

The top-left portion of the page features a complex, abstract graphic composed of several thin, black, overlapping lines. These lines form a series of irregular, interconnected shapes that resemble a stylized, fragmented geometric pattern. The lines vary in orientation, creating a sense of movement and depth.

**UNDERSTANDING PARENTAL ALIENATION:
DIAGNOSIS AND TREATMENT**

DR. ALAN BLOTCKY

GUIDING PRINCIPLES IN CHILD CUSTODY MATTERS

- Children naturally and instinctually want to love both parents freely without impediment
- When a child is aligned with one parent against the other, that is a red flag for alienation
- Children and teenagers are highly suggestible and easily swayed, cajoled, bribed, pressured, coached, and brainwashed by a parent
- Alienated children and teens have a profoundly inaccurate view of the targeted parent AND of the favored parent. The targeted parent is seen as terrible, unloved, and dangerous; the favored parent is seen as great, loving, and caring. Both views are seriously distorted
- Children and teenagers, especially those subjected to alienation, do not know what is in their best interest
- Research shows that shared custody is better than sole custody in most cases
- A child's long-term adjustment is contingent upon a good relationship with each parent, not just one
- Winning a case is not the simple goal. Determining what is in a child's true best interest is

17 ALIENATING BEHAVIORS BY ALIENATING PARENTS

ALIENATING PARENTS ENGAGE IN SOME OF THESE BEHAVIORS, NOT ALL OF THEM

1. Badmouthing
2. Limiting visits
3. Interfering with communication
4. Not mentioning the targeted parent at home
5. Withholding love and approval if rejection is not demonstrated
6. Telling the child that the targeted parent does not love them
7. Forcing the child to choose between parents
8. Creating the impression that the rejected parent is dangerous
9. Forcing the child to reject the rejected parent
10. Confiding in the child about court and adult topics
11. Asking the child to spy on the rejected parent
12. Asking the child to keep secrets from the rejected parent
13. Referring to the rejected parent by first name only
14. Referring to a stepparent as “Mom” or “Dad”
15. Withholding medical and educational information from the parent
16. Changing the child’s name
17. Undermining the authority of the rejected parent

8 CHARACTERISTICS OF AN ALIENATED CHILD

1. Ongoing campaign of anger and negativity
2. Weak, frivolous, and absurd reasons for alienation from the parent
3. Lack of ambivalence about the rejected parent
4. The “independent thinker phenomenon;” it is the child’s decision fully to reject
5. Absence of guilt about the treatment of the rejected parent
6. Reflexive and unwavering support for the favored parent
7. Presence of copied words and borrowed scenarios
8. Rejection of the rejected parent’s extended family

FIVE-FACTOR MODEL OF DIAGNOSIS OF PARENTAL ALIENATION

1. The child resists or refuses a relationship with the targeted parent
2. The presence of a prior positive relationship between child and targeted parent
3. The absence of abuse, neglect, or seriously deficient parenting by the rejected parent
4. The use of some or many alienating behaviors by the favored parent
5. The child exhibits some or many the characteristics of alienation



FALSE ALLEGATIONS OF ABUSE AS WEAPONS

- During custody or post-custody battles, false allegations of abuse can be used by one parent to gain leverage in court
- False allegations of abuse are typically triggered by certain events, such as filing for divorce, filing for primary custody of the children, filing for permission to relocate, starting a new romantic relationship, unhappiness with 50-50 shared custody, and others
- A timeline usually tells the whole story of false allegations of abuse
- More than one allegation of abuse during a legal proceeding is a huge red flag for fabrication
- Involving a child in a false allegation of abuse is an alienating behavior that is harmful to the child
- It is important not to condone and enable false allegations of abuse by a parent
- Parents who lodge false allegations of abuse should suffer negative, swift consequences
- WE must not become sensitized to false allegations of abuse as mere harmless plays by one parent



THANK YOU

Dr. Alan Blotcky

Phone: (205) 912-7171

Fax: (205) 912-7179

alanblotcky@att.net