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FREE P.A.B.S

'PARENTAL ALIENATION
BEHAVIOURS & STRATEGIES'

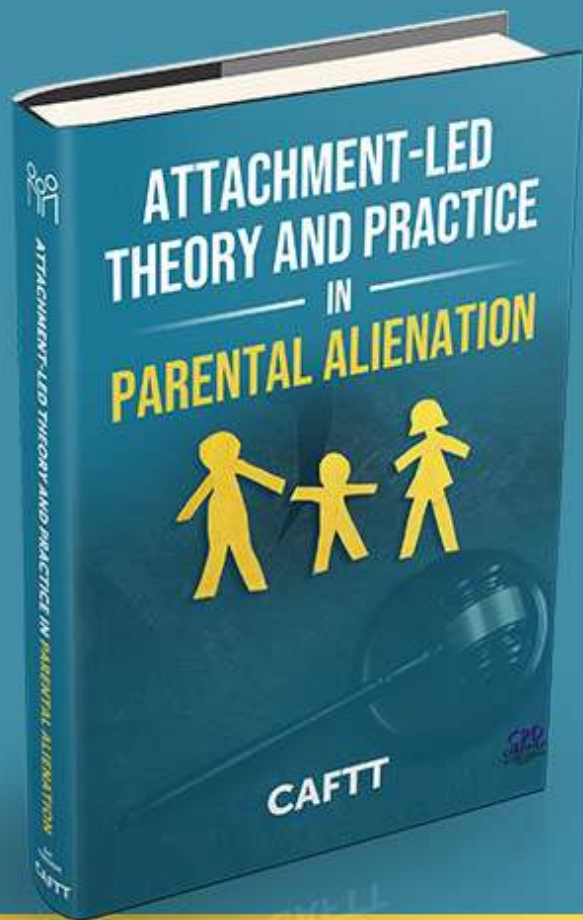
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PARENTAL ALIENATION
AWARENESS





ATTACHMENT-LED THEORY AND PRACTICE IN PARENTAL ALIENATION

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What is Parental Alienation?

*The **process** and **result** of a child being manipulated by one parent or family member against another
Children can be manipulated by negative verbal expressions and affective transferences (i.e. bodily language and signals).*

The manipulation process may be:

Obsessive - (deliberate, unrelenting and extreme)

Active -(conscious and malign, to a lesser or inconsistent degree)

Naïve - (unconscious, without realising the effect
of negative verbal expressions, or affective transference)

ALL FORMS OF PARENTAL ALIENATION ARE HARMFUL

Parental Alienation Strategy = A Plan to alienate and obstruct another parent from an aspect of a child's life

Parental Alienation Behaviours (PABs) = The specific behaviours used with intended function to achieve the Strategy

Parental alienation is a complicated, problematic, specialist area of mental health, family functioning, social policy and law.

Parental alienation disrupts attachments, psycho-developmental prospects, and quality of life for hundreds of thousands of children and families.

It leads to short-, medium- and long-term mental health illness in children that can be carried into adulthood.

It needlessly divides and severely traumatises children and families with severe, unresolved loss.

Children lose good parents, and good parents lose their children. Legal systems are not always well-equipped or motivated to adequately respond to and deal with parental alienation, and mental health services for vulnerable and alienated children are often not well-informed or resourced. The best strategy is one of robust training for families and professionals so this inimical form of parental manipulation of children can be identified and stopped early.

We hope this checklist will help. Please feel free to distribute it and promote awareness!

CAFTT has produced an empirically structured, open access course (PA1) to understanding parental alienation and earning Continued Professional Development accreditation points in this complicated and specialist field. PA1 draws on the best practice and advice of some of the world's top experts. Years of interaction with the UK's family court system corroborates and compliments the established observational literature with an aetiological perspective using updated attachment, neuropsychology and child development approaches.

The processes of alienation and its stages are explained in detail, alongside how each stage impacts on children and other family members.

The incremental results for children and other family members are provided in short, medium and long-term form.

