

# The Highconflict Custody Battle Protect Yourself And Your Kids From A Toxic Divorce False Accusations And Parental Alienation

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**Splitting** Bill Eddy 2021-07-01 This highly anticipated second edition of Splitting includes new chapters on abuse, alienation, and false allegations; as well as information about the four types of domestic violence, protective orders, and child custody disputes. Are you divorcing someone who's making the process as difficult as possible? Are they sending you nasty emails, falsifying the truth, putting your children in the middle, abusing you, or abusing the system? Are they "persuasive blamers," manipulating and fooling court personnel to get them on their side? If so, you need this book. For more than ten years, Splitting has served as the ultimate guide for people divorcing a high conflict person, one who often has borderline or narcissistic (or even antisocial) personality disorder. Among other things, it has saved readers thousands of dollars, helped them keep custody of their children, and effectively guided them through a difficult legal and emotional process. Written by a family law attorney and therapist, and the author of Stop Walking on Eggshells, Splitting is an essential legal and psychological guide for anyone divorcing a persuasive blamer: someone who suffers from borderline personality disorder (BPD), narcissistic personality disorder (NPD), and/or antisocial personality disorder (ASPD). This second edition includes new information about antisocial personalities; expanded information about domestic violence, child abuse, alienation, and false allegations; how to approach protective orders and deal with child custody disputes; and a new chapter on how to successfully present your case to decision makers. Turn to this guide to help you: Predict what your spouse may do or say in court Take control of your case with assertiveness and strategic thinking Choose a lawyer who understands your case Learn how e-mails and social networking can be used against you If you need help navigating a high-conflict divorce from a manipulative spouse, this book includes all of the critical information you need to work through the process of divorce in an emotionally balanced, productive way.

**How To Annihilate A Narcissist** Rachel Watson 2019-09-14 Are you considering raising, or defending yourself against, legal action in the family court with a narcissistic opponent? Is your opponent controlling, abusive, unreasonable, manipulative, vindictive and obstructive? Can they convincingly hide these behavioural traits from the judge and other professionals involved? Does the narcissist project this behaviour onto you, and make shocking, false allegations? Do they attempt to embarrass you and defame your character? How To Annihilate A Narcissist In The Family Court will give you the knowledge required, to set you on the path for a successful outcome. It will prepare you to enter the court proceedings with your armour fully intact and with the full arsenal of ammunition required to reveal the narcissist's true character to the judge. A narcissist is an extremely powerful opponent, and the lengths they will go to 'win' will shock you to the core. With the insight in this book, you will outsmart them. You will remain one step ahead. You will be in control. Knowledge is power!

**A Father's Playbook** David Morefield 2017-08-22 As a single father, I found myself in a position where it was in the best interest of my child that I fight for custody. Many people told me how hard it was for a dad to get custody; and they were right. Father's have to operate under a different set of rules and expectations in order to have a chance at success. I adapted existing warfare strategies and applied it to the custody battle. Of course, sometimes I just had to learn from my mistakes as well. I wrote a Father's Playbook in order to not only tell my story, but also to help other dads who may be going through the same heart wrenching experience. It is my prayer that other fathers will avoid making the same mistakes as I did. Family Court is like a knife fight - Nobody wins and everyone is going to bleed."He explains the process clearly and provides invaluable tips for fathers who find themselves in the same predicament. No father heading to court for a custody hearing should do so without reading Morefield's excellent book."- James M. Olson, former Chief of CIA Counterintelligence and author of Fair Play: The Moral Dilemmas of Spying"This book could literally be life changing, as it could be the catalyst to give someone courage and wisdom to pursue full custody, when needed in desperate situations."- Deborah Moncrief, LCSW, LMFT"I felt as if I was having an out of body experience reading this book; almost as if it was written about my own struggles... It definitely got me thinking and it made me want to read it again."- Christopher Peterson, U.S. Army, Retired

**Adult Children of Parental Alienation Syndrome: Breaking the Ties That Bind** Amy J. L. Baker 2010-03-01 An examination of adults who have been manipulated by divorcing parents. Parental Alienation Syndrome (PAS) occurs when divorcing parents use children as pawns, trying to turn the child against the other parent. This book examines the impact of PAS on adults and offers strategies and hope for dealing with the long-term effects.

