

**MORE THAN ONE HUNDRED IMPORTANT BOOKS AND BOOK CHAPTERS  
REGARDING PARENTAL ALIENATION  
BY MENTAL HEALTH AND LEGAL PROFESSIONALS**

**William Bernet, M.D. — June 2023**

This annotated bibliography regarding parental alienation includes books and book chapters from seventeen countries —Argentina, Australia, Brazil, Canada, Chile, France, Germany, India, Ireland, Italy, Mexico, Portugal, Spain, Sweden, Turkey, the United Kingdom, and the U.S.—which indicates the international scope of this serious form of child maltreatment. Most of these books were published within the last ten years. Many of the authors listed here are members of the Parental Alienation Study Group.

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Jose Manuel Aguilar (2013). *SAP. Síndrome de Alienación Parental*. The author (from Spain) describes the process of one parent’s manipulation of a child to reject the other parent without justification. This was the first book to explain this phenomenon, parental alienation, in Spanish.

Jane Appell (2006), *Divorce Doesn't Have to Be That Way: A Handbook for the Helping Professional*. This is a comprehensive guide to divorce counseling. Written specifically for helping professionals, the emphasis is on a family-centered, non-adversarial approach. One chapter is titled “Parental Alienation.”

Niles-Göran Areskoug (2013). *Parental Alienation: A Swedish Perspective*. The author (from Sweden) described a multigenerational case of parental alienation and how government authorities responded to it.

Amy J. L. Baker (2007). *Adult Children of Parental Alienation Syndrome: Breaking the Ties That Bind*. Baker was one of the first psychologists to conduct systematic research regarding parental alienation syndrome and parental alienation. In this research project, Baker collected the life stories of adults who had previously experienced parental alienation syndrome as children.

Amy J. L. Baker, Paul R. Fine, and Alianna LaCheen-Baker (2020). *Restoring Family Connections: Helping Targeted Parents and Adult Alienated Children Work through Conflict, Improve Communication, and Enhance Relationships*. Broken relationships between adult children and their parents are a widespread phenomenon. This book is a guide for therapists who aim to help their clients deal with those situations, especially when the cause was parental alienation.

Amy J. L. Baker and S. Richard Sauber (Eds.) (2013). *Working with Alienated Children and Families: A Clinical Guidebook*. Baker, Sauber, and their colleagues explained various interventions for families that experience parental alienation.

Amy J. L. Baker and Mel Schneiderman (2015). *Bonded to the Abuser: How Victims Make Sense of Childhood Abuse*. The authors explain how most abused children strive to maintain a “traumatic bond” with their abusive parent. In contrast, alienated children—who were never abused by their alienated parent—strongly reject those parents.

Siegfried Bäuerle and Helgard Moll-Strobel (Eds.) (2001). *Eltern sägen ihr Kind entzwei. Trennungserfahrungen und Entfremdung von einem Elternteil (Parents Saw Their Child in Two. Separation Experiences and Alienation from a Parent)*. The editors (from Germany) invited several chapter authors to discuss psychological, social, and legal aspects of parental alienation.

Frank Bellaïche (2023). *Psymulacres: Faces of Perversion*. The author (a psychiatrist in France) addresses parental alienation theory in the context of psychiatry, psychoanalysis, self-psychology, neuroscience, and psychotrauma.

William Bernet (Ed.) (2010). *Parental Alienation, DSM-5, and ICD-11*. In this book, Bernet and his colleagues methodically laid out the arguments that parental alienation should be recognized as a serious mental condition experienced by thousands of children and adolescents.

Wilfrid von Boch-Galhau (2013). *Parental Alienation and Parental Alienation Syndrome/ Disorder: A Serious Form of Psychological Child Abuse*. The author (from Germany) relates the letters, case histories, and interviews of victims of parental alienation, which describe their life experiences and problems that persisted into adulthood.

Wilfrid von Boch-Galhau, Ursula Kodjoe, Walter Andritzky, and Peter Koeppel (Eds.) (2003). *Das Parental Alienation Syndrome (PAS)*. The editors (from Germany) organized and published the proceedings of an important conference regarding parental alienation syndrome that took place at Frankfurt (Main), Germany, in 2002.

José Ignacio Bolaños Cartujo (2008). *Hijos alineados y padres alienados: mediación familiar en rupturas conflictivas (Aligned Children and Alienated Parents: Family Mediation in Conflicted Divorces)*. The author (from Spain) applies mediation in cases of conflicted separation and divorce, describing through theoretical concepts and numerous examples a model, a method, and techniques that facilitate intervention with these families. There is special attention to families whose members may be involved in a contentious judicial procedure.

José Maria Bouza (2015). *Obstrucción del vínculo de los nietos con sus abuelos (Obstruction of the Bond of Grandchildren with Their Grandparents)*. The author (from Argentina) explains common questions and doubts regarding these relationships. The book discusses relevant modifications in the law in Argentina. It provides a typical schedule for visitation with grandparents.

Barry Bricklin (1995). *The Custody Evaluation Handbook: Research-Based Solutions and Applications*. The book explains psychological tests—such as the Bricklin Perceptual Scales and the

Perception-of-Relationships Test—which may be helpful in identifying parental alienation in the context of a child custody evaluation.

Roland Broca and Olga Odinetz (Eds.) (2016). *Séparations Conflictuelles et Aliénation Parentale: Enfants en Danger (Conflicted Separations and Parental Alienation: Children at Risk)*. The editors (from France) present a collection of authors who addressed clinical and legal aspects of parental alienation, as well as interventions. The book includes extensive literature reviews and case histories.

Michael G. Brock and Samuel Saks (2008). *Contemporary Issues in Family Law and Mental Health*. The authors discuss cutting-edge issues in family relations and the law, especially pertaining to custody disputes. There is a separate chapter on “Parental Alienation.”

John Brownlee (2021). *The Judas Kiss: Growing beyond Betrayal*. This book provides a roadmap for anyone dealing with betrayal, forgiveness, and seemingly insurmountable past issues. There is a discussion of parental alienation in the chapter on “Betrayal in the Family.”

Janelle Burrill (2001). *Parental Alienation Syndrome in Court Referred Custody Cases*. This was an early quantitative research study regarding parental alienation. It found that the more negative behaviors a child exhibits toward an alienated parent, the more severe were the alienating parent’s symptoms and behaviors.

Michael R. Bütz (2020). *Parental Alienation and Factitious Disorder by Proxy beyond DSM-5: Interrelated Multidimensional Diagnoses*. The author provides a new diagnostic framework for conditions such as factitious disorder by proxy and parental alienation.

Giovanni Battista Camerini, Marco Pingitore, and John Lopez (2016). *Alienazione Parentale: Innovazioni Cliniche e Giuridiche (Parental Alienation: Clinical and Legal Innovations)*. The authors (from Italy) highlight the contributions of various writers allowing for scientific and methodological comparison, even with different points of view. They explain psychosocial solutions to be taken to counter parental alienation.

Adele Cavedon and Tiziana Magro (2010). *Dalla Separazione All’Alienazione Parentale: Come Giungere a Una Valutazione Peritale (From Separation to Parental Alienation: How to Reach an Expert Assessment)*. The authors (from Italy) explain how to identify or diagnose parental alienation with detailed case examples.

Craig Childress (2015). *An Attachment-Based Model of Parental Alienation: Foundations*. The author used established constructs and principles of psychology to describe the mental and interpersonal processes that constitute parental alienation.

Ravi Kumar Chittoria (2021). *Highlights on Medicine and Medical Science, Volume 3*. The editor of this book (from India) collected information on important advances in medical science.

## Books Regarding Parental Alienation, page 4

The book contains two chapters regarding parental alienation, which were written by Wilfrid von Boch-Galhau.

Stanley S. Clawar and Brynne V. Rivlin (1991, 2013). *Children Held Hostage: Identifying Brainwashed Children, Presenting a Case, and Crafting Solutions*. In this research, which was commissioned by the Family Law Section of the American Bar Association, Clawar and Rivlin summarized their observations on 1,000 children from divorced families.

