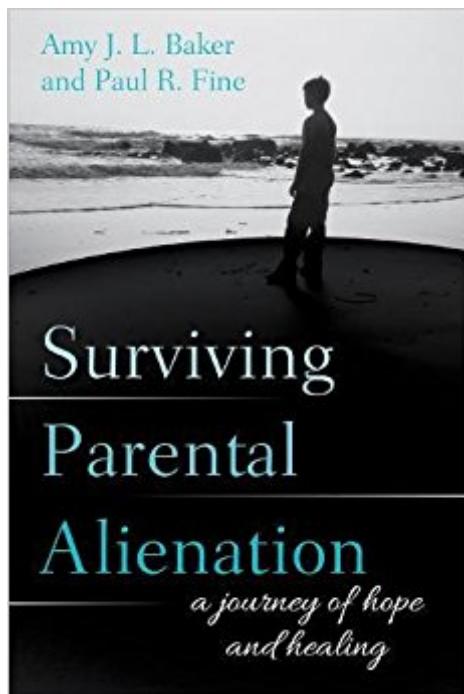


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# Surviving Parental Alienation: A Journey Of Hope And Healing



## **Synopsis**

Surviving Parental Alienation provides parents who have been ostracized from their children with understanding and validation through personal accounts and expert analysis. Offering insight and advice, the authors guide the “targeted” parent through the issues and challenges and help them better manage their experiences.

## **Book Information**

Paperback: 184 pages

Publisher: Rowman & Littlefield Publishers (May 24, 2017)

Language: English

ISBN-10: 1538106949

ISBN-13: 978-1538106945

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 11.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 31 customer reviews

Best Sellers Rank: #113,092 in Books (See Top 100 in Books) #4 in Books > Law > Family Law > Child Advocacy #5 in Books > Law > Family Law > Parental & Juvenile #7 in Books > Law > Family Law > Divorce & Separation

## **Customer Reviews**

According to Baker and social worker Fine, 20 percent of divorces are high-conflict, involving frequent visits to court, allegations of abuse, and chronic disagreements regarding parenting schedules. Often resulting in the alienation of one parent, the “targeted” person loses out on a relationship with his or her child and suffers a great deal of pain and uncertainty. The authors collect some of these heartbreak stories, put them into their psychological framework, relate them to the academic literature, and finally, offer a last chapter on ideas for maintaining communication. **VERDICT** This is an important contribution to a rarely visited topic. While aimed at the estranged parent, there is a scholastic curve that makes the text more appropriate for social workers and mediators. That group would also benefit from this text, which is a suitable purchase for academic libraries. (Library Journal) Poignant and heartbreaking, these stories shine a much needed light on the sometimes healing but always tragic journey of targeted parents. This book will help readers, like me, who are dealing with the pain of parental alienation to know that others have traveled this path and have survived. This gives me the strength to forge ahead in my personal journey of hope and healing, and bring others along with me and my foundation Stand Up for Gus.

