Adult Children of Parental Alienation Syndrome

Several organizations and online platforms provide valuable information and assistance:

- Parental Alienation Awareness groups

- Books and memoirs written by adult children sharing their journeys
- Educational webinars and workshops on family dynamics
- Legal aid services specializing in family law and custody issues

Seeking out these resources can be empowering and enlightening.

As adult children of parental alienation syndrome navigate the ongoing effects of their upbringing, it's important to remember that healing is possible. While the path may be challenging, understanding the complexities of their experience and accessing support can open doors to healthier relationships, self-acceptance, and emotional freedom. The stories of resilience emerging from this community offer hope and inspiration to anyone grappling with the shadows of parental alienation.

Frequently Asked Questions

What is parental alienation syndrome and how does it affect adult children?

Parental alienation syndrome (PAS) refers to a situation where one parent manipulates a child to reject the other parent, leading to estrangement. Adult children affected by PAS may experience confusion, loyalty conflicts, emotional distress, and difficulties in forming healthy relationships.

Can adult children of parental alienation syndrome recover from its effects?

Yes, adult children can recover through therapy, self-awareness, and rebuilding relationships with the alienated parent. Professional counseling and support groups can help address trust issues, identity struggles, and emotional wounds caused by parental alienation.

What are common signs that an adult child has experienced parental alienation syndrome?

Common signs include distrust or avoidance of one parent without clear justification, internalized negative beliefs about the alienated parent, feelings of guilt or loyalty conflicts, and difficulty maintaining balanced family relationships.

How can adult children of parental alienation syndrome rebuild relationships with the alienated parent?

Rebuilding relationships involves open communication, therapy for both parties, patience, and willingness to address past hurts. It is important to validate feelings, establish trust gradually, and sometimes seek mediation or family counseling to facilitate reconciliation.

What role do therapists play in helping adult children of parental alienation syndrome?

Therapists provide a safe space for adult children to explore their feelings, understand the impact of alienation, and develop coping strategies. They guide individuals through emotional healing, assist in repairing family bonds, and help overcome the psychological effects of PAS.

Are there legal considerations for adult children dealing with parental alienation syndrome?

While legal actions are more common during childhood custody disputes, adult children may encounter legal challenges related to inheritance or family rights. Understanding their legal standing and seeking legal advice can be important for addressing ongoing family conflicts influenced by parental alienation.

Additional Resources

****Adult Children of Parental Alienation Syndrome: Navigating the Long-Term Impact****

Adult children of parental alienation syndrome often carry the invisible scars of fractured family dynamics well into their adult lives. Parental alienation syndrome (PAS), a controversial and complex phenomenon, involves one parent manipulating a child to reject the other parent, often during or after a contentious divorce or separation. While much of the focus has traditionally been on the immediate effects on children and custody battles, the lasting consequences for these children as they mature into adulthood warrant deeper examination. This article explores the psychological, social, and emotional ramifications for adult children of parental alienation syndrome, shedding light on an often overlooked group and the challenges they face.

Understanding Parental Alienation Syndrome and Its Legacy

Parental alienation syndrome, first conceptualized by psychiatrist Dr. Richard Gardner in the 1980s, describes a pattern where a child becomes estranged from one parent due to psychological manipulation by the other. This alienation can manifest through subtle undermining, overt denigration, or even false accusations. While PAS remains a contested diagnosis within the psychological community, the phenomenon of parental alienation is widely recognized and validated by many mental health professionals.

The long-term impact on children subjected to alienation is profound. Adult children of parental alienation syndrome frequently report difficulties in forming healthy relationships, trust issues, and identity struggles. The alienation experienced during formative years can distort their understanding of familial bonds and self-worth, often leading to emotional and psychological challenges that persist into adulthood.

Psychological Consequences for Adult Children

One of the primary effects observed in adult children of parental alienation syndrome is the development of complex trauma. Unlike acute trauma, the chronic nature of alienation—marked by ongoing emotional conflict and divided loyalty—can result in deep-rooted feelings of abandonment and betrayal. Studies indicate that these adults may suffer from:

- Attachment disorders, making it difficult to establish or maintain intimate relationships.
- Increased risk of anxiety, depression, and post-traumatic stress disorder (PTSD).
- Low self-esteem stemming from inconsistent parental affection and validation.
- Identity confusion, as the alienation often distorts their perception of family and self.