Comisión Nacional de los Derechos Humanos (National Human Rights Commission) (2011). *Alienación Parental*. The chapter authors (in Mexico) are mental health professionals with the purpose “to prevent violations of the human rights of children and adolescents that may affect their normal development, and ... their right to develop a peaceful and permanent coexistence with the parent who does not have custody ....”

Brian L. Cutler and Patricia A. Zapf (Eds.) (2015). *APA Handbook of Forensic Psychology*. This is an encyclopedic, two-volume work published by the American Psychological Association. Marc J. Ackerman and Jonathan W. Gould contributed the chapter “Child Custody and Access,” which has a section on “Child Alienation.”

Douglas Darnall (2010). *Beyond Divorce Casualties: Reunifying the Alienated Family*. This book explains reunification therapy in detail, including: how to prepare for reunification; how to work with attorneys, mediators, and parenting coordinators; and even how to say “goodbye” if reunification is not possible.

Petra Deeter (2021). *Diagnosing Parental Alienation: The Five-Factor Model Workbook*. Parents who are targets of parental alienation often struggle to understand what they are dealing with, let alone how to prove their case. This book explains how the Five-Factor Model can be used to diagnose parental alienation and how you should document and keep evidence so that your case is well structured and thorough.

J. Louise Despert (1953). *Children of Divorce*. Despert, a child psychiatrist, described the phenomenon of parental alienation more than 30 years before Richard Gardner introduced the term “parental alienation syndrome.”

José Manuel de Torres Perea, Edward Kruk, and Margarita Ortiz-Tallo (2021). *The Routledge International Handbook of Shared Parenting and Best Interest of the Child*. This book explores complex dilemmas inherent in shared parenting and whether its advantages are sufficient when compared to attributing custody to one parent and limiting visitation rights of the other. There are several chapters on the relationship between shared parenting and parental alienation.

Maria Berenice Dias (2007). *Incesto E Alienação Parental (Incest and Parental Alienation)*. The author (from Brazil) addresses two seemingly different situations by considering the areas in which they overlap. The book reveals and unveils the difficult, treacherous, and almost inaccessible world of sexual abuse and incest. It also explains how a father or mother does not see the

harm they do to their own children, alienating the other parent and infusing the child with false speech about their father or mother.

Leslie Drozd, Michael Saini, and Nancy Olesen (2012, 2016). *Parenting Plan Evaluations: Applied Research for the Family Court*. In this book, Michael Saini, Janet R. Johnston, Barbara Jo Fidler, and Nicholas Bala contributed the chapter “Empirical Studies of Alienation,” which summarized and reviewed 58 published papers and doctoral dissertations regarding parental alienation.

Elizabeth M. Ellis (2000). *Divorce Wars: Interventions with Families in Conflict*. When parents divorce, children are the biggest losers. This book gives both mental health and legal professionals the information they need to help families navigate this grave ordeal and improve the outcome for hurting children. The author addresses the identification of parental alienation.

Robert A. Evans and J. Michael Bone (2011). *The Essentials of Parental Alienation Syndrome (PAS): It's Real, It's Here, and It Hurts*. The authors explain the manifestations of parental alienation and how to distinguish mild, moderate, and severe levels of this condition. They address controversies regarding parental alienation in an even-handed manner.

Francisca Fariña, Ramón Arce, Mercedes Novo, Dolores Seijo (2010). *Separación y Divorcio: Interferencias Parentales (Separation and Divorce: Parental Interference)*. The editors of the book (from Spain) brought together experts in family law to discuss various aspects of parental interference, with a goal of finding a coherent system of shared parental responsibility.

Sandra Inês Feitor et al. (2014). *Olhar analítico e subjectivo sobre as carências da intervenção e valências existentes no Sistema Português no âmbito da Alienação Parental (Analytical and Subjective Look at the Shortcomings of Intervention and Existing Valences in the Portuguese System in the Scope Of Alienation)*. The authors (from Portugal and Brazil) address legal aspects, clinical features, and interventions for parental alienation in their respective countries.

Francisco José Fernández Cabanillas (2017). *Manual del Síndrome de Alienación Parental: claves para comprender el maltrato psicológico infantil en casos de divorcio: la situación en España (Manual of the Parental Alienation Syndrome: Keys to Understand Psychological Child Abuse in Divorce Cases: The Situation in Spain)*. The author (from Spain) explores the hypothesis that children can be manipulated by one of their parents to hate and reject the other parent. This text is intended for magistrates, lawyers, doctors, psychologists, and educators who daily find themselves with these situations.

Jorge Ferrari and Nelson Zicavo (2011). *Padres Separados: Cómo Criar Juntos a Sus Hijos (Divorced Parents: How to Raise Their Children Together)*. The authors (from Chile) have studied the problems of divorce and alienation for two decades. They provide the ideal conjunction between practice and theory.

## Books Regarding Parental Alienation, page 6

Barbara Jo Fidler, Nicholas Bala, Rachel Birnbaum, and Katherine Kavassalis (2008). *Challenging Issues in Child Custody Disputes: A Guide for Legal and Mental Health Professionals*. The authors (from Canada) discuss many clinical and legal aspects of disputes regarding parenting time for children of divorce. The book features a chapter “Understanding Child Alienation and Its Impact on Families.”

Barbara Jo Fidler, Nicholas Bala, and Michael A. Saini (2012). *Children Who Resist Postseparation Parental Contact: A Differential Approach for Legal and Mental Health Professionals*. The authors (from Canada) provide an empirically based review of parental alienation, which integrates the best research evidence with clinical insight from interviews with leading scholars and practitioners.

Richard A. Gardner (1987). *The Parental Alienation Syndrome and the Differentiation between Fabricated and Genuine Child Sex Abuse*. This text includes discussions of the historical development of both the adversary system and of parental preference after dissolution of a marriage. It explains the etiology, pathogenesis, manifestations, and psychodynamics of a parental alienation syndrome.

Richard A. Gardner (1992, 1998). *The Parental Alienation Syndrome: A Guide for Mental Health and Legal Professionals*. In this seminal work, Gardner described in a comprehensive manner parental alienation syndrome, the mental condition that he had previously conceptualized and named in 1985.

Richard A. Gardner (2001). *Therapeutic Interventions for Children with Parental Alienation Syndrome*. The purpose of the book was to provide therapists with techniques to reintegrate alienated children with their rejected parents. It is only by deprogramming and other therapeutic interventions that there is any hope for the child’s rapprochement with the alienated parent.

Richard A. Gardner, S. Richard Sauber, and Demosthenes Lorandos (Eds.) (2006). *The International Handbook of Parental Alienation Syndrome: Conceptual, Clinical and Legal Considerations*. At the time of its publication, this was the most wide-ranging book available regarding parental alienation syndrome. It included 34 chapters written by 31 authors from eight countries.

Carla B. Garrity and Mitchell A. Baris (1994). *Caught in the Middle: Protecting the Children of High-Conflict Divorce*. The authors emphasize that early intervention is important in cases of parental alienation. They explain how parenting coordination and other interventions may be very helpful.

Christine Giancarlo (2018). *Parentectomy: A Narrative Ethnography Of 30 Cases of Parental Alienation and What to Do About It*. The author says children come first and need both parents. Based on a peer-reviewed research study, this book relates, in their own voices, the stories of thirty loving, capable, and dependable parents who were removed from their children’s lives.

## Books Regarding Parental Alienation, page 7

Linda J. Gottlieb (2012). *The Parental Alienation Syndrome: A Family Therapy and Collaborative Systems Approach to Amelioration*. Gottlieb explains how techniques from structural family therapy can be used to heal the relationship between the child and the alienated parent. The book includes case vignettes and many quotations from alienated children, favored parents, and rejected parents.

Stuart Graham (2023). *Attachment-Led Theory and Practice in Parental Alienation*. The author (from the United Kingdom) has also created a complementary video course for continuing professional development on the same topic. In both the book and the videos, Stuart Graham presents a step-by-step approach for understanding parental alienation theory. This is a complex topic with many nuances, which Mr. Graham addresses in a systematic manner.

Lyn R. Greenberg, Barbara J. Fidler, and Michael A. Saini (Eds.) (2019). *Evidence-Informed Interventions for Court-Involved Families: Promoting Health Coping and Development*. The authors (from Canada) explain a variety of interventions that can be used with families that manifest resist/refuse dynamics.

