

The list of reasons given for preventing precious parenting time are recognised by all victimised parents because they follow the exact same pattern.

Alienating parents could be referencing the same script, in order to wreak destruction on the minds, health and sanity of their ex-partner. The victim mother or father – a safe, loving, normal range and affectionately available parent – is plunged into a living nightmare. One that garners scant public recognition, sympathy or support.

They walk on egg shells, wondering when something entirely innocuous, will again be pounced upon, distorted and amplified in order to 'prove' to their child that they do not really care about them. Do not love them. Are a 'danger' to them. Alienating parents instil false memories, which hurt their child.

They infer, time and again, that the victim parent is incapable of providing the level of care and understanding that they, the 'protective' parent always displays. Anything, in fact, which serves to undermine their co-parent.

Victim parents become exhausted trying to second guess the next drama, which, as with any victim of abuse, they know with absolute certainty will occur again.

The abuse that is referred to as parental alienation, is never just one event. It is effectively 'death by a thousand cuts'. Repeated, harmful behaviours which to the untrained eye are often not seen by bystanders, educationalists nor, alarmingly, understood by many with a statutory job to prevent child harm.

There are some who suggest that until the point of cognitive dissonance where the child completely kills off their attachment to a safe parent, that it is not parental alienation.

We disagree.

Parental alienation, like all other forms of domestic abuse, is on a spectrum. A child's innate biological attachment bond doesn't become distorted and ultimately severed overnight. Domestic abuse is not just recognised and acted upon once the victim is killed. The abusive patterns are present in the build up.

As with parental alienation, the patterns are there before the precious parent-child attachment bond has been severed (i.e their relationship has been killed off).

Victim parents watch, powerless and terrified as their close attachment with their child is systematically eroded, distorted and destroyed.