Moreover, many adult children report a pervasive sense of loss—not only of the alienated parent but also of the familial stability and love they were deprived of. This grief can be complicated by feelings of guilt or loyalty conflicts, especially if they feel responsible for the alienation or are caught between estranged parents.

Social and Relational Challenges

The impact of parental alienation extends beyond the individual's psychological landscape and into their social and relational spheres. Adult children of parental alienation syndrome often struggle with:

- Trust issues, making it difficult to build close friendships or romantic relationships.
- Fear of abandonment or rejection, sometimes leading to avoidance of intimacy.
- Difficulty in co-parenting or establishing stable family units, perpetuating cycles of dysfunction.
- Challenges in reconciling their feelings about the alienated parent, which can complicate family reunification.

Research suggests that the alienation experience can interfere with normative social development, making these adults more prone to isolation or unhealthy relational patterns. The internalized conflict between parental allegiances often results in emotional ambivalence, affecting their ability to trust their own judgment regarding relationships.

Factors Influencing Outcomes in Adult Children

Not all adult children of parental alienation syndrome experience the same outcomes. Several factors influence the severity and persistence of alienation's effects:

Age and Developmental Stage During Alienation

Children alienated at younger ages may internalize negative beliefs about the rejected parent more deeply, as their cognitive and emotional frameworks are still developing. Adolescents and older children might better articulate their feelings and resist manipulation, though they are not immune to the psychological impact.

Duration and Intensity of Alienation

Prolonged alienation with intense parental conflict tends to exacerbate psychological damage. Short-term alienation might be mitigated over time with appropriate interventions and family reconciliation efforts.

Presence of Support Systems

Support from neutral family members, therapists, or trusted adults can buffer the adverse effects. Conversely, isolation and lack of emotional support often worsen outcomes for adult children.

Individual Resilience and Coping Mechanisms

Each individual's resilience plays a critical role. Some adult children manage to find healing through therapy, education, or advocacy, while others may remain entrenched in unresolved trauma.

Therapeutic Approaches and Healing Pathways

Addressing the long-term effects of parental alienation syndrome requires nuanced therapeutic interventions tailored to adult children's unique experiences. Psychologists and counselors emphasize the importance of:

- **Trauma-informed therapy:** Techniques such as cognitive-behavioral therapy (CBT) and eye movement desensitization and reprocessing (EMDR) can help process complex trauma.
- **Family therapy:** When appropriate, reunification efforts and mediated communication between the adult child and alienated parent can facilitate healing.

- **Support groups:** Peer support groups for adult children of parental alienation provide validation and shared experiences, reducing isolation.
- **Individual empowerment:** Encouraging self-exploration and identity reconstruction helps adult children reclaim autonomy over their narratives.

It is critical that mental health professionals approach these cases with sensitivity to the ambivalence and conflicting loyalties often present, avoiding simplistic judgments about “right” or “wrong” parents.

Legal and Social Implications

Parental alienation syndrome also has significant legal ramifications, particularly in custody disputes. Courts have begun recognizing alienation’s detrimental impact, leading to increased use of psychological evaluations and family interventions. However, adult children of parental alienation syndrome may face continued legal challenges, such as navigating inheritance disputes or ongoing family estrangement.

Socially, raising awareness about the long-term effects of parental alienation can foster more compassionate community responses and support structures. Advocacy groups championing the rights and healing of alienated children now adults play a vital role in shaping public policy and therapeutic practices.

The Broader Context: Parental Alienation and Society

Parental alienation syndrome intersects with broader societal issues, including divorce rates, mental health stigma, and family law reform. As more families experience high-conflict separations, understanding and addressing alienation becomes increasingly urgent. The experiences of adult children highlight the need for:

- Preventive education for parents undergoing separation to minimize alienation behaviors.
- Early intervention programs aimed at preserving child-parent relationships.
- Continued research to refine diagnostic criteria and treatment methods for PAS and related phenomena.
- Greater public awareness campaigns to destigmatize the struggles of alienated children and adults.