(Jason Patric, actor and targeted father)Surviving Parental Alienation: A Journey of Hope and Healing, has given a voice to the hundreds of thousands of parents and grandparents that can only remember their children through memories and photos from days gone by. Amy Baker and Paul Fine have given us yet another piece to unlocking this puzzling form of emotional child abuse. Their continuous contributions to the parental alienation arena are priceless. On behalf of all target parents, we say thank you. You give us strength and the hope that someday our children will come home. (Jill Egizii, president, Parental Alienation Awareness Organization USA)This powerful book evokes strong emotions such as anger, grief, compassion, and amazement. Although the personal narratives are from the perspective of alienated parents, we also glimpse the inner experience of alienating parents and their children. Thankfully, Baker and Fine are hopeful that alienated children sometimes find their way back to the parents they shunned for many years. The authors give wise suggestions for alienated parents to consider as they work toward that goal. (William Bernet, M.D., professor emeritus, Department of Psychiatry, Vanderbilt University School of Medicine, Nashville, Tennessee)As a clinician in the field of high conflict divorce, many parents come to me having been told that their story is the worst and most painful case of parental alienation ever seen. In some sense they are right because every story of parental alienation is painful and tragic. At the same time, every story has something to teach the rest of us about this phenomenon of parents and children being ripped apart. In Surviving Parental Alienation: Journeys of Hope and Healing, Baker and Fine honor these stories and in doing so, honor the parents and children who have suffered because of parental alienation. But Baker and Fine do more than simply provide a place for others to tell their stories. They make meaning of the stories. They dig into the phenomenon of parental alienation to provide a deeper understanding of why people find and marry people who will eventually alienate their children from them, how the alienating parents “sell” the poisonous message to the children, and how sometimes when it seems least likely the alienated children and their lost parents find their way back to each other. This is a moving book and a must read for parents and professionals alike. (S. Richard Sauber, Ph.D., ABPP, Family Forensic Psychologist and editor of The American Journal of Family Therapy)An important and powerful book for parents and professionals! Baker and Fine have combined tragic stories of children rejecting a parent with a solid analysis of the often-hidden behaviors that lead to such alienation. But most of all, they have included stories of hope and reconciliation (equally including fathers and mothers who have been targets of blame), with effective strategies for parents who want to reach out to their alienated children. It would be hard to believe some of these stories (both of loss and of hope) if I hadn’t known such similar stories first

hand experienced by some of my clients in family court. This book helps show the importance of understanding alienating behaviors and, without focusing on blame, but rather what to do now with many excellent suggestions. With personality disorders apparently increasing in society, we will (and already are) seeing more cases of alienated children. This is a problem that is not going away by ignoring it and leaving parents to cope on their own. (Bill Eddy, family lawyer, family therapist, and co-author of *Splitting: Protecting Yourself While Divorcing Someone with Borderline Personality Disorder*) Amy Baker is one of the guiding lights in the field of understanding parental alienation. She has probably done more to bring the topic to public awareness than any other professional. In this new and important book, Baker and Paul Fine write with compassion and wisdom about the struggles of parents who are dealing with the trauma of parental alienation. More importantly, they provide concrete actions that parents can take to improve their situation and to heal themselves. I highly recommend this book. (Joshua Coleman, Ph.D., author of *When Parents Hurt: Compassionate Strategies When You and Your Grown Child Get Along*) *Surviving Parental Alienation* is a work that will help reduce the emotional isolation that an alienated parent feels. The authors give the alienated parent hope and reason for not giving up and walking away from the children they love dearly. (Douglas Darnall Ph.D., author of *Beyond Divorce Casualties and Divorce Causalties*)

Amy J.L. Baker, Ph.D., is a nationally recognized leader and expert in the field of parental alienation and loyalty conflicts. She is the author of *Adult Children of Parental Alienation Syndrome: Breaking the Ties That Bind* (2007) and *Working with Alienated Children and Families: A Clinical Guidebook* (2012). Baker has published numerous academic articles on the topic of parental alienation and writes a blog for *Psychology Today* on the topic. She also has an active coaching practice for targeted parents and serves as an expert witness in custody disputes around the country. Paul R. Fine, LCSW, is a licensed clinical social worker in practice in Englewood, NJ, in a community mental health center. He has over 30 years' experience providing individual, family, and group psychotherapy to adults, teens, and children. Along with Amy Baker, he is the co-author of a chapter in the recently released *Working with Alienated Children and Families: A Clinical Guidebook* (2012) and the forthcoming book *Co-Parenting with a Toxic Ex: Protecting Your Children from Loyalty Conflicts and Alienation* (2013).

...To Amy Baker and Paul Fine for writing this much-needed book to give targeted parents validation, insight and hope to their situations. As a targeted parent for the past 3 years (much

longer if you count the pre-separation dynamics that preceded the ramp up to full blown alienation), I have longed for the written companionship that focuses on the experiences of others in the same horrific situation. Whether a parent's painful journey is catalyzed by the calculated efforts of the "favored" parent's overt or covert manipulation, or whether it's due to other factors, this book provides long term proof that reunification with an estranged child is possible through persistence, guidance, patience, and a clear eye on the targeted goal. I have long held out hope that attaining the unwavering faith that there is a future date etched in stone when each child will return will actually hasten the process... and thanks to the stories these parents have been brave enough to share, my faith is reinforced. Thank you.

