

# PARENTAL ALIENATION FAQ

## Which alienation strategies have been identified?

1. Badmouthing
2. Limiting Contact
3. Interfering with Communication
4. Interfering with Symbolic Communication
5. Threat of Withdrawal of Love
6. Telling the Child that the Targeted Parent is Dangerous
7. Forcing the Child to Choose Between the Parents
8. Telling that the Targeted Parent Does Not Love the Child
9. Confiding in the Child
10. Forcing the Child to Reject the Targeted Parent (TP)
11. Asking the Child to Spy on the TP
12. Asking the Child to Keep Secrets from the TP
13. Referring to the TP by First Name
14. Referring to a Stepparent as “Mom” or “Dad”
15. Withholding Important Information from the TP
16. Changing the Child’s Name
17. Undermining the Authority of the TP

2006. Baker, A. J. L., Darnall, D. (2006), Behaviors and Strategies Employed in Parental Alienation: A Survey of Parental Experiences. *Journal of Divorce & Remarriage* 45, 97–124.

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Steven Miller organized the 17 strategies or alienating behaviors into six groups:

- Badmouthing
- Limiting contact
- Erasing of memories
- Undermining trust
- Undermining authority
- Undermining love