By contextualizing parental alienation within these larger frameworks, mental health professionals, legal experts, and policymakers can collaborate to mitigate its impact and foster healthier family dynamics.

The journey of adult children of parental alienation syndrome is often marked by pain, confusion, and resilience. Their stories underscore the profound influence of early family environments on lifelong psychological well-being and relational health. As research evolves and therapeutic approaches advance, there is hope for healing and reconciliation, allowing these adults to reclaim fractured family bonds and build fulfilling futures.

Adult Children Of Parental Alienation Syndrome

adult children of parental alienation syndrome: Adult Children of Parental Alienation Syndrome: Breaking the Ties That Bind Amy J. L. Baker, 2010-03-01 An examination of adults who have been manipulated by divorcing parents. Parental Alienation Syndrome (PAS) occurs when divorcing parents use children as pawns, trying to turn the child against the other parent. This book examines the impact of PAS on adults and offers strategies and hope for dealing with the long-term effects.

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adult children of parental alienation syndrome: We Don't Talk Anymore Kathy McCoy PhD, 2017-10-03 Understand the painful silence of estrangement and finally heal the rift Estrangement from an adult son or daughter is one of a parent's worst nightmares. Becoming estranged from a parent can be equally painful for an adult child, who may miss the relationship they once shared. For both it can mean angry silences and anguished days and nights wondering what went wrong. Written by Kathy McCoy, one of the nation's more revered experts on family relationships, We Don't Talk Anymore is a insightful and relevant new exploration of estrangement for both parents and adult children. Each chapter also provides compassionate, practical tips focused on what both parents and adult children can do, including: Finding courage to reach out to your loved one Understanding the conflict and discovering a new and fulfilling connection Letting go and rebuilding your life Families deserve clarity and understanding. We Don't Talk Anymore will show you those first steps toward dealing with a painful topic and finally healing.

adult children of parental alienation syndrome: The International Handbook of Parental Alienation Syndrome Richard A. Gardner, S. Richard Sauber, Demosthenes Lorandos, 2006 The dramatic increase in the number of child-custody disputes since the seventies has created an equally dramatic need for a standard reference work that examines the growing social problem of children who develop an irrational hatred for a parent as the result of divorce. The International Handbook of Parental Alienation Syndrome: Conceptual, Clinical, and Legal Considerations features clinical, legal, and research perspectives from 32 contributors representing eight countries, building on the work of the late Dr. Richard Gardner, a pioneer in the theory, practice, diagnosis, and treatment of Parental Alienation Syndrome (PAS). This unique book addresses the effects of PAS on parents and children, discusses issues surrounding reconciliation between parent and alienated child, and includes material published for the first time on incidence, gender, and false allegations of abuse in PAS. Content highlights examines PAS and the roles of family members, the criminal justice system, and the need for public awareness and policymakers to respond to PAS. Descriptive statistics on 84 cases are given, and the factors affecting reconciliation between the child and target parent are listed. The mild, moderate, and severe categories of PAS are explored, and the psychological consequences of PAS indoctrination for adult children of divorce and the effects of alienation on parents are researched. The role of medical reports in the development of PAS, sexual abuse allegations, and future predictions on the fate of PAS children are many of the clinical considerations in this book. The legal issues concern PAS in American law, criticisms of PAS in courts of law, protecting the fundamental rights of children in families, family law reform, International PAS

abductions, and the legal requirements of experts giving evidence to courts. The impact and implications of PAS are immense, and no other single source provides the depth and breadth of coverage of the topic than the clinical and forensic chapters in this book.