Guglielmo Gullotta, Adele Cavedon, and Moira Liberatore (2008). *La sindrome da alienazione parentale. Lavaggio del cervello e programmazione dei figli in danno dell'altro genitore (Parental Alienation Syndrome. Brainwashing and Programming Children to Harm the Other Parent)*. The authors (from Italy) provide a systematic description of parental alienation and its manifestations, with a discussion of the differential diagnosis and related topics such as false memories and factitious disorder by proxy.

Linda Gunsberg and Paul Hymowitz (Eds.) (2005). *A Handbook of Divorce and Custody: Forensic, Developmental, and Clinical Perspectives*. The editors collected chapters from many authors regarding clinical and legal aspects of divorce and child custody. Moisy Shopper contributed the chapter on parental alienation.

Janet Haines, Mandy Matthewson, and Marcus Turnbull (2020). *Understanding and Managing Parental Alienation: A Guide to Assessment and Intervention*. The authors (from Australia) delivered a comprehensive look at how parental alienation begins, develops, and resists attempts at intervention.

Jennifer Jill Harman and Zeynep Biringen (2016). *Parents Acting Badly: How Institutions and Societies Promote the Alienation of Children from Their Loving Families*. The authors addressed how parenting stereotypes, gender inequality, and social institutions (such as family courts) sanction and even promote the problem of parental alienation.

Lena Hellblom Sjögren (1997). *Hemligheter och minnen: Att utreda tillförlitlighet I sexualbrottmå (Secrets and Memories: Investigating Reliability In Sexual Offenses)*. The author (from Sweden) explained how psychologists can investigate allegations of child sexual abuse. In two of the case examples, the analysis involved parental alienation. Those comments were the first explanations of parental alienation published in Swedish.

Lena Hellblom Sjögren (2013). *Barnets rätt till familjeliv: 25 svenska fallstudier av föräldraalienation (The Child's Right to Family Life: 25 Swedish Case Studies of Parental Alienation)*. The author (from Sweden) explained that in some cases the alienating parent enjoyed support from social authorities and from the legal system. Parental alienation violates the child's legal right to family life. Twenty-five Swedish cases of severe parental alienation were presented.

Marie-France Hirigoyen (2012). *Abus de Faiblesse et Autres Manipulations (Abuse of Weakness and Other Manipulations)*. The author (from France) explains how manipulation is the abuse of influence over another person, the targeting and exploiting of another's emotional and mental weaknesses. One of the manipulation vignettes in the book pertains to parental alienation.

Lisa M. Hooper, Luciano L'Abate, Laura G. Sweeney, Giovasnna Gianesini, and Peter J. Janowski (2014). *Models of Psychopathology: Generational Processes and Relational Roles*. This book explains how family roles and relational processes are linked to psychopathology. They address the "deadly drama triangle" with regard to parentification, bullying, and other issues. There is a chapter on "Parental Alienation Behaviors."

Daniel J. Hynan (2014). *Child Custody Evaluation: New Theoretical Applications and Research*. The author, who has conducted many child custody evaluations, described his methodology in detail. The book includes a chapter on "Parental Alienation and Gatekeeping."

Janet R. Johnston and Vivienne Roseby (1997). *In the Name of the Child: A Developmental Approach to Understanding and Helping Children of Conflicted and Violent Divorce*. The authors explain parental alignments and alienation among children of high-conflict divorce, and how children of different developmental periods may be affected.

Ashish Joshi (2021). *Litigating Parental Alienation: Evaluating and Presenting an Effective Case in Court*. This practitioner's manual provides an in-depth explanation of evaluating a case of parental alienation and practical guidance for handling a case in court. As these cases involve not just family law practitioners, this book offers science, case law, and practice pointers for guardians ad litem, family court judges, referees, minors' counsel, and custody evaluators.

Abigail M. Judge and Robin M. Deutsch (Eds.) (2017). *Overcoming Parent-Child Problems: Family-Based Interventions for Resistance, Rejection, and Alienation*. The chapter authors addressed conceptual, clinical, and empirical views of parental alienation. They explain a particular intervention called Overcoming Barriers.

Florence W. Kaslow (2013). *Divorced Fathers and Their Families: Legal, Economic, and Emotional Dilemmas*. Kaslow—an important leader of the American Psychological Association—related the stories of divorced fathers who were forced out of the lives of their children. They addressed both common and unusual problems that fathers face, including parental alienation.



Sam King and Frankie Shama (2022). *A Practical Guide to Parental Alienation in Private and Public Law Children Cases*. The authors (from the United Kingdom) provide a toolkit for practitioners based on recent judgments as to how to practically manage cases featuring allegations of parental alienation. It looks at the options available to the court to promote contact and manage a relationship between an alienated child and parent including enforcement options, therapeutic options, and transfers of residence.

Joan Kloth-Zanard (2009). *Where Did I Go Wrong? How Did I Miss the Signs? – Dealing with Hostile Parenting and Parental Alienation*. This book, which was written without technical jargon, is intended for parents and also for mental health and legal professionals who deal with high-conflict relationships. The author included many clinical vignettes from her work with alienated families.

Gary J. Kneier (2021). *Parental Alienation: A Child-Psychology Approach*. The author (from Canada) emphasizes that the denial-of-attachment that occurs in alienated children is not principally caused by the alienating influences of the favored parent, but is the child's pathological solution to the impossibility of maintaining loyalty to two warring parents.

Edward Kruk (2013). *The Equal Parent Presumption: Social Justice in the Legal Determination of Parenting After Divorce*. The author (from Canada) emphasizes that it is vitally important for children to maintain meaningful relationships with both parents after divorce. This book presents an evidence-based framework of equal parental responsibility as the most effective means of shielding children from ongoing parental conflict and family violence.

Jay L. Lebow (2018). *Treating the Difficult Divorce: A Practical Guide for Psychotherapists*. The author describes strategies for therapists on how to calm individuals, couples, and families in acute distress, and help ease the transition to a new family structure. Chapters offer adaptations for different types of divorce, including high-conflict cases involving parental alienation.

Arthur Leonoff (2021). *When Divorces Fail: Disillusionment, Destructivity, and High-Conflict Divorce*. This book provides a comprehensive analysis of the origin and the root causes of high-conflict divorce. The author points the way toward remediation and makes specific recommendations for the legal and mental health professions. The book includes a chapter, "Those Who Cannot Love: Destructive Personalities," which features several case vignettes involving parental alienation.

Ken Lewis (2009). *Child Custody Evaluations by Social Workers: Understanding the Five Stages of Custody*. The profession of social work has played a critical role in conceptualizing and implementing child custody evaluations. This work by a veteran social worker is intended for social work practitioners and legal professionals seeking guidance for best practices in conducting mental health evaluations that serve the goal of promoting the optimal development of children and families.

## Books Regarding Parental Alienation, page 10

David L. Levy (1943). *Maternal Overprotection*. This book—based on research at the Institute for Child Guidance in New York City in the 1930s—includes the earliest description in the clinical literature of parental alienation phenomena.

Demosthenes Lorandos and William Bernet (Eds.) (2020). *Parental Alienation – Science and Law*. This book develops three themes: guidance for clinicians and forensic practitioners on how to identify and treat parental alienation; detailed analysis on how the concept of parental alienation fulfills *Daubert* and *Frye* criteria for testimony in court; and rebuttal of misinformation regarding parental alienation.

Demosthenes Lorandos, William Bernet, and S. Richard Sauber (Eds.) (2013). *Parental Alienation: The Handbook for Mental Health and Legal Professionals*. The editors developed the most comprehensive book published up to that time regarding parental alienation. It contained chapters on the phenomenology of parental alienation, the assessment of contact refusal, interventions for various levels of parental alienation, legal strategies, and international aspects of parental alienation.

L. F. Lowenstein (2007). *Parental Alienation: How to Understand and Address Parental Alienation Resulting from Acrimonious Divorce or Separation*. The author (from the United Kingdom) provides an overview of parental alienation and parental alienation syndrome. There are sections on the role of the judiciary and treatment methods for parental alienation syndrome.