**The Good Karma Divorce** Michele Lowrance 2011-01-04 Your Insurance Policy Against The Kind of Divorce Everybody Fears Divorce does not need to become the defining moment of the rest of your life. Using her insight and expertise as a family-court judge and former divorce attorney, Judge Lowrance presents a revolutionary guide for people facing the turmoil of divorce. The Good Karma Divorce offers concrete and battle-tested advice, real-life examples, no-nonsense tools, and practical checklists. With Judge Lowrance's guidance we can avoid the black hole of litigation and create a good karma divorce, opening up a new world of hope and possibility.

**The Co-parenting Survival Guide** Elizabeth S. Thayer 2001 Offers advice for building a co-parent partnership, allowing children to benefit from their own relationships with their parents, discussing communication, conflict resolution, discipline, special events, and new partners.

**Co-parenting with a Toxic Ex** Amy J. L. Baker 2014-05-01 Protect your child from alienation and loyalty conflicts. During and after a difficult divorce, it's easy for your relationship with your kids to become strained—especially if you are dealing with a toxic ex who bad-mouths you in front of your children, accuses you of being a bad parent, and even attempts to "replace" you with a new partner in your children's lives. Your children may become confused, conflicted, angry, anxious, or depressed—and you may feel powerless. But there is help. In this guide, you'll discover a positive parenting approach to dealing with a hostile ex-spouse. You'll learn the best ways to protect your children from painful loyalty conflicts, how to avoid parental alienation syndrome, and techniques for talking to your children in a way that fosters honesty and trust. Co-parenting with a toxic ex can be challenging, but with the right tools you can protect your kids and make your relationship with them stronger than ever.

**Tug of War** Harvey Brownstone 2009-03 Explaining complex family law concepts and procedures in a jargon-free style, this resource includes detailed information on how family court works, offers easily understandable case examples, and describes alternatives to litigation that are designed to help prevent families with children from entering the legal system to resolve disputes. Exploring subjects that apply to all parties involved in resolving separation, divorce, and custody conflictsjudges, lawyers, mediators, parenting coaches, psychologists, family counselors, and social workersthis reference demystifies the role of lawyers and judges, debunks the myth that parents can represent themselves in court, and examines each parents responsibility to ensure that post-separation conflicts are resolved with minimal emotional stress to children. **New Ways for Families Parent Workbook** Bill Eddy 2009 Workbook used by family courts to teach parents the skills necessary to jointly make their parenting decisions out of court.

**Managing Conflict of Interest in the Public Sector A Toolkit** OECD 2005-08-30 This Toolkit provides non-technical, practical help to enable officials to recognise conflict of interest situations and help them to ensure that integrity and reputation are not compromised.

**High-Conflict Divorce for Women** Debra Doak 2019-11-19 Empowering strategies for women negotiating a difficult divorce The only way to get over it is to get through it. Help is here. High-Conflict Divorce for Women has everything that divorce books for women should have--practical strategies, helpful scripts, and realistic advice on how to navigate and cope with a difficult divorce. From understanding the legalities of divorce, to developing a post-divorce budget, and more, this book goes beyond other divorce books for women to offer a wide range of strategies for getting through each stage of the process. Plus, you'll discover tips for emotional and physical self-care, as well as ways to mitigate stress. All divorce books for women should contain information about: Traversing the courts--Find information for handling divorce court, from

what to expect to how to present yourself. Knowing what to say--Get scripts for tough situations--including tactful answers to questions from family and colleagues--that you may not find in other divorce books for women. Caring for your kids--From explaining divorce to your children to making a co-parenting plan, learn how to maintain healthy parenting skills during this trying time. Look no further for divorce books for women that help you cope with a difficult divorce--High-Conflict Divorce for Women has you covered.