adult children of parental alienation syndrome: THE PARENTAL ALIENATION SYNDROME Linda J. Gottlieb, 2012-04-01 In this thought-provoking book, Ms. Gottlieb attempts to resolve the controversies surrounding Parental Alienation Syndrome (PAS) by providing substantial empirical evidence from her treatment cases in support of the eight symptoms which child psychiatrist, Richard Gardner, had identified as occurring in the PAS child, and she further exemplifies the commonality of the alienating maneuvers among the alienating parents. The author redefines the typically-held characterization of the parents' relationship as portrayed in the pertinent literature and accepted by most PAS-aware professionals. Numerous case examples are explored: horrific tales of manufactured child abuse; referrals to child protective services (CPS) resulting in suspension of visits between targeted parents and their children; meritless reports to police alleging domestic violence in support of orders of protection which slander and stigmatize targeted parents; exclusionary tactics preventing targeted parents' involvement in their children's medical, educational, social lives and activities; and depletion of targeted parents' resources due to legal fees required to defend himself/herself and to obtain judicial enforcement of parental rights. Ms. Gottlieb methodically documents that PAS is a form of emotional child abuse of the severest kind. The author provides an unprecedented number of treatment summaries, which demonstrate the effectiveness of structural family therapy in treating the PAS family. To further elucidate the subject, the author interviewed several matrimonial attorneys, Law Guardians, and forensic evaluators regarding their experiences with PAS, and she incorporated their thoughts into her recommendations as to how the mental health and judicial communities should resolve this situation in the best interests of the child. "New Rules" are suggested which encourage a collaborative rather than an adversarial approach to child custody. This book will be an excellent resource for parents who are divorcing or are in conflict, for adult-child victims of PAS, for mature children of divorcing parents, for judges, for Law Guardians, for matrimonial attorneys, for therapists, for child protective personnel, for law enforcement----and for the professional rescuer who believes that a child must be saved from a parent.

adult children of parental alienation syndrome: *Restoring Family Connections* Amy J.L. Baker, PhD, Paul R. Fine, LCSW, Alianna LaCheen-Baker, 2020-01-21 Broken relationships between adult children and their parents is a widespread phenomenon. While the parent-child attachment relationship is of critical importance for the child in the early years of life, the parent-child relationship continues to be a source of great importance over the course of the individual's life span for both the child and the parent. For adults and adult children who are estranged/alienated from each other, the pain and dissatisfaction never fully go away. Despite the prevalence of the problem of ruptured relationships, there are few resources available for mental health professionals working with this population. This book provides a tool for clinicians to turn to when they are working with adult children and their parents seeking to resolve conflict, improve communication, and enhance their relationships.

adult children of parental alienation syndrome: *Restoring Family Connections* Amy J.L. Baker, PhD, Paul R. Fine, LCSW, Alianna LaCheen-Baker, 2020-01-21 Broken relationships between adult children and their parents is a widespread phenomenon. While the parent-child attachment relationship is of critical importance for the child in the early years of life, the parent-child relationship continues to be a source of great importance over the course of the individual's life span for both the child and the parent. For adults and adult children who are estranged/alienated from each other, the pain and dissatisfaction never fully go away. Despite the prevalence of the problem of ruptured relationships, there are few resources available for mental health professionals working with this population. This book provides a tool for clinicians to turn to when they are working with adult children and their parents seeking to resolve conflict, improve communication, and enhance their relationships.

adult children of parental alienation syndrome: *Parental Alienation, DSM-5, and ICD-11*

Bernet William, 2010 Parental alienation is an important phenomenon that mental health professionals should know about and thoroughly understand, especially those who work with children, adolescents, divorced adults, and adults whose parents divorced when they were children. In this book, the authors define parental alienation as a mental condition in which a child - usually one whose parents are engaged in a high-conflict divorce - allies himself or herself strongly with one parent (the preferred parent) and rejects a relationship with the other parent (the alienated parent) without legitimate justification. This process leads to a tragic outcome when the child and the alienated parent, who previously had a loving and mutually satisfying relationship, lose the nurture and joy of that relationship for many years and perhaps for their lifetimes. We estimate that 1 percent of children and adolescents in the U.S. experience parental alienation. When the phenomenon is properly recognized, this condition is preventable and treatable in many instances. The authors of this book believe that parental alienation is not simply a minor aberration in the life of a family, but a serious mental condition. Because of the false belief that the alienated parent is a dangerous or unworthy person, the child loses one of the most important relationships in his or her life. This book contains much information about the validity, reliability, and prevalence of parental alienation. It also includes a comprehensive international bibliography regarding parental alienation with more than 600 citations. In order to bring life to the definitions and the technical writing, several short clinical vignettes have been included. These vignettes are based on actual families and real events, but have been modified to protect the privacy of both the parents and children.