Doméneç Luengo and Arantxa Coca (2007). *Hijos manipulados tras la separación – cómo detectar y tratar la Alienación Parental (Children Manipulated After Separation – How to Detect and Treat Parental Alienation)*. The authors (from Spain) explain how parental alienation and familial conflict affect each family member—especially the children—over time. The book also explores the most common causes of alienation and healthy, effective ways for the alienated parent to recover their bond with their children.

Anna Lytsy and Christina Bergenstein (2019). *Barn som tvingas välja bort en förälder: Föräldraalienation i Sverige: Fakta, rättsregler, erfarenheter (Children who are forced to opt out of a parent: Parental alienation in Sweden: Facts, legal rules, experiences)*. The authors (from Sweden) say that international expertise agrees that parental alienation is a form of child psychological abuse and that children who are exposed run significant risks in both the short and long term. This book is intended for professionals who encounter parental alienation in their practices, such as social services, the judiciary, and child psychiatry, as well as affected families.

Homer B. Martin and Christine B. L. Adams (2018). *Living on Automatic: How Emotional Conditioning Shapes Our Lives and Relationships*. The authors introduced the concept of emotional conditioning, including how it occurs and becomes entrenched in our minds. They used parental alienation as an example of a maladaptive outcome of emotional conditioning.

Denise McCartan (2022). *Parental Alienation: An Evidence-Based Approach*. The author (from the United Kingdom) is both a clinical and research psychologist. The book explains numerous evidence-based interventions that are already available and details how to identify, assess, and intervene effectively with families where parental alienation has been identified.

Alejandro Mendoza Amaro and William Bernet (2022). *Statement of the Global Action for Research Integrity in Parental Alienation*. The authors (from Mexico and United States) and their colleagues created an advocacy organization, Global Action for Research Integrity in Parental Alienation (GARI-PA). This document explains the purposes and organization of this organization.

Alejandro Mendoza Amaro and Alejandro Heredia Ávila (Eds.) (2020). *Alienación e Interferencia Parental (Alienation and Parental Interference)*. The editors (from Mexico) assembled chapter authors from several Latin American countries to create a comprehensive book regarding parental alienation. The text addresses human rights and legal rights, domestic violence, judicial approaches, manifestations of alienation, the forensic evaluation, transgenerational features, legislation, and other topics.

Monica K. Miller, Jared Chamberlain, and Twila Wingrove (Eds.) (2014). *Psychology, Law, and the Wellbeing of Children*. This book is part of the American Psychology-Law Society Series. R. Brian Howe and Katherine Covell contributed the chapter “Parental Alienation and the Best Interests of the Child.”

Mauricio Luis Mizrahi (2022). *Alienación parental: niños huérfanos de padres vivos (Parental Alienation: Children Orphaned by Living Parents)*. The author (from Argentina) explains how fathers and mothers may be victims of false accusations of abandonment, mistreatment, violence, and even abuse. These parents may be deprived of seeing their children, while justice takes years to be accomplished. Even then, custodial parents may refuse to abide by the judicial provisions on visits, reunification, or family therapy.

Asunción Molina Bartumeus, Asunción Tejedor Huerta, et al. (2013). *Programa de intervención para víctimas de interferencias parentales (PIVIP) (Intervention Program for Victims of Parental Interference)*. The authors (from Spain) described a program, the PIVIP, that aims to preserve children from conflict and parental alienation, offering them adaptive and protective strategies, while helping parents be aware of the harm they can cause to their children and offering them resources to improve their parental role.

Plinio Montagna and Adrienne Harris (2019). *Psychoanalysis, Law, and Society*. The authors (from Brazil and the United States) explore the connections between psychoanalysis and law, arguing that this approach is required not only for conceptual or theoretical needs in both fields, but also for the vast range of practical implications. The book has a chapter on “Parental Alienation and Parental Alienation Syndrome.”

Sophie Paricard (2014). Le syndrome d'aliénation parentale, catalyseur d'un conflit des droits de l'enfant (Parental Alienation Syndrome, a Catalyst for a Conflict over Children's Rights). In: Claire Neirinck and Maryline Bruggeman, eds., *La Convention internationale des droits de l'enfant (CIDE), une convention particulière (The International Convention on the Rights of the Child (CRC), a Particular Convention)*. In this scholarly book chapter, the author (from France) explains how one of the principles in the International Convention on the Rights of the Child (asserting the child's autonomy with the right to be heard in court) conflicts with the child's right to have a relationship with two parents (which is compromised in cases of parental alienation).

Marco Pingitore (2019). *Nodi e snodi nell'alienazione parentale: Nuovi strumenti psicoforensi per la tutela dei diritti dei figli (Knots and Joints in Parental Alienation: New Psycho-forensic Tools for the Protection of Children's Rights)*. The author (from Italy) dealt with parental alienation through a new point of view: that of the child and how it perceives itself, the father, and mother. Two innovative themes are addressed: psychological support for parents rejected by their children; treatment programs for the recovery of the broken relationship between the child and the rejected parent.

Gérard Poussin and Elizabeth Martin-Lebrun (1997). *Les Enfants du Divorce: Psychologie de la Separation Parentale*. The authors (from France) explained the psychological consequences of parental separation on the child and how family mediation and individualized aid may attenuate those consequences. The book also included a comparison of the results of studies conducted over the last 12 years.

Ronald P. Rohner and Abdul Khaleque (Eds.) (2005). *Handbook for the Study of Parental Acceptance and Rejection*. This book explained a psychological test, the Parental Acceptance–Rejection Questionnaire, which has been 99% accurate in distinguishing severely alienated children from nonalienated children.

Mark D. Roseman (2018). *Preserving Family Ties: An Authoritative Guide to Understanding Divorce and Child Custody, for Parents and Family Professionals*. The author's goal was to give a clearer understanding of the complexity in child custody when parents separate. This book offers parents and professionals the context in which the new reality unfolds.

Jim Sheehan (2018). *Family Conflict after Separation and Divorce*. This book is intended for a broad range of mental health, health, and social care professionals—child protection workers, psychologists, psychiatrists, school counsellors, and general medical practitioners—who regularly encounter post-separation family conflict. There is a chapter on parental alienation and related topics, with practical suggestions for practitioners.

Evandro Luiz Silva, Mário Resende, et al. (2011). *Síndrome da Alienação Parental e A Tirania do Guardião – Aspectos Psicológicos, Sociais e Jurídicos (Parental Alienation Syndrome and The Tyranny of the Guardian – Psychological, Social and Legal Aspects)*. The authors (from Brazil) explain how parental alienation involves “the manipulation of the guardian parent to keep children away from the non-guardian parent, an inconceivable and unacceptable tyranny with

innocent children.” The book is intended for magistrates, parents, lawyers, psychologists, psychoanalysts, and social workers.

Alison Smith (2020). *Safeguarding Children Exposed to Narcissistic Parenting, Coercive Control, and Parental Alienation*. The author is from the United Kingdom. This book is intended to equip social workers and other practitioners with the skills, knowledge, and tools to deal with complex cases of domestic abuse. Readers will be able to recognize and respond to the hidden harm of psychological abuse and confidently engage with parents and children affected by coercive control and parental alienation.

Lynn Steinberg (2020). *You're Not Crazy: Overcoming Parent/Child Alienation*. This book provides rejected parents information about: the manifestations and causes of parental alienation; how to choose a therapist, a lawyer and other professionals; as well as demystifying the process of fighting for one's children into a practical step-by-step approach.

Asunción Tejedor Huerta (2015). *El Síndrome De Alienación Parental: Una Forma De Maltrato*. The author (from Spain) exposed parental alienating behaviors as a form of child abuse with detrimental psychological consequences. She also suggested methods of intervention to prevent further psychological strain on the children.

Fuat Torun (2017). *Ebeveyne Yabancılaşma Sendromu (Parental Alienation Syndrome)*. The author (from Turkey) addressed this book to divorce lawyers, family court judges, social workers, forensic experts, scholars, psychological counselors, guidance experts, and psychiatrists. The book explains how a child who is programmed may develop parental alienation.