Check out CAFTT's online course: <https://www.caftt.co.uk/> Find out more about Parental Alienation Awareness: <https://paawareness.co.uk/>

Buy the book today: <https://amzn.eu/d/4olswKx>

At Parental Alienation Awareness, our aim is to campaign, raise awareness and educate against the psychological and emotional abuse that is caused when parental alienation occurs. Our philosophy was created through a desire to change the shocking and devastating reality of how common parental alienation is around the UK and the lack of training and education there is around this issue. We do not want anyone to feel as though they have no control in such a heart-breaking situation. If you should need help and support with this issue, please complete our [needs assessment form](#) in order to help us understand your current situation.

We also work with professionals and experts through our focus groups for research and resource development, as well as events, fundraising activities and helpful e-news. If you are a professional or expert that has a special interest in this area and would like to help or get involved, please [contact us](#).

WHAT IS PARENTAL ALIENATION?



The term 'Parental Alienation' mainly refers to the destruction and ending of the relationship between a parent and child which can occur in many forms and is most commonly due to three main reasons, divorce, separation and child contact issues. What may happen is that the child may ally with one particular parent and begin to reject the other parent for no legitimate reason. This opinion could be created by that parent through coercive and controlling behaviours set out by the other parent which manifests into a dislike, disrespect and even potential fear.

WHAT CAN YOU DO TO HELP?



Our team works tirelessly each day at Parental Alienation Awareness educating and raising awareness about parental alienation and helping as many struggling parents as we can. We use our knowledge, our heart and our determination to make change. Except we couldn't do this without your help. There are so many things that you could do that would make a world of difference including [donations](#), [volunteering](#), [DIY fundraising events](#), or becoming a [stall holder](#) at one of our awareness days and more. Please feel free to explore our website or [contact us](#) to find out more

Parental Alienation Strategies and Behaviours Checklist

June 2023 version

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B - Manipulating medical services and records

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STRATEGY 11: Erasing Targeted Parent (TP) legally

STRATEGY 12: Child isolation from other influences

STRATEGY 13: Reckless Signalling

STRATEGY 14: Relocation / Child Abduction (added after release of course as update no.1)

PARENTAL ALIENATION BEHAVIOUR (PAB)

YES/NO & DATE

EXPLANATION OF EVENT(S)

STRATEGY 1: Badmouthing – General Function: Impression Management of the Targeted Parent (TP)			
1.1	Creating the impression the targeted parent is dangerous or sick		
1.2	Saying the targeted parent doesn't love their child		
1.3	Saying the targeted parent doesn't want to see their child		
1.4	Badmouthing the targeted parent to: <ul style="list-style-type: none"> - Friends - Family - Community - Professionals / Agencies 		
1.5	Badmouthing the targeted parent to authorities, i.e: <ul style="list-style-type: none"> - Child services - Police - School personnel - Court personnel 		
1.6	Falsely telling child someone else is his/her parent		
1.7	Referring to the targeted parent in front of child by first name, <i>or</i> "Mr/Ms....."		
1.8	Badmouthing the targeted parent's new family/extended family		
1.9	Belittling the targeted parent in front of child		
1.10	Belittling the targeted parent's hobbies and values		
1.11	Children enabled to overhear derogatory, third-party conversations about the targeted parent (i.e., on telephone, etc)		
1.12	Falsely implying the alienating parent is a victim of the targeted parent		
1.13	Falsely implying the child is a victim of the targeted parent		

PARENTAL ALIENATION BEHAVIOUR (PAB)

YES/NO & DATE

EXPLANATION OF EVENT(S)

	PARENTAL ALIENATION BEHAVIOUR (PAB)	YES/NO & DATE	EXPLANATION OF EVENT(S)
1.14	Failing to correct negative but incorrect feedback about the targeted parent from others.		