**What Every Woman Should Know about Divorce and Custody** Gayle Rosenwald Smith 1998 Offers advice from judges and lawyers to help in divorce

**Fathers' Rights** Jeffery Leving 1998-05-23 Millions of fathers are currently embroiled in the fight of their lives to win custody of their children. Wounded by the acrimony and greed that often accompany divorce proceedings, many wonder if they will ever again be an important part of their sons' and daughters' lives. With this landmark book, renowned men's rights attorney Jeffery M. Leving offers disenfranchised fathers true hope and meaningful advice certain to save years of anguish and possibly thousands of dollars.Drawing on more than fifteen years of frontline experience, Leving leads fathers through every twist and turn of the legal system and shows them how to protect their rights (and their children's)—both before and during divorce litigation.This authoritative and accessible book covers every aspect of the custody process, including protecting the parent/child relationship as a breakup occurs; finding a competent and sympathetic lawyer; drafting a "Shared Parenting Agreement"; demonstrating parental competence when falsely accused of abuse; avoiding parental alienation; determining when to settle and when to litigate; techniques for dealing effectively with psychologists, social workers, and other domestic relations experts; and much more.Illustrated with vivid real-life examples, Jeffery Leving and Kenneth Dachman's practical guide is essential reading for the scores of American fathers routinely excluded from their children's lives by a biased legal system in which avarice and recrimination too often overwhelm compassion and justice.

**Surviving Parental Alienation** Amy J. L. Baker 2017-05-24 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.

**5 Types of People Who Can Ruin Your Life** Bill Eddy 2018-02-06 Some difficult people aren't just hard to deal with—they're dangerous. Do you know someone whose moods swing wildly? Do they act unreasonably suspicious or antagonistic? Do they blame others for their own problems? When a high-conflict person has one of five common personality disorders—borderline, narcissistic, paranoid, antisocial, or histrionic—they can lash out in risky extremes of emotion and aggression. And once an HCP decides to target you, they're hard to shake. But there are ways to protect yourself. Using empathy-driven conflict management techniques, Bill Eddy, a lawyer and therapist with extensive mediation experience, will teach you to: - Spot warning signs of the five high-conflict personalities in others and in yourself. - Manage relationships with HCPs at work and in your private life. - Safely avoid or end dangerous and stressful interactions with HCPs. Filled with expert advice and real-life anecdotes, 5 Types of People Who Can Ruin Your Life is an essential guide to helping you escape negative relationships, build healthy connections, and safeguard your reputation and personal life in the process. And if you have a high-conflict personality, this book will help you help yourself.

**The High-Conflict Custody Battle** Amy J. L. Baker 2014-11-01 Is your ex-spouse trying to gain custody of your kids? Has he or she launched a campaign to make you look like a bad parent, both in the eyes of your children and the law? You aren't alone. Unfortunately, high-conflict custody battles are all-too-common in today's world. So how can you arm yourself with the mental and legal resources needed to survive this difficult time and keep your kids safe? In The High-Conflict Custody Battle, a team of legal and psychology experts present a practical guidebook for people like you who are engaged in a high-conflict custody battle. If you are dealing with an overtly hostile, inflammatory, deceitful, or manipulative ex-spouse, you will learn how to find and work with an attorney and prepare for a custody evaluation. The book also provides helpful tips you can use to defend yourself against false accusations, and gives a realistic portrayal of what to expect during a legal fight. Going through a divorce is hard, but going through a custody battle can feel like war. Don't go in unprepared. With this book as your guide, you will be able to navigate this difficult process and learn powerful skills that will help you maintain a healthy relationship with your kids, fight unfair accusations, and uphold your rights as a parent.