C. L. van Rooyen and B Mahendra (2007, 2014). *Psychology in Family and Child Law*. The authors (from the United Kingdom) examine all relevant aspects of adult and child psychology in relation to family and child care law. The first edition has a chapter, “Parental Alienation.” The second edition has a chapter, “Parental Alienation in Custody Cases.”/

Núria Vázquez Orellana, Asunción Tejedor Huerta, et al. (2018). *Manual de coordinación de parentalidad: Abordaje de las familias con hijos atrapados en rupturas conflictivas (Parenting Coordination Manual: Addressing Families with Children Caught in Conflictive Ruptures)*. The authors (from Spain) explained how parenting coordination, a novel intervention in their country, may help parents who have been blinded by pain or anger become good mothers and fathers.

Judith S. Wallerstein and Sandra Blakeslee (1989). *Second Chances: Men, Women, and Children a Decade after Divorce*. The authors used the “Medea syndrome” to describe parents who want revenge on their former wives or husbands, and to accomplish it by destroying the relationship between the other parent and the child.

Richard A. Warshak (1999). *Parental Alienation Syndrome in Court*. This monograph, originally prepared as a chapter for a manual on expert witness testimony published by the State Bar of Texas, examines parental alienation syndrome from a social science and legal perspective.

Though written for attorneys, expert witnesses will also find it valuable in preparing for testimony and anticipating cross-examination.

Karen Woodall and Nick Woodall (2017). *Understanding Parental Alienation: Learning to Cope, Helping to Heal*. The authors (from the United Kingdom) intend this book for both parents and practitioners. The book discusses the causes of parental alienation, the manifestations of this serious mental condition, and interventions that are likely to be helpful in the short-term and the long-term.

Guy J. White (2005). *Child Custody A to Z: Winning with Evidence*. The author is a private investigator who has been retained by many attorneys and parents with regard to divorce and child custody disputes. The book has a chapter—"What is Parental Alienation?"—in which the author explains how brainwashing the child to hate the other parent constitutes child psychological abuse.

Nelson Zicavo Martinez (2010). *Crianza Compartida, SAP, Padrectomía (Shared Parenting, PAS, Parentectomy)*. The author (from Chile) emphasizes these central ideas: the superior right of children to live with both of their parents and the right of parents to have a full relationship with their children, which should not be interrupted by a divorce process.

Nelson Zicavo Martinez (Ed.) (2016). *Parentalidad y divorcio: (des)encuentros en la Familia latinoamericana (Parenting and Divorce: (Dis)encounters in the Latin American Family)*. A group of professionals (from Argentina and other Latin American countries) unravel the progress, conflicts, and limitations regarding parenting and divorce. The book addresses domestic violence and the mistreatment suffered by those children that often get caught up in conflicts of parents who aspire to win a battle.

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**EIGHTY IMPORTANT BOOKS REGARDING  
PARENTAL ALIENATION BY PARENTS OR FOR PARENTS**

**William Bernet, M.D. — March 2023**

This annotated bibliography regarding parental alienation includes books from 13 countries — Argentina, Australia, Bulgaria, Canada, France, Germany, Ireland, Israel, the Netherlands, Russia, Spain, the United Kingdom, and the United States (including Puerto Rico).

Most of these books were written by alienated parents, attempting to convey the tragedy and heartbreak that occurred in their own families. These books always have some form of resolution: perhaps achieving a mutually satisfying relationship with the child; perhaps accepting the loss of the child and moving on with their lives; and, very rarely, even in the death of the child.

Some of these books were written by mental health or legal professionals, but are intended to be read by parents experiencing a difficult divorce or, more specifically, parental alienation. In a few cases, parental alienation is discussed in only one chapter of the book. Many of the authors listed here are members of the Parental Alienation Study Group.

[Authors: send additions and corrections to [william.bernet@vumc.org](mailto:william.bernet@vumc.org).]

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Anonymous (2021). *Mentally Surviving PAS*. The author (apparently in Germany) provides a lengthy subtitle for this short book: “Learn to live with your children’s rejection and take a positive outlook for the future.” The author describes his alienation from his own two children, who are now young adults. He gives helpful advice for how to handle this impossible and frustrating situation in a positive manner.

Anonymous (2022). *The Invisible Parent: The Dark Art of Parental Alienation*. The author (apparently in the United Kingdom) spent years making his case to judges, experts and lawyers, all of whom failed to agree on what was actually happening between his ex-wife, his children, and himself. The author said, “If I had to sum up the experience of trying to prove parental alienation in the courts, I would describe it as being trapped in the backseat of a car while it crashes in slow motion.”

Kimber Adams (2009). *The Parentectomy ~ A Memoir: A Perspective on Rising above Parental Alienation*. This is an enlightening and heartrending depiction of the tactics involved in perpetrating parental alienation and the resilient courage of a mother determined to minimize the damage. This novel explores the multidimensional consequences of parental alienation and bond abuse—from the children’s rejection of their loved and full-time mother to her anguishing decision and the encouraging events that follow.



Amy J. L. Baker, Katherine C. Andre (2015). *Getting Through My Parents' Divorce*. This workbook guides children amid divorce and parental conflict on how to understand, identify, and deal with the various difficulties that arise when parents divorce and argue with each other. Some scenarios and topics include what to do when one parent tries to turn the children against the other parent and how to deal with emotional hardships during a divorce.

Amy J. L. Baker, Michael Bone, and Brian Ludmer (2014). *The High-Conflict Custody Battle: Protect Yourself and Your Kids from a Toxic Divorce, False Accusations, and Parental Alienation*. This is a practical guidebook for people who are engaged in a high-conflict custody battle. The book provides helpful tips parents can use to defend themselves against false accusations and gives a realistic portrayal of what to expect during a legal fight.

Amy J. L. Baker and Paul R. Fine (2014). *Co-parenting with a Toxic Ex: What to Do When Your Ex-Spouse Tries to Turn the Kids Against You*. When caught in a loyalty conflict, children of divorced parents may become confused, conflicted, angry, anxious, or depressed. This book offers a positive parenting approach to dealing with a hostile ex-spouse.

Amy J. L. Baker and Paul R. Fine (2014). *Surviving Parental Alienation: A Journey of Hope and Healing*. Many divorces are high-conflict, involving allegations of abuse and chronic disagreements regarding parenting schedules. Some children become aligned with one parent against the other. This book features true stories and information about parents who have reconnected with their lost and stolen children, and offers better insight and understanding into what exactly parental alienation is and how to handle it.

Alec Baldwin and Mark Tabb (2008). *A Promise to Ourselves: A Journey through Fatherhood and Divorce*. After the author, a successful actor, and his wife divorced, the custody battle surrounding their daughter was the subject of media attention for years. Alex Baldwin became concerned about how noncustodial parents are often forced to abandon hopes of access to their children. One chapter of the book is "Parental Alienation."

Elissa P. Benedek and Samantha A. Huettner (2020). *Divorce and Co-parenting: A Support Guide for the Modern Family*. This book addresses the full range of problems that divorcing parents face. The author, a former president of the American Psychiatric Association, says, "The custodial parent has a legal—and we believe a moral—responsibility to see that the children spend time with their other parent." Parental alienation is discussed in two sections, "When Children Don't Want to Have Parenting Time" and "Dealing with Angry, Alienated Children."

William Bernet and Judge Don R. Ash (2007). *Children of Divorce: A Practical Guide for Parents, Therapists, Attorneys, and Judges*. The book blends the expertise of psychiatric and legal professionals, with the premise that children of divorce should have a good relationship with both parents. Parental alienation is addressed in the chapter, "Trying to Love Both Parents."

Jann Blackstone-Ford and Sharyl Jupe (2004). *Ex-Etiquette for Parents: Good Behavior after a Divorce or Separation*. The premise of the book is that when divorced parents make choices that

are in the best interests of their children, they are likely to have a harmonious relationship with their former spouses. They point out that parental alienation syndrome and good ex-etiquette are at opposite ends of the spectrum in terms of parenting behaviors.

David Booth (2022). *Murdered Not Dead*. This book was written by an alienated parent and grandparent, based on his own experiences. This is a personal account of alienation combined with the dangers associated with the family fall-out, including divorce, bankruptcy, loss of employment, and the crippling impact of court decisions.