2	STRATEGY 2: Limiting / interfering with visitation / parenting time / contact		
2.1	Moving away to another area: <ul style="list-style-type: none"> - Without reasonable warning - Whilst the focus of local authority concern - Whilst legal proceedings are ongoing - Hiding children - Concealing the move 		
2.2	Limiting visitation between child and targeted parent needlessly		
2.3	Concocting excuses for lack of visitation i.e: <ul style="list-style-type: none"> - Child "is sick" (but child is at school, etc); - (And no medical note) - Child "does not want to come" 		
2.4	Seeking alternative caregivers for the child		
2.5	Controlling what children do when with the targeted parent		
2.6	Offering child or targeted parent activities incompatible with the visiting regime		
2.7	Demanding child and targeted parent plan their time together in accordance with that the alienating parent wants		
2.8	Needless, adverse calls to agencies during targeted parent's visiting time		
2.9	Arranging fun activities on targeted parent's parenting time		
2.10	Letting child choose whether to visit the targeted parent		

	PARENTAL ALIENATION BEHAVIOUR (PAB)	YES/NO & DATE	EXPLANATION OF EVENT(S)
2.11	Asking school to limit contact to targeted parent		
2.12	Not letting child see grandparents; sometimes even those of the alienating parent		
2.13	Limiting child's contact with targeted parent's extended family		

2.14	Calling or visiting during targeted parent's parenting time		
2.15	Insisting on later pick-ups and earlier drop-offs of children than planned, or even directed on court orders		
2.16	Making handovers difficult for child or targeted parent		
2.17	Not letting a child be alone with targeted parent		
2.18	Following a targeted parent with child (in person or by others)		
2.19	Not re-arranging direct or indirect contact when it doesn't happen to make up for lost time		

3	STRATEGY 3: Limiting / interfering with mail, phone, Skype contact		
3.1	Not providing telephone numbers for targeted parent to call the child, and visa-versa		
3.2	Not arranging realistic timings for telephone contact		
3.3	Blocking telephone calls: <ul style="list-style-type: none"> - cancelling phone service - placing mobile phone on 'flight mode' - blocking numbers - turning off mobile phone - turning off volume to ring on phone - hiding the phone 		
3.4	Intercepting child's calls and messages		
3.5	Hindering children's telephone contact with targeted parent		

	PARENTAL ALIENATION BEHAVIOUR (PAB)	YES/NO & DATE	EXPLANATION OF EVENT(S)
3.6	Not providing email addresses		
3.7	Monitoring child's <ul style="list-style-type: none"> - calls - e-mails - post mail ○ disposing of mail ○ destroying mail ○ concealing mail 		
3.8	Interfering with mail i.e., throwing out / hiding letters from targeted parent		
3.9	Hindering child's computer / internet access <ul style="list-style-type: none"> - not facilitating the internet service - turning the internet service off - so they cannot have contact to targeted parent 		
3.10	Hovering in vicinity of indirect contact with targeted parent i.e., Skype		
3.11	Controlling access by other means i.e., password changes		
3.12	Not facilitating equipment <ul style="list-style-type: none"> - no equipment for child to use - inadequate equipment 		
4	STRATEGY 4: Limiting / interfering with symbolic contact (STRIPPING)		
4.1	Limiting mention of targeted parent		
4.2	Limiting photos of targeted parent		
4.3	Discouraging others in household or community from mentioning / limiting mention of the targeted -parent		
4.4	Not allowing child to bring items from targeted parent's home to alienating parent's home		

	PARENTAL ALIENATION BEHAVIOUR (PAB)	YES/NO & DATE	EXPLANATION OF EVENT(S)
4.5	Disallowing gifts/other connections to targeted parent		
4.6	Telling targeted parent that their child doesn't love him/her		
5	STRATEGY 5: Interfering with / denial of Targeted Parent's information about children		
5.1	At school – denial of child's progress information, etc		
5.2	With family		
5.3	Over medical information		
5.4	And other problems		
5.5	The child's general achievements		
5.6	Over clubs and extra-curricular activities		
5.7	Other events		
5.8	Refusing to communicate over other child agencies		
5.9	Using child as a messenger of wrong information to agencies about the targeted parent		
5.10	Making key decisions without consulting the targeted parent		
6	STRATEGY 6: Emotional Manipulation		
6.1	Conditional Parenting: Withdrawing love if a child is positive about the targeted parent		
6.2	Making a child feel guilty about their positive relationship with targeted parent		
6.3	Making it appear as if the targeted parent were rejecting their child		

	PARENTAL ALIENATION BEHAVIOUR (PAB)	YES/NO & DATE	EXPLANATION OF EVENT(S)
6.4	Interrogating a child after visits with the targeted parent		
6.5	Forcing a child to choose/express loyalty to the alienating parent		