**Child Custody A to Z** Guy White 2005-01 Help! is the first word a parent yells when dealing with a child custody battle. Author Guy White cuts through and captures the essence of how child custody cases are won and lost. Child Custody A to Z navigates you through the flawed system of justice. Evidence is the most overlooked aspect of a child custody case. This book explains and addresses: How to choose an attorney How to impeach court experts How to gather evidence How to expose a personality disorder How to investigate your case Child Custody A to Z is replete with case studies that tell the real story of the controversial game of child custody. There is no substitute for preparation. White reveals judges, attorneys and court experts for their bias and incompetence. The author takes you through the step-by-step formula for winning with evidence.

**Child Custody and Domestic Violence** Peter G. Jaffe 2003 A call for safety and accountability.

**Better Apart** Gabrielle Hartley 2019-01-29 "Potent, accessible tools for your family and your future." —Gwyneth Paltrow Marital strife and divorce can be your chance to profoundly transform yourself, your mindset and your relationship with a more harmonious and steady vision. While many of us may be better together, some of us can actually become better apart. What if you emerged from your divorce stronger and more resilient than ever before? Better Apart is the first book to apply the life-changing, healing wisdom of meditation and yoga, combined with practical advice, to help anyone going through the painful and seemingly intractable realities of divorce. Gabrielle Hartley and Elena Brower are warm and caring guides who can help you compassionately part from your partner. Whether your separation is amicable, or your ex is combative, Better Apart can help you find peace, calm, and hope. Blending practical advice from a legal perspective together with spiritual wisdom, Gabrielle and Elena are experts and realists who have created a simple five-step process that uses original meditations, perspective-shifting exercises, and fresh suggestions to help navigate the common legal and emotional pitfalls of divorce. Don't worry if you've never tried yoga or meditation; Gabrielle's insight buttressed by Elena's practices and exercises are accessible for all. Together, they show you how to meaningfully shift your mindset and to move forward though any—or all—parts of this emotionally fraught process. Better Apart radically reframes the way couples experience, execute, and recover from when "for better or worse" is no longer an option, and helps you find the road to a new mindset and better life.

**Mothers on Trial** Phyllis Chesler 2011-07-01 Updated and revised with seven new chapters, a new introduction, and a new resources section, this landmark book is invaluable for women facing a custody battle. It was the first to break the myth that mothers receive preferential treatment over fathers in custody disputes. Although mothers generally retain custody when fathers choose not to fight for it, fathers who seek custody often win—not because the mother is unfit or the father has been the primary caregiver but because, as Phyllis Chesler argues, women are held to a much higher standard of parenting. Incorporating findings from years of research, hundreds of interviews, and international surveys about child-custody arrangements, Chesler argues for new guidelines to resolve custody disputes and to prevent the continued oppression of mothers in custody situations. This book provides a philosophical and psychological perspective as well as practical advice from one of the country's leading matrimonial lawyers. Both an indictment of a discriminatory system and a call to action over motherhood under siege, Mothers on Trial is essential reading for anyone concerned either personally or professionally with custody rights and the well-being of the children involved.

**Getting Through My Parents' Divorce** Amy J. L. Baker 2015-07 Is your child stuck in the middle of a high-

conflict divorce? In *Getting Through My Parents' Divorce*, two psychologists and experts in parental alienation offer a fun and engaging workbook to help kids work through stressful or confusing emotions and feel safe and loved—no matter what. Divorce is never easy. But for kids who have parents in conflict with one another, or where one parent is so hostile that he or she is actively trying to undermine the kids' relationship with the other parent, divorce can be unbearable. This workbook is designed especially for kids, and includes helpful tips and exercises to help them deal with the negative impact of custody disputes, understand and identify their feelings, learn to cope with stress and other complex emotions, and feel secure. Written by two leading experts in child psychology, this easy-to-use workbook includes a number of helpful suggestions to guide children through a number of possible scenarios, such as what to do if one parent says mean and untrue things about the other parent; what to do if a parent asks them to keep secrets from another parent; or what to do if one parent attempts to replace the other parent with a new spouse. If you have or know a child that is dealing with a difficult divorce, this workbook will give them the tools needed to move past loyalty conflicts and the difficult emotions that can arise when parents don't get along.