José Maria Bouza (2013). *Guía práctica de actuación ante el impedimento de contacto con los hijos (Practical Guide of Action Before the Impediment of Contact with Children)*. The author (from Argentina) teaches divorced parents how to deal with the unknown world of legal issues. The book shows parents how to participate actively in the defense of their rights and those of their children.

Jenna Brooks (2015). *The Alienated Mother: Rebuilding Your Life after Your Children Have Rejected You*. This book is intended for women who are no longer in danger from an abusive relationship. It is designed to help those individuals find a way to live a meaningful life in spite of the pain of being alienated from their children.

Brian Broome (2021). *Punch Me Up to the Gods*. This is an engrossing memoir about growing up Black and gay in rural Ohio, and ultimately finding a place in the world. The book has a chapter, "Parental Alienation 101," in which the author describes the persistent alienating behaviors of his father, intended to distance Brian and his sister from their hard-working mother.

JP Byrne and Brendan Byrne (2016). *Don't Hug Your Mother*. These two brothers (from Ireland) relate the difficulties they experienced when their parents separated. The book recounts episodes of their dark past in harrowing detail. It is a compelling, heart-breaking, and ultimately uplifting story of how two young boys grew up and learned to confront evil and follow their hearts.

Jean-Pierre Cambefort (2016). *Famille éclatée, enfants manipulés (Broken Family, Children Manipulated)*. The author (a psychologist from France) relates a representative case of parental alienation. He identifies the warning signs of manipulation. The book helps the ostracized parent understand the situation, react to the child and his ex-partner, and preserve the bond with the child against everything, so that when he grows up he is free to love his two parents again.

Patricia Riley (2019). *Serpent Child*. This autobiography describes the life of a child of separated parents in postwar Britain. At that time, many children were hurried off to boarding schools; and, if they were noticed at all, children could become pawns in harmful, even dangerous parental war games. Children were too frequently weaponized by their parents; it has taken family courts decades to deal with this chronic weaponizing and to help children move into a demilitarized zone within or outside of their family.

Trevor Cooper (2019). *The Pinball Machine: The Family Separation Industry and Parental Alienation*. The author (from Australia) shares his deeply personal and gripping story of parental alienation. It is a story of uncontrolled chaos when a family is propelled into the “pinball machine” that is the family separation industry. Where ideology and profits spin the score to dizzying levels, and the family falls down the ball-return shoot, unsure if they will reappear.

Penny Cross (2000). *Lost Children: A Guide for Separating Parents*. The author (from the United Kingdom) addresses various ways to help children deal with parental separation and divorce. In particular she explains how to avoid parental alienation, despite the fact that Family Courts in U.K. are sometimes considered outmoded and in need of reform.

Douglas Darnall (1998). *Divorce Casualties: Protecting Your Children from Parental Alienation*. This was an early book that explained parental alienation to parents and also to mental health and legal professionals.

Douglas Darnall (2008). *Divorce Casualties: Keeping Your Children Close While You're Breaking Apart*. Some parents consciously, blatantly, and even maliciously denigrate their ex-spouse through negative comments and actions. The result is a child full of hate, fear, and rejection toward an unknowing and often undeserving parent. This book teaches parents how to prevent or minimize the damaging effects of alienating behaviors on their children.

Michelle Darné (2017). *Parent Deleted: A Mother's Fight for Her Right to Parent*. The author found herself callously erased from the lives of her children and also silenced by the law. The book is a gripping tale of one non-biological, lesbian mother's fight for her children. And it is a courageous, disturbing, and necessary exposé of an emergent social justice frontier: the rights of all children to be with their parents.

Martin J. Davis (1998). *Scheidung von den Kindern (Divorce from Children)*. The author (a sociologist from Germany) was an alienated father. He related the stories of several targeted or alienated fathers.

Bill Eddy (2010, 2020). *Don't Alienate the Kids!: Raising Resilient Children While Avoiding High-Conflict Divorce*. During a high-conflict divorce or separation, children can develop life-long habits of all-or-nothing thinking, unregulated emotions, and extreme behaviors. Professionals who want to help may unintentionally make things worse, believing everything a parent says or taking sides. But there's hope! Readers can help children learn flexible thinking, emotion regulation, effective behaviors, and healthy relationships.

Jill Egizii (2010). *The Look of Love*. After nearly twenty years of marriage, Anna realizes she must get free from her controlling spouse. In the process, she loses the only thing that made escaping worthwhile, her children. Her once “normal” relationships with her son and daughter mysteriously sour. While facing the fight of her life, Anna realizes the true meaning of friendship and love.

Jill Egizii and Judge Michele Lowrance (2012). *Parental Alienation 911 Workbook*. This product is intended for anyone who wants to understand the facts about parental alienation. In particular, it is geared toward arming parents who wonder if they are experiencing alienation with all the information they need to make the best of a difficult, potentially inflammatory situation.

Greg Ellis (2021). *The Respondent*. They kidnapped his children. They stole his freedom. They shattered his family. The author's harrowing, true story is one shared by millions of fathers and boys forsaken and harmed by the American divorce machine.

Jorge Luis Ferrari and Nelson Zicavo Martínez (2011). *Padres separados: Como criar juntos a sus hijos (Divorced Parents: How to Raise Their Children Together)*. The authors (from Argentina) are concerned about the large number of sad children who are missing one of their parents; single parents coping alone with raising children; and parents deprived of their children. They offer both parents and professionals in the social and legal sciences the results of their studies, experiences, and research.

Randi G. Fine (2017, 2022). *Close Encounters of the Worst Kind: The Narcissistic Abuse Survivor's Guide to Healing and Recovery*. *Close Encounters* is a comprehensive, compassionate, and supportive guide to understanding the complex nature of narcissistic abuse and the emotionally crippling syndrome that results from it. This book gives narcissistic abuse survivors the most complete and trustworthy road map to guide them through the healing process, into recovery, and ultimately to the freedom and happiness they deserve. There is a chapter that specifically discusses parental alienation.

Kenneth Fox (2019). *At the Point of a Knife*. This is a real-life thriller about a doctor who invents an important laser technology and the legal conspiracy to steal his successful hi-tech start-up. By day, he has a successful career; by night, he lives with an increasingly mentally ill spouse. While all of this is ongoing, the family's two young children are being severely alienated against him by his wife.

Allan Freeman-Jones (2017). *Parental Alienation: A Loving Father's Lost Years*. In the space of four years Allan went from bachelor to alienated father. When it looked like Allan may have gained increased access to his son Timothy, Margaret played her trump card: the father was accused of sexually abusing his son. Investigations by the Department For Child Protection and the police concluded the allegations were unfounded. For the sake of his son's mental and emotional wellbeing, seeing it as his only realistic course of action, Allan exited his son's life.

Monica Giglio (2017). *Parental Alienation Survival Coach*. Parental alienation is a form of bullying, domestic violence, and psychological abuse. After devoting their lives to trying to prevent this tragedy, some parents who feel their lives have lost their meaning become withdrawn, passive, and suicidal. This book captures the feelings of shock, confusion, and helplessness that parents experience as they are pushed out of their children's lives, and their desperate struggle for education to understand what's happening.

Herman Gill (2015). *Mindful Child Custody: Thinking Outside the Child Custody Box*. This book provides a new compass for divorced parents navigating the murky waters of child custody litigation in the face of the increasing erosion of their constitutional rights. This is an account of what happens to alienated parents in their desperate attempts to save the developmental lives of their child and enforce their lawful parental rights.

Daniel Gottlieb (2012). *Listen to Me!!! Your Child and Your Divorce*. The author (a psychologist from Israel) has compiled expressions direct from the minds and hearts of children. All are direct quotes, completely real, taken from deep discussions in the psychologist's office. These verbatim testimonies make it easy for parents to better understand their children's emotional experiences throughout the process of divorce.

Jonathan Groner (1991). *Hilary's Trial: The Elizabeth Morgan Case: A Child's Ordeal in America's Legal System*. This book recounts a highly publicized custody case, which involved allegations of sexual abuse and, ultimately, abduction of the child from the U.S. to New Zealand. The author, a journalist and practicing lawyer indicts the legal system's bureaucracy and parents who promote personal interests at the expense of a child's.