6.6	Forcing a child to reject the targeted parent		
6.7	Rewarding a child for rejecting the targeted parent, with that reward ongoing to reinforce that rejection		
6.8	Inducing a child to reject the targeted parent's family		
6.9	Ruining a child's view of the targeted parent's new relationships		
6.10	Rebuking a child if phoning the targeted parent		
6.11	Encouraging a child to challenge or defy the targeted parent's rules and authority		
6.12	Ridiculing the child if affectionate towards targeted parent		
6.13	Frightening the children by telling them that the targeted parent will cause them harm i.e: abstract expressions: <i>"tell me if (the targeted parent) touches you anywhere"</i> ;		
6.14	Inducing psychological enmeshment, i.e., promoting / inducing Parentification, Adultification, Infantilisation		
6.15	Cultivating a child's dependence on the alienating parent		
6.16	Having secret signals with a child		
6.17	Having a child keep secrets from the targeted parent		
6.18	Rewarding a child's disrespectful behaviors towards targeted parent		

PARENTAL ALIENATION BEHAVIOUR (PAB)

YES/NO & DATE

EXPLANATION OF EVENT(S)

	PARENTAL ALIENATION BEHAVIOUR (PAB)	YES/NO & DATE	EXPLANATION OF EVENT(S)
6.19	Sharing personal information with a child (i.e., marriage issues)		
6.20	Sharing other inappropriate information (finances, court, child support)		
6.21	Making the child feel responsible for a parent's needs		

6.22	Letting a child needlessly take care of the alienating parent (a form of role reversal known as a type of psychological enmeshment)		
6.23	Victim parenting; guilt induction, manipulation, i.e., <i>"I will miss you..."</i> , when they go to the other parent		
6.24	Negative body language and signalling		
6.24	Alienating parent leaving court papers around in plain view of a child, or others		
6.25	Alienating parent telling a child they can live with the targeted parent when <i>"they are of legal age"</i>		

7	STRATEGY 7: Child's memory alteration / wiping		
7.1	Engaging in any of the Stripping Parental Alienation Behaviours (PABs: see Strategy 4)		
7.2	Presenting alternative accounts of previous events to child to distort a child's relationship to the targeted parent		
7.3	Not speaking about targeted parent		
7.4	Speaking about targeted parent in derogatory terms		
7.5	Mixed messages; and their concealment (i.e., only reporting one side of an argument)		

PARENTAL ALIENATION BEHAVIOUR (PAB)

YES/NO & DATE

EXPLANATION OF EVENT(S)

	PARENTAL ALIENATION BEHAVIOUR (PAB)	YES/NO & DATE	EXPLANATION OF EVENT(S)
8	STRATEGY 8: Undermining the Targeted Parent		
8.1	Assaulting the targeted parent in front of a child		
8.2	Creating conflict between a child and targeted parent		
8.3	Preventing the targeted parent from carrying out parenting functions		
8.4	Criticising the targeted parent over events claimed to have happened by their child		
8.5	Promoting / encouraging false allegations about the targeted parent from a child		
8.6	Rewarding disrespectful behaviors by a child towards the targeted parent		
8.7	Having a child spy on the targeted parent		
8.8	Imply that the alienating parent is a better parent than the targeted parent		
8.9	Undermining the targeted parent's values / hobbies		
8.10	Criticising, ridiculing targeted parent		
8.5	Promoting / encouraging false allegations about the targeted parent from a child		
8.6	Rewarding disrespectful behaviors by a child towards the targeted parent		
8.7	Having a child spy on the targeted parent		
8.8	Imply that the alienating parent is a better parent than the targeted parent		
8.9	Undermining the targeted parent's values / hobbies		
8.10	Criticising, ridiculing targeted parent		

	PARENTAL ALIENATION BEHAVIOUR (PAB)	YES/NO & DATE	EXPLANATION OF EVENT(S)
8.11	Fostering the making of false allegations from children <ul style="list-style-type: none"> - By rewarding the child for making them - By framing the behaviour such that the child feels making false allegations is not serious 		