adult children of parental alienation syndrome: *Working with Alienated Children and Families* Amy J. L. Baker, S. Richard Sauber, 2013 This guidebook pulls together for the first time the best thinking in the field today about different approaches for working with these families. It is written by and for mental health professionals who work directly with alienated children, targeted parents, and families affected by parental alienation.

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adult children of parental alienation syndrome: *New Paths for Acceptance* Márcia Machado, Francisco Machado, 2015-07-31 New Paths for Acceptance: Opening Awareness in Interpersonal Acceptance-Rejection gathers global data from recent studies on interpersonal relationships. The book focuses specifically on the influence of perceived acceptance and rejection by significant others on children's, adolescents', and adults' well-being and development. In doing this, it offers valuable insight for academics, researchers, practitioners, teachers, and service agencies to better understand the importance of including the issue of quality of interpersonal relationships in their research, teaching, and clinical practice. Based primarily on interpersonal acceptance-rejection theory (IPARTheory), the book broadens and advances scientific knowledge about fundamental issues such as psychological adjustment, masculinity, school and academic-related issues, family functioning, parental alienation, intimate adult relationships, and other such topics. With contributions from researchers from three continents, the volume helps raise awareness about the crucial role that interpersonal acceptance plays across cultures on key issues

such as these. The uncommon cultural diversity and multi-context nature of studies included in the book give readers the opportunity to learn about some of the most recent studies in this field, and at the same time to have a privileged view of the broad scope and application of IPARTheory and research.

adult children of parental alienation syndrome: Models of Psychopathology Lisa M. Hooper, Luciano L'Abate, Laura G. Sweeney, Giovanna Ganesini, Peter J. Jankowski, 2013-10-11 This book explores current relational models of psychopathology that undergird a great many conflicts and destructive outcomes in family and intimate relationships. These models have similar features and can be considered as a group. They are all: (1) generational; (2) relational; and (3) fundamentally reactive processes stemming from existing psychopathology.

adult children of parental alienation syndrome: High-Conflict Parenting Post-Separation Eia Asen, Emma Morris, 2020-03-12 High-Conflict Parenting Post-Separation: The Making and Breaking of Family Ties describes an innovative approach for families where children are caught up in their parents' acrimonious relationship - before, during and after formal legal proceedings have been initiated and concluded. This first book in a brand-new series by researchers and clinicians at the Anna Freud National Centre for Children and Families (AFNCCF) outlines a model of therapeutic work which involves children, their parents and the wider family and social network. The aim is to protect children from conflict between their parents and thus enable them to have healthy relationships across both 'sides' of their family network. High-Conflict Parenting Post-Separation is written for professionals who work with high-conflict families - be that psychologists, psychiatrists, child and adult psychotherapists, family therapists, social workers, children's guardians and legal professionals including solicitors and mediators, as well as students and trainees in all these different disciplines. The book should also be of considerable interest for parents who struggle with post-separation issues that involve their children.