Sarah Hart (2008). *A Mother Apart: How to Let Go of Guilt and Find Happiness Living Apart from Your Child*. The author (from the United Kingdom) provides empathy, nonjudgmental help, and practical strategies to women struggling with their feelings, as they adjust and come to terms with no longer being a full-time, hands-on mothers. Women live apart from their children for a number of reasons, including parental alienation.

Steven Hedlesky (2014). *Letters to Chloe: A Well Documented Case of Parental Alienation Syndrome*. The author is a physician, who lost his daughter's love when his ex-wife turned their child against him. He kept meticulous records during a three-year custody battle, so the book is a chronology of annotated excerpts from emails, court transcripts, discovery documents, and consult reports.

Gabriele ten Hövel (2003). *Liebe Mama, Böser Papa: Eltern-Kind-Entfremdung nach Trennung und Scheidung: Das PAS-Syndrom (Dear Mom, Bad Dad: Parent-Child Alienation after Separation and Divorce: The PAS Syndrome)*. The author shows how, every year in Germany alone, around 20,000 children fall victim to the bitter struggles between the two parents. As a result of extreme influence, children often reject the "bad" parent and refuse to make contact. The aim of this startling book is to prevent parental alienation.

Katrin Hummel (2010). *Entsorgte Väter: Der Kampf um die Kinder: Warum Männer weniger Recht bekommen (Disposed Fathers: The Battle for Children: Why Men Are Less Right)*. The author (from Germany) explained that when women in her country do not want contact between father and children, their ex-husbands have little chance of seeing their offspring. She said that Germany is the land of mothers: something must be done before justice can return.

Cleland James (2016). *The Child Who Hates Her Father and the Mother Who Caused It*. This book relates the personal biography of a U.S. Marine, who has fought the system, and a mother, who has caused parental alienation syndrome against him, resulting in the adult child rejecting her father. False allegations were made, intending to drive a wedge between the author and his daughter.

Michael Jeffries and Joel Davies (2009). *A Family's Heartbreak: A Parent's Introduction to Parental Alienation*. This is the true story of one parent's struggle to maintain a normal, loving relationship with his young son. From the emotionally devastating actions of the child's other parent to a court system and mental health community ill-equipped to deal with this destructive family dynamic, this book is both an education in parental alienation and an eye-opening experience for parents who don't believe this could happen to them.

Richard Joseph (2014). *Abuse & Betrayal: The Cautionary True Story of Divorce, Mistakes, Lies and Legal Abuse*. The author relates a deeply personal account of his experiences with marriage, divorce, and the effects of his ex-wife's behavior. The book follows the couple from happy beginnings to their tumultuous divorce. Some passages describe his ex-wife's attempts at alienating him from his daughters. The book raises questions about the fairness of the divorce process in our country and speaks to the biases in the legal and judicial systems.

Joan Kloth-Zanard (2013). *Broken Family Bonds: Poems and Stories from Victims of Parental Alienation*. This book provides a collection of poems and stories written by real victims of parental alienation that show the psychological pain and damage caused by this pathological family dynamic.

Cara E. Koch (2020). *From Heartbreak to Healing: Resolving Parental Alienation*. Using her personal narrative to set the stage, the author summarizes current research and clinical understanding of parental alienation, presenting it in an easy-to-understand way for parents to apply to their own lives. The powerful stories shared by other parents highlight the multitude of ways that parental alienation can occur. Dr. Koch presents useful strategies for coping and moving forward.

Justine LaClair (2021). *Our Family Broke*. This is a short, illustrated book for children, which explains parental alienation through the experiences of twin otters, Jussie and Jules. The narrative is based on "a true story of the lives of two adult children of parental alienation," who were alienated from their father.

Dana Laquidara (2023). *You-Know-Who: An Alienated Daughter's Memoir*. After her parents split up, Ms. Laquidara's whole maternal family was cast out of her life. She obediently went along with the plan of erasing her memories of her mother. In this memoir, the author eventually learns that she must face the truth, whether or not it leads her back to her mother.

Judge Michele Lowrance (2011). *The Good Karma Divorce: Avoid Litigation, Turn Negative Emotions into Positive Actions, and Get On with the Rest of Your Life*. This guidebook offers a concrete path to transforming painful experience into positive action. Judge Lowrance hopes that divorcing couples who apply the practices described in this book will avoid a divorce trial. Firmly entrenched in real-world applicability, the book is intended for people in any phase of a divorce, but also for psychologists, psychiatrists, attorneys, judges, and social workers.

A. Jayne Major (2002). *Creating a Successful Parenting Plan: A Step-By-Step Guide for the Care of Children of Divided Families*. This is a guide on how to successfully create a comprehensive parenting plan for parental custody in court. This book teaches parents everything they need to know about creating a solid case, including key legal terminology and specific, valid requests the court can act upon.

Sonia Mascolo (2020). *Ce que j'avais de plus précieux (What I Had Most Precious)*. This book relates the trials and sacrifices of a mother (from Canada) who, following a separation as sudden as it was unexpected, did everything to try to maintain the bond which united her to her two young boys. She had to fight against parental alienation and she accepted the mission of making this “cancer” recognized by the general public by giving it a face.

Christina Mask (2017). *Nightmare in Hostage Hills*. The author’s nightmare is constructed from a life in agony as she attempts to escape abuse, retain her sanity, and regain the custody of three children the family court and her husband have taken from her. It is based on daily records over months, then years; diary entries; the self-blame; the shame; the absurdist dialogues with family therapists; marginalia from readings or lectures or religious texts; letters to judges, lawyers, and evaluators; and letters to and from the children, real and imagined.

Rod McCall (2016). *For the Love of Eryk: Surviving Divorce, Parental Alienation and Life After*. The author shares his personal experience with parental alienation, which was so severe, it led to the death of his son Eryk. The boy was killed by the hands of his own mother when she lost her parental rights as the courts finally saw through her alienating behaviors. Through interviews of many parents as well as professionals in family law, the book is a powerful resource which can raise awareness, educate, and be a catalyst for change.

William J. McGee (2018). *Half the Child*. This book takes place over four consecutive summers in the lives of Michael and his son Ben. The novel chronicles the separation, divorce, custody battle, and abduction that threaten to tear apart father and son. With courts continually ruling against Ben’s father, it remains uncertain if their bond will survive. Ultimately, they will write their own love story.

Catherine L. Meyer (1999). *They Are My Children, Too: A Mother’s Struggle for Her Sons*. The author (from the United Kingdom)—the wife of the former British ambassador to the United States—narrates a harrowing and heartbreaking true story of international child abduction. This book records the determination of one woman fighting for her children and of the inadequacy of current international laws against child abduction.

Gladys Monge (2013). *Madre sin Hijos, Hijos sin Madre (Mother without Children, Children without Mother)*. The author (from Puerto Rico) says that the concept of parental alienation has often been misunderstood. It continues to be necessary to educate mental health professionals, legal practitioners, and the general public about parental alienation, which is a great hardship for many children, teenagers, and their parents.

Gladys Monge (2014). *Hijos Perdidos: Alienación Parental Es Abuso Infantil (Lost Children: Parental Alienation is Child Abuse)*. The author (from Puerto Rico) explains how to understand and recognize parental alienation, a form of child abuse that is occurring worldwide. She reflects on her personal experience when she lost two sons through divorce and her struggle in the courts. Gladys Monge is a survivor of parental alienation.

F. Leonard Myers (2016). *Tears in the Rain*. Parental alienation is featured in the plot line of this novel. Ten years after her parents' bitter divorce, under the misguided direction of a vengeful, narcissistic father, Julia Webster terminated her relationship with her loving mother who had sacrificed so much to rescue her from an orphan's life in China. But Julia meets a psychologist determined to rescue her from a future caught in her father's abusive campaign.