**Guide to the Basics of Ontario Family Law, 4th Edition** Mr John Philippe Schuman Cs 2018-02-16 For ten years, and through four editions, people have relied on the best selling Guide to the Basics of Ontario Family Law for straightforward advice on important decisions. Whether you are getting married, separating, divorcing, changing a family law agreement or court order, or involved with a children's aid society, knowing how the Ontario Family Law System works and how to avoid some of its dangers really helps. The expanded and updated fourth edition of the Guide to the Basics of Ontario Family Law, Certified Specialist in Family Law, John Schuman, provides clear explanations about the important family law issues that people face every day. A reference for anyone who needs to understand Ontario family law, the Guide to the Basics of Ontario Family Law helps answer questions, clarify the issues, and lessen the stress that is often associated with family law matters. Almost 600 citations show the laws and court decisions that judges, and lawyers used everyday in Family Law. John Schuman presents the basics of Ontario family law from start to finish. He reviews marriage contracts and cohabitation agreements: what they are, why you need one, and how to do them properly. He also explains what happens when couples separate, including information on getting divorced, custody, access, parenting concerns, child and spousal support and division of assets and debts. John Schuman explains all options - from negotiation to mediation to collaborative practice, to the government child support calculation service to going to court - and what to expect with each one. He even explains what to do when a Children's Aid Society calls and what to do at each step in to court.

**When Parents Are at War** Lynn Louise Wonders 2019-02-03 All psychotherapists who work with children and families will come across cases with the parents divorcing or previously divorced experiencing high levels of conflict. These cases can be extremely complex and there can be potential hazards mental health professionals need to be aware of and prepared for. This book is a practical guide providing actionable measures mental health professionals can take to properly screen potential cases, establish and observe essential policies and protocols and observe important boundaries in order to preserve the integrity of the child's therapy and maintain healthy therapeutic relationships with the parents who are at war with one another without being pulled into the middle of the parental conflict. This guidebook also provides specific recommendations with regard to ensuring the self-care is in place for the psychotherapists when working with these kinds of cases that can cause mental and emotional depletion.

**Child Custody Journal** Express Custody 2019-08-23 Keeping a journal for Child Custody. Getting a divorce is often a complicated process, which becomes even more complicated when there are children involved. By keeping a journal for child custody, you will smoothen the entire process, and reduce the stress involved on you and your child. The journal will also be extremely useful to your attorney, and will often be used by the court to help with the process. Documenting the process should become a habit; and this journal is the ultimate tool to developing this habit. EVERYTHING that happens to your child, whether good, bad, or neutral should be recorded and dated. Ones memory will often fail to hold up in court when in court or mediation in regards to child custody. What this journal contains: Visitation planner: The visitation planner at the beginning of the diary contains space for you to quickly plan your visitations. This information is crucial for keeping to agreed upon times and dates and should be recorded as soon as each agreement is made, to avoid any later disputes. Input sections for: Date Pick up and drop off time Pick up and drop off location Communication Log: A communication log is one of the most important aspects of keeping a journal for child custody. It ensures that you are protected and prepared for all agreements and conversations that will happen between the other parent, lawyer etc. Inputs include: Time, date, start time and length of conversation Nature of the conversation, who initiated it, what was covered Main points raised Additional information Visitation log: Visitation is often one of the trickiest parts of managing child custody. The visitation log in this journal is designed to ensure both parties uphold their agreements that were made in regards to visitation, and that the child's best interests are kept at the forefront of the agreements. Other notes: A section for any other notes related to child custody. Remember: everything related to this process should be recorded. Any information that may not fit into the other sections should be written here. It may include things such as your child's mood after a visit, something your child says about their other parent etc. This section will be used almost every day used correctly, with each note dated as instructed. If any other sections should run out, continue to use this section. Tips for keeping this journal: As well as the information included above, the journal contains tips about how best to keep this journal. Book Features: 8.5 x 11 inch in size 120 total pages - Multiple 'sections' per page (Should last around 1 year) Perfect bound with a beautiful soft matte cover Printed on white bleedproof paper Durable Tips for keeping a child custody journal Remain Balanced - stay objective: While you want to do everything you can to get custody of your children, make sure you also write down the good things the other parent does. Remember, this is about what is best for your children, not what is best for you or for the other parent. NEVER LIE OR FALSIFY INFORMATION or you will ultimately lose the battle in court. Include Smaller Details Don't forget to include the smaller, everyday details with your custody journal. Specifically, you'll want to take note of: Comments your child makes about the other parent (Positive and negative)