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adult children of parental alienation syndrome: I Thought I Was the Only One: Grandparent Alienation: a Global Epidemic Amanda, 2021-06-15 If you are experiencing alienation from your children and grandchildren, this is the book for you! It will be your Bible, your indispensable guide as you try to negotiate your way through some of the most difficult and heart-wrenching days of your life. Amanda is the world's leading expert on grandparent alienation, and she has distilled into this book her years of experience and understanding as the tireless founder and indispensable leader of Alienated Grandparents Anonymous, the world's largest organization of estranged grandparents desperate to see and be with their own grandchildren. It is the indispensable Bible for hurt and puzzled and distraught grandparents! ~ The Reverend Dr. John Killinger, author of From Poppy with Love: Letters from a Grandfather to the Grandchildren He Isn't Allowed to See Amanda has provided

a comprehensive and groundbreaking guide to the seemingly increasing intergenerational phenomenon of grandparents who are cut off from adult children and grandchildren. This is a must-read for anyone experiencing the grief, isolation, shame and trauma associated with such situations. By sharing selected experiences from grandparents in her own words along with what has been gleaned from experts in family estrangement, alienation, and legal approaches, Amanda brings light and hope to affected grandparents. Themes of bravery, understanding, encouragement, hope, and ultimate love of family enduring amid impossible circumstances are present throughout this pioneering book. ~ Carol Hosmer Golly, PhD, PL, MSW, LCSW, RPTS, Child/Adolescent Family Therapist Amanda is a leader and unique voice in the movement to bring help, healing and awareness for those dealing with the trauma of being an alienated grandparent. In her book, she brings her years of experience, reading, and advocacy to help the thousands of grandparents suffering with the profound pain being cut off from contact with their grandchildren. She has probably talked to and reached more alienated grandparents than anyone I know and it shows in her new book. Highly recommended. ~ Dr. Joshua Coleman, author, *When Parents Hurt: Compassionate Strategies When You and Your Grown Child Don't Get Along* (HarperCollins).

adult children of parental alienation syndrome: Handbook of Forensic Sociology and Psychology Stephen J. Morewitz, Mark L. Goldstein, 2013-08-20 The role of behavioral and social sciences in the courtroom setting has expanded exponentially in the past few decades. It is now widely recognized that scientists in these areas provide critical contextual information for legal decision making, and that there is a reliable knowledge base for doing so. While there are many handbooks of forensic psychology, this is the first such volume to incorporate sociological findings, broadening the conceptual basis for examining cases in both the civil and criminal realms, including immigration issues, personal injury, child custody, and sexual harassment. This volume will examine the responsibilities of expert witnesses and consultants, and how they may utilize principles, theories and methods from both sociology and psychology. It will show these disciplines together can improve the identification and apprehension of criminals, as well as enhance the administration of justice by clarifying profiles of criminal behavior, particularly in cases of serial killers, death threat makers, stalkers, and kidnappers. The volume is quite comprehensive, covering a range of medical, school, environmental and business settings. Throughout it links basic ideas to real applications and their impact on the justice system.

adult children of parental alienation syndrome: *Where Did I Go Wrong? How Did I Miss the Signs? Dealing with Hostile Parenting & Parental Alienation* Joan Kloth-Zanard, 2010-09-13 *Where Did I Go Wrong? How Did I Miss The Signs?* is a prevention and intervention resource tool for parents, courts, attorney's, counselors, agencies and anyone else who needs help with high conflict divorce and relationships. From start to finish, this book talks about divorce, marriage, hostile aggressive parenting during and after a divorce, how to deal with this, and help the children to thrive. From cover to cover, this book is filled with information to help stop the snowball affect of high conflict divorce, hostile aggressive parenting, all of which leads to the psychological abuse of the children by destroying their relationship with one of their parents or another relative. It is the hope that this book can help prevent this abuse from happening and help these families to move forward in a healthy, positive and successful way.

adult children of parental alienation syndrome: My Rights Are Divine Nina Abdul Razzak, 2014-09-17 Child abuse can be curbed in the Muslim Arab World, since preventive measures are really in our hands. They are actually a part of a binding force that impacts almost each and every step we take in life; that force is simply Islam: our religion, which does not only define our relationship with God (Allah) Almighty but is also in actuality a way of life. This book makes the argument that a culture in which true or authentic Islamic values are rightly implemented measures up to being one that safeguards and recognizes the rights granted to children by no one other than their merciful and gracious creator Allah. It also proposes a practical framework that explains the types of measures, cultural changes, and structural modifications needed to be implemented to combat child abuse in the Muslim Arab World, with all the religious, cultural, and social specificities

of it as a region.

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