PARENTAL ALIENATION BEHAVIOUR (PAB)

YES/NO & DATE

EXPLANATION OF EVENT(S)

9	STRATEGY 9: Other alienating influences: i.e - Grandparents, other family, step-parents, siblings		
9.1	Evidence of intergenerational / other influences on parent		
9.2	Evidence of alienating influences from others on children i.e., extended family members		
9.3	Physical aggression towards targeted parent by the alienating parent's extended family		
9.4	Having a step-parent refer to themselves as "mom" or "dad" to child, teachers, doctors, friends etc, instead of the targeted parent		
9.5	Evidence of others in the family being misinformed by the alienating parent		
9.6	Extended family members filing false reports to authorities		
9.7	Evidence of extended family members being triangulated		
9.8	External control of parent-child relationship by extended family members		
9.9	Verbal aggression towards targeted parent by the extended family		
9.10	Degree of time between the two sets of grandparents is made unequal by the alienating parent, and perhaps influenced by their own parents		
9.11	Active expressions of alienation near other siblings		
9.12	Active alienating behaviours by siblings		

9	STRATEGY 9: Other alienating influences: Grandparents, other family, step-parents, siblings		
9.13	Evidence of sibling alienation		
10	STRATEGY 10: Manipulating Professionals, Agencies and Records, i.e., Police / criminal jurisdiction / medical / child services / schools etc		
10 A	10A - Manipulating Police / criminal jurisdiction		
10A.1	False or exaggerated complaints to the police		
10A.2	Extreme, wrong complaints ('has knife'; sexual abuse)		
10A.3	Cynical timing of complaints / i.e., calling the police during the targeted parent's child visits		
10A.4	Ignoring police advice to allow a relationship happen between the child and targeted parent, desist in making wrong allegations, and to obey court orders		
10A.5	Developing a series of police and social service logs falsely depicting the targeted parent		
10A.6	Wrong Court applications i.e., for Non-Molestation Orders when the alienating parent is in no need for injunctive protection		
10B	10B - Manipulating medical services and records		
10B.1	Seeking adverse medical letters for a child when there's nothing		

PARENTAL ALIENATION BEHAVIOUR (PAB)

YES/NO & DATE

EXPLANATION OF EVENT(S)

	wrong with the child, as part of a campaign against the targeted parent		
10B.2	Alienating parents seeking medical excuses for the effects on their child(ren) of their own non-performance as parents		
10B.3	Concealing records from the targeted parents and other agencies when they do not suit the narrative being attempted by the alienating parent		
10B.4	Seeking diagnoses for children to medicalise the effect on them of not seeing the other parent, and deflect attention away from the alienating parent, by making the children's symptoms are a result of internal illness rather than external manipulation, stress and loss of the targeted parent		
10B.5	Seeking / obtaining wrong documents from medical professionals inferring that domestic abuse has happened, to qualify the alienating parent for legal aid assistance.		
10B.6	Wrong claims of a child being abused by the targeted parent, necessitating intrusive examinations		
10B.7	Conflicts between narratives presented at court and the facts stated on medical entries		
10B.8	Refusing offers of help* i.e., from child mental health services i.e., where help for the whole family is offered but refused by the alienating parent		
10C	10C – Manipulating schools		
10C.1	Providing wrong information about the content of Court Orders i.e., informing a school, that the targeted parent is not permitted to collect the child from school, when that is not stated on a court order		
10C.2	Manipulating a child's reporting to teachers		
10C.3	Routing allegations / 'concerns' via school		

PARENTAL ALIENATION BEHAVIOUR (PAB)

YES/NO & DATE

EXPLANATION OF EVENT(S)

10C.4	Not informing targeted parent of child's school*		
10C.5	Unilaterally deciding child's school* without consultation with the targeted parent		
10C.6	Not placing targeted parent as 'other parent' or 'other contact' on the school record		
10C.7	Placing someone else as the second parent for the school to contact, when they do not have the close relationship and legal connection to the child that the targeted parent does		
10C.8	Not providing school updates (esp. academies) Apparently, schools in the UK that are academies are less obliged under Data Protection Act provisions to supply child data		
10C.9	Claiming support from other agencies for actions when that support or opinion is not expressed or intended as used i.e., pretending an authority has agreed with the wish of an alienating parent to suspend a child's contact to the targeted parent		
10C.10	Controlling children's interaction with TP at school events		
10C.11	Attempting to exclude TP from school events		
10C.12	Making child uncomfortable about TP being at school		
10C.13	Picking a child up from school early on TP's parenting days		
10C.14	Arranging odd pickup times i.e., 4pm instead of when child finishes school		