J. K. Nation (2019). *Ex's & Oh's: Dealing with Parental Alienation and Healing through the Pain*. The author takes the reader through the journey of parental alienation, providing the tools needed to find joy, healing, and restoration in the darkest times. Parental alienation leads to depression, financial despair, and in some cases even suicide. The goal for *Ex's & Oh's* is to bring life, freedom, and restoration to individuals and families impacted by parental alienation.

Phema Nyst (2014). *Parentectomy For Mummies (and Daddies): How to Get Rid of Rhat Unwanted Other Parent, Stop Access and Get Sole Custody*. This book is satire! This book explains how to manipulate the family courts to get the outcome a malicious parent might prefer, that is, completely eradicating the other parent.

Kathleen M. Reay (2011). *Toxic Divorce: A Workbook for Alienated Parents*. The author (from Canada) explains that high conflict between divorcing or divorced parents, including parental alienation phenomena, is a noteworthy risk factor for children and adolescents. This workbook is the first of its kind for alienated parents, providing the knowledge and understanding to personally deal with the ramifications of parental alienation.

P. A. Rent (2018). *How to Steal a Family*. The author (from the United Kingdom) explains that it is surprisingly easy to break a family if you are so minded, and stupendously hard to either stop it, get help if it happens to you, or fix it. Based on a true story, this book brings to life how easily it can happen and the damage that ripples out from those directly involved through families, friends, and generations. The author's name is a pseudonym: P. A. Rent = Parent.

Pamela Richardson and Jane Broweleit (2006). *A Kidnapped Mind: A Mother's Heartbreaking Story of Parental Alienation Syndrome*. The author (from Canada) related the true story of how



her son Dash suffered from parental alienation at the hands of his father. Ms. Richardson spent years battling Dash's father, the legal system, their psychologist, the school system, and Dash himself to protect her son—first from his father, then from himself.

Pamela Roche and Maggie Allen (2014). *Broken Lives Broken Minds*. This book is about parental abduction and parental alienation. It exposes the flaws and loopholes in the Hague Convention and the dramatic rise in parental abduction in the last 10 years. It explains how parental alienation is poorly recognized in courts today, so injustices are endemic in the family law system, which involves judges, lawyers, psychologists, and court-appointed therapists.

Elisabeth Schmidt and Allard Mees (Eds.) (2006). *Vergiss, dass es Dein Vater ist! Ehemals entfremdete Kinder im Gespräch (Remember That It Is Your Father! Formerly Alienated Children in Conversation)*. The editors (from Germany) present the comments of four children, aged 15, 20, 28 and 34, talking about their parents' separation and the loss of their father. The conflict of separating parents and its effects on the inner and outer development of the affected children are shown from the perspective of these children. The editors confirm that children need both parents, regardless of whether they remain a couple or not.

David R. Shubert (2017). *Parental Alienation is Abuse*. This book is a poignant collection of short reflections by an alienated parent. The book offers comfort, understanding, and solidarity to those who are affected by this type of emotional abuse. It focuses on awareness, recognition, and coping in cases of parental alienation, as seen from the alienated parent's perspective.

David R. Shubert (2023). *Stolen Memories*. This is a captivating memoir that chronicles a 20-year journey of emotional child abuse through narcissistic parental alienation and international parental abduction. It showcases heartache, resilience, and the quest for justice, providing valuable insights into coping, proving parental alienation, and the pursuit of reunification.

David R. Shubert (2023). *Parental Alienation: Unmasked*. This book explains the impact of parental alienation on families and children. The author navigates the complexities with practical resources, empowering readers to seek positive resolutions. The author helps alienated parents take charge of combating this destructive phenomenon.

Traci Slatton (2016). *The Year of Loving*. This novel involves parental alienation in its story line. Sarah's world is crumbling. One daughter barely speaks to her and the other is off the rails. In the midst of her second divorce, two men come into her life: an older man who offers companionship and stability and an exciting younger man whose life is as chaotic as hers.

Vesta Spivakovsky (2018). *Громче, чем тишина (Louder Than Silence)*. This is the first book published in the Russian language regarding parental alienation. This book brings the problem of family kidnapping and parental alienation into the field of public discussion. The author has made her personal tragedy public in order to force the government to pay attention to the lack of legal mechanisms for resolving family conflicts.

Jerome Sporysz (2021). *Guide to Recognize Parental Alienation Syndrome: How to Prevent Parental Alienation*. This book is about parental alienation, its devastating effects on children and targeted parents, the utter disregard for the time lost from lives, and the egregious yet commonplace failures of the legal and mental health systems to recognize and avert its consequences.

Lynn Steinberg (2021). *You're Not Crazy: Overcoming Parent/Child Alienation*. This book was written for the alienated parent, who hear statements such as: "You must have done something to your child to have caused them to not talk to you" "Your child is old enough to choose not to live with you." These statements are false. Causing parental alienation is child abuse. It is time for the courts, child protection personnel, psychologists, and psychotherapists to recognize it for what it is and put a stop to it.

Rosangela de Fatima Sviercoski (2022). *To Little Yongi, with Immense Love*, 2nd ed. The author (from Bulgaria) explains that it happens often in her country that children are kidnapped and they become alienated from the parent left behind. It has been estimated there are thousands of similar cases.

Asunción Tejedor Huerta (2013). *Programa de Intervención para Víctimas de Interferencias Parentales (Intervention Program for Victims of Parental Interference)*. The author (from Spain) provides material for children, victimized by parental alienation, and their parents in order to facilitate communication and expression between them and ultimately remedy the adverse consequences of parental alienation. The content includes methods to improve the parenting strategies in order to prevent further damage to the children.

Isabelle Vuistiner-Zuber (2019). *Protection de l'enfance: Lettre ouverte à tous ses acteurs (Child Protection: Open Letter to All Its Actors)*. The author (from France) advises divorced parents to: be attentive to one's own reactions following the break-up; give the children more attention; and know the structures and procedures that can provide support. This book emphasizes that it is necessary to obtain absolute respect for the right of children to be raised by both parents.

Judith S. Wallerstein and Sandra Blakeslee (2003). *What About the Kids? Raising Your Children Before, During, and After Divorce*. This comprehensive book for parents has a chapter, "Parent-Child Alignments." This chapter discusses parental alienation and various other reasons why a child might be reluctant to visit or have a relationship with a parent.

Richard A. Warshak (2001, 2010). *Divorce Poison: How to Protect Your Family from Bad-mouthing and Brainwashing*. The two editions of Warshak's book are the most widely read accounts of parental alienation in the world. The books have been published in the U.S., Croatia, Czechia, Finland, Japan, and Korea.

Richard A. Warshak and Mark Otis (2010). *Welcome Back Pluto: Understanding, Preventing, and Overcoming Parental Alienation*. This DVD shows children, teens, and parents how to get along better, gives practical tips about how to maintain positive feelings, and motivates children

and parents to use these tips by demonstrating why it is so important for children and teens to love both their parents.

Monty Weinstein and Vickie Taylor (2018). *From the Mob to the Therapist's Chair*. The author grew up in a wealthy family that made its millions off the grid and most definitely illegally. In college, however, he became focused and devoted to strengthening the family unit. Ultimately, Dr. Monty became a marriage and family therapist, when he began to realize that some parents going through divorce were being severely alienated and children were being brainwashed and turned against the other parent.

Pamela Weintraub and Terry Hillman (2005). *The Complete Idiot's Guide to Surviving Divorce*. This is a comprehensive book that discusses legal issues, finances, child custody, parenting time schedules, and remarriage. The section pertaining to parental alienation is called "When a Parent is Maligned."

Karen Woodall and Nick Woodall (2014). *The Guide for Separated Parents: Putting Children First*. The authors (from the United Kingdom) explain that children living in separated family situations fare best when their relationship with each of their parents continues to be close. Using strategies such as parenting plans, scripted phone calls, and parenting meetings, this book enables parents to communicate effectively on the most important things in their children's lives.

Joep Zander (Ed.) (2009). *Verpasseerd ouderschap: Loyaliteitsmisbruik en Ouderverstotingsyndroom (Parenting Broken by PAS: Loyalty Abuse and Parental Alienation Syndrome)*. The editor and chapter authors (from the Netherlands) provide an overview of parental alienation. They address clinical and legal aspects of this condition, and also discuss major controversies.