**Child Custody Evaluation and Mediation Preparation** Miguel Alvarez 2013-01-09 This handbook was designed to prepare you quickly and effectively for Family Court Services (FCS), child custody mediation, and/or child custody evaluations. Approaching these situations with some knowledge of what to expect and what is expected of you is a definite advantage. You will know what to take with you; what is and is not relevant and how to handle "red flag" issues. You can benefit significantly and immediately from the use of a few simple tools such as a basic orientation, an organizer, and a check list. Custody issues involving your child or children tend to be emotionally charged. This self-help book will help you to focus and be more objective. The children's best interest must always be paramount.

**Restoring Family Connections** Amy J. L. Baker 2020-03-15 Broken relationships between adult children and their parents is a widespread phenomenon. While the parent-child attachment relationship is of critical importance for the child in the early years of life, the parent-child relationship continues to be a source of great importance over the course of the individual's life span for both the child and the parent. For adults and adult children who are estranged/alienated from each other, the pain and dissatisfaction never fully go away. Despite the prevalence of the problem of ruptured relationships, there are few resources available for mental health professionals working with this population. This book provides a tool for clinicians to turn to when they are working with adult children and their parents seeking to resolve conflict, improve communication, and enhance their relationships.

**Moms Moving On** Michelle Dempsey-Multack 2022-03-15 Trust your gut, take care of yourself, and find new life on the other side with this empowering guide to divorce for moms. We hear about it all the time on the news. The divorce rates are rising. More children are being raised in split up homes. But you didn't think it would happen to you. Luckily, you're not alone. Popular divorce coach Michelle Dempsey-Multack not only survived her own divorce, but figured out how to move on with her life, just like you will, too. Now happily remarried with a blended family, she's living proof that no matter which "firsts" you might be experiencing as you end your marriage, and no matter how long you stayed with someone who didn't meet your needs, your best days are ahead. Mom's Moving On is filled with practical, actionable, and empowering advice from someone who has been through it and has come out the other side. Through Michelle's guidance, you'll learn how to navigate your divorce with confidence, adjust to life as a single mother, and shift your perspective to find your way back to your best self. From coparenting to dating as a single mother, you'll learn how to truly move on and create the life you deserve.

**Transcending High-Conflict Divorce** Virginia Gilbert 2019-05-15 When a high-conflict divorce drags on, it can leave you feeling anxious, depressed, and hopeless. Psychotherapist and former Huffington Post contributor Virginia Gilbert, MFT, explains how to disengage from a toxic ex, successfully parallel parent when conventional co-parenting fails, diffuse conflict, and grow and flourish as a person.

**Evidence Strategies for Child Custody** Erik Dearman 2020-12 Provides clear and concise guidance on how to properly collect and organize evidence for your child custody case and covers the most common concerns of Family Court Judges. Parents in a custody battle need to know how to gather relevant evidence that will effectively support their case, what evidence could be used against them, and how to properly organize it for