PARENTAL ALIENATION BEHAVIOUR (PAB)

YES/NO & DATE

EXPLANATION OF EVENT(S)

10C.15	Becoming a school governor, whilst deploying alienation behaviours and influences at school		
10C.16	Refusing, opposing, obstructing school pickups of children		
10C.17	Manipulating receptionists and new staff		

10D	D - Manipulating Child Services		
10D.1	Not cooperating with agency meetings		
10D.2	Not cooperating with agency advice		
10D.3	Interfering in agency attempts to resolve issues		
11	STRATEGY 11: Erasing Targeted Parent (TP) legally		
11.1	Preventing a targeted parent's acquisition of parental responsibility (PR) by manipulating a child's birth registration - in the UK, it is possible, for instance, for a mother to register the birth of a child without registering the father		
11.2	Refusing to subsequently correct false birth registrations that have omitted the targeted parent		
11.3	Forcing the targeted parent to litigate for PR / birth re-registration by direction of the family court		
11.4	Changing a child's legal name without notice, good reason, or informing targeted parent - if an unmarried father in the UK does not have parental responsibility, the mother is under no statutory legal duty to inform him of name changes - however, where such name changes are made without good reason or informing the other parent, family courts have the power to reverse the re-registration of names – and are likely to		

PARENTAL ALIENATION BEHAVIOUR (PAB)

YES/NO & DATE

EXPLANATION OF EVENT(S)

11.5	<p>Calling a child by another name without prior agreement with, or notification to the targeted parent</p> <p>- it has been known, for instance, for alienating parents to fail to have a child's name changed, or have it reversed at court, then instruct schools to use the name(s) preferred by the</p>		
	<p>alienating parent. Courts have the power to direct a child be known by the name selected by the court as best for the child.</p>		
12	STRATEGY 12: Child isolation from other influences		
12.1	Smothering of child's time by the alienating parent		
12.2	Lack of extra-curricular activities, so as to isolate the child		
12.3	Clubs and activity staff triangulated / falsely informed about targeted parent		
12.4	Lack of contact for vulnerable and alienated children to other parents and children		
12.5	Lack of contact to alternative influences in family		
12.6	Lack of contact to targeted parent's extended family		
12.7	Lack of contact to alienating parent's own extended family, perhaps because they do not agree with what the alienating parent is doing		
12.8	Achieving isolation through false allegations		
13	STRATEGY 13: Reckless Signalling		
13.1	Negative body language when communicating things about targeted parent		
13.2	Arguing with the targeted parent in front of a child		

PARENTAL ALIENATION BEHAVIOUR (PAB)

YES/NO & DATE

EXPLANATION OF EVENT(S)

13.3	Allowing others to make negative comments in front of children about targeted parent		
13.4	Negative dialogue about the targeted parent in child's earshot		

14	STRATEGY 14: Relocation / Child Abduction (added after release of course as update no.1)		
14.1	Abduction without warning		
14.2	Pretence of holidaying for the legally permitted duration within Parental Responsibility of 28 days, whilst using that period to gain a head-start in abduction		
14.3	Relocating to a jurisdiction with no extradition agreement with the UK		
14.4	Relocation to a jurisdiction that does not take its commitments to the Hague Convention seriously		
14.4	Secreting second or spare passports to deploy		
14.5	Surrendering passports when directed to by the court, then obtaining new passports whilst old ones are secured (i.e., by reporting they are 'lost')		
14.6	Misrepresenting the circumstances of the case to obtain covert assistance from sympathetic activist groups		
14.7	Ignoring UK court orders to return children to the UK jurisdiction		
14.8	Ignoring international arrest warrants		
14.8	Misrepresenting the circumstances of the case to authorities in receiving jurisdictions		