I have read enough of this book to say that the book sample already had me sold. I chose to purchase the Kindle version. The text in the first chapter does not line up like I'd hoped but that is not an unusual occurrence with some books in any electronic book format. I will say that although this book is expensive, it is already worth every penny to me. Compared to the searches that I've done trying to make some kind of sense of this topic-this book already has already explained some unanswered questions for me. Parental Alienation is not only a shared gender reality but it is also unfortunately still socially & widely unrecognized & misunderstood.

I looked for such a book a few years ago when the extreme alienation campaign first began -- how would I survive? How could I get through each day, when just a trip to the grocery store would trigger tears? Baker shows how the ex who seduced a naïf & naïve mate could quickly and easily lure their own offspring into their designs and explains the psychology behind it with real-life illustrations to demonstrate this horror. This helped me put myself in my child's shoes, & I am sure her other book, *Adult Children of Alienation: Breaking the Ties that Bind*, would help me even more. Baker also validates how psychologists and the legal system are often of no help and even empower the alienating parent who gets away with games and abuse. As a woman, I felt a little frustrated that Baker did not mention how the court system tends to completely disregard and disrespect distraught mothers. The system wants moms quiet and even lawyers advise us not to tell the truth simply because the judge won't like it or believe us. I have found this not only in my own situation, but by many moms whose abusive ex-husbands turned their kids and the system against them. Alienation against moms even during marriage has been going on for generations, but many women are silenced by shame, shock, stigma, and court orders, or simply ignorance and confusion. Often alienated moms are portrayed as jealous ex wives who want to cause trouble and should be

ignored at best. Other than this oversight, this well-researched book not only offers much needed validation and explanation, but guidance for reconciliation once the child gains some distance from the alienating parent! This book offers much needed details that bring understanding and direction -- this alone is well worth the purchase of the book. I could relate to the stories by both alienated moms and dads. How they could no longer parent without fear of losing their child, how they were treated hatefully by the child they loved, and how helpless they felt at stopping this horrific form of abuse. The story of the woman whose friends would not intervene was something I could relate to: my own mom and former mother-in-law were also alienated to a large extent from my daughter's life once her dad obtained possession of her via fraud and an indifferent court system. Therefore, I really needed friends to intervene by contacting the counselor or child protective service, but especially my child. I was in horror that no one would take effective action to help me and my daughter -- neither the system, nor friends -- I guess they just didn't get how the alienating parent puts the target parent and child in a no-win situation. Finally, the book I needed years ago is here. I have read it twice and I highly recommend it. I also recommend sharing the memoir by H.G. Beverly, "The Other Side of Charm: Your Memoir" to anyone who does not "get" how alienation happens to teens even when lawyers, psychologists, etc., are involved. Until the public is educated about Parental Alienation, far too many generations will suffer.

Outstanding book that articulates what you are going through as an alienated parent, what your children are going through as alienated children and gives some strategies for a hopeful reunification.

A wonderful book for parents caught up in this awful situation. And a rare glimpse of it - PA is an underground issue, almost a secret. Baker helps parents find voice, and find strength for the fight to connect to their own kids...Bless Amy Baker for tackling this hornet's nest.

If you're in need of that kind of information this book and her original book on the subject are necessary reading.

A wonderful resource for all broken hearted parents suffering through parental alienation. Continuing to shine a light on this little recognized form of child abuse, Dr. Baker again offers families a ray of hope, a place for understanding and a bridge to healing. Jami Hollenbaugh

I have just begun to realize that this is what is happening to me. I found the book to be helpful in opening my eyes to how to deal with this terribly heart wrenching journey.

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