



Kids **NEED** **BOTH** Parents

Wisconsin for Children and Families / 501(c)(3)nonprofit

PO Box 1742, Madison WI 53701 • info101@wisconsinfathers.org • volunteer@wisconsinfathers.com

For Help: <http://www.wisconsinfathers.org/contact-form.htm>

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17 Parental Alienation Strategies

Beyond the High Road: Responding to 17 Parental Alienation Strategies without Compromising Your Morals or Harming Your Child. Amy Baker & Paul Fine, May 2008

If you have been affected by a number of the strategies below, it is potentially a case of Parental Alienation.

We provide therapeutic support for those affected by Parental Alienation, please feel free to [contact us](#) to discuss our support services (Please note there is a fee for our therapy services)

Strategy 1: Badmouthing

Strategy 2: Limiting Contact

Strategy 3: Interfering with Communication

Strategy 4: Interfering with Symbolic Communication

Strategy 5: Withdrawal of Love

Strategy 6: Telling Child Targeted Parent Does Not Love Him or Her

Strategy 7: Forcing Child to Choose

Strategy 8: Creating the Impression that the Targeted Parent is Dangerous

Strategy 9: Confiding in Child

Strategy 10: Forcing Child to Reject Targeted Parent

Strategy 11: Asking Child to Spy on Targeted Parent

Strategy 12: Asking Child to Keep Secrets from Targeted Parent

Strategy 13: Referring to Targeted Parent by First Name

Strategy 14: Referring to a Stepparent as “Mom” or “Dad” and Encouraging Child to Do the Same

Strategy 15: Withholding Medical, Academic, and Other Important Information from Targeted Parent/ Keeping Targeted Parent’s Name off of Medical, Academic, and Other Relevant Documents

Strategy 16: Changing Child’s Name to Remove Association with Targeted Parent

Strategy 17: Cultivating Dependency

Indicators of Extreme Parental Alienation as Child Abuse: Characteristics of the Alienating Parent (Kruk, 2018)

1. Seizing the child by force.
2. A belief in one's entitlement as the primary or sole parental figure in the child's life, and lack of validation or recognition of the salience of the other parent as a parent.
3. Insensitivity to and disregard for the impact of one's behavior on children; lack of regard for and attunement to children's needs. Willingness to engage in conflict in front of the children. Lack of emotional depth and emotional responsiveness in relationship with one's child. Parentification of the child.
4. Overt or covert obsession with the other parent, and with hurting the other parent, to the extent that the obsession prevails over one's parental responsibilities.
5. Willingness and enthusiasm to engage in adversarial combat, and skill in the adversarial arena.
6. Refusal to communicate, or engage in a negotiation process.
7. Refusal to accept responsibility for one's own contribution to the problem situation or conflict.
8. Readiness to accuse the other party of wrongdoing.
9. Lack of guilt or remorse for one's behavior.
10. Exaggeration and dishonesty; an attitude of, "the end justifies the means."
11. Badmouthing of the other parent in front of the child, or avoiding any mention of the other parent in an attempt to erase that parent from the child's memory.
12. Monitoring and questioning the child in regard to the child's relationship with the other parent

Shared Parenting is the most effective method of prevention and intervention to address parental alienation as a form of child abuse and family violence, and is commensurate with the well-being and best interests of children and their families.

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