their attorney and court proceedings. If you do not know where to start or are simply overwhelmed with juggling parenting duties and the daunting reality of an impending custody battle, this simplified guide book is for you.> High-level guidance for anyone in a child custody dispute> Custody Factors that should be emphasized in your case's strategy> Proven strategies for gathering and organizing evidence> Types of witnesses that can support your case> Types of evidence to collect> How to deflect false allegations during a custody dispute and provide proof that you are a good parent whose rights should be protected> How a Private Investigator can assist your case> Save money on unnecessary legal fees and contentious Child Support> How to communicate and work efficiently with your attorney> How to avoid common custody pitfalls during a child custody dispute> Valuable guidance for both fathers and mothers navigating a child custody dispute, as well as supporting family members of the biological parents in dispute, such as grandparents and step-parents-- EDITORIAL REVIEW --"Evidence is like puzzle pieces and when all the pieces are in place, it will show a true picture for a judge to evaluate. It is vital to document everything properly and this book is a thorough guide for presenting child custody evidence in a professional way."-Norma Tillman, Tennessee Association of Licensed Professional Investigators

**Rules of Estrangement** Joshua Coleman, PhD 2021-03-02 A guide for parents whose adult children have cut off contact that reveals the hidden logic of estrangement, explores its cultural causes, and offers practical advice for parents trying to reestablish contact with their adult children. "Finally, here's a hopeful, comprehensive, and compassionate guide to navigating one of the most painful experiences for parents and their adult children alike."—Lori Gottlieb, psychotherapist and New York Times bestselling author of *Maybe You Should Talk to Someone* Labeled a silent epidemic by a growing number of therapists and researchers, estrangement is one of the most disorienting and painful experiences of a parent's life. Popular opinion typically tells a one-sided story of parents who got what they deserved or overly entitled adult children who wrongly blame their parents. However, the reasons for estrangement are far more complex and varied. As a result of rising rates of individualism, an increasing cultural emphasis on happiness, growing economic insecurity, and a historically recent perception that parents are obstacles to personal growth, many parents find themselves forever shut out of the lives of their adult children and grandchildren. As a trusted psychologist whose own daughter cut off contact for several years and eventually reconciled, Dr. Joshua Coleman is uniquely qualified to guide parents in navigating these fraught interactions. He helps to alleviate the ongoing feelings of shame, hurt, guilt, and sorrow that commonly attend these dynamics. By placing estrangement into a cultural context, Dr. Coleman helps parents better understand the mindset of their adult children and teaches them how to implement the strategies for reconciliation and healing that he has seen work in his forty years of practice. Rules of Estrangement gives parents the language and the emotional tools to engage in meaningful conversation with their child, the framework to cultivate a healthy relationship moving forward, and the ability to move on if reconciliation is no longer possible. While estrangement is a complex and tender topic, Dr. Coleman's insightful approach is based on empathy and understanding for both the parent and the adult child.

**Don't Alienate the Kids!** Bill Eddy 2010-03-30 An examination of the child alienation problem from the perspective of a lawyer/therapist/mediator who trains professionals on managing high-conflict disputes.

**Challenging Parental Alienation** Jean Mercer 2021-12-02 This book addresses the concept of parental alienation - the belief that when a child of divorced parents avoids one parent, it may be because the preferred parent has persuaded the child to do this. It argues against the unquestioning use of parental alienation concepts in child custody conflicts. Increasing use of this concept in family courts has led at times to placement of children with abusive or violent parents, damage to the lives of preferred parents, and the use of treatments that have not been shown to be safe or effective. The 13 chapters cover the history and theory of "parental alienation" principles and practices. Methodological and research issues are considered, and diagnostic and treatment methods associated with "parental alienation" beliefs as well as those recommended by research and ethical evidence are analyzed. The connections of "parental alienation" with gender and domestic violence issues are discussed as are the experiences of individuals who have experienced "parental alienation" treatments. The book argues that "parental alienation" principles and practices should be avoided by family courts, in the best interests of children in custody disputes. This book will be useful reading for lawyers, judges, children's services workers including social workers, child protection court workers, and mental health professionals involved in child custody decisions.

**Coparenting Wellness Planner for High-Conflict Cases** Megan Hunter 2019-05-28 Divorce is hard enough even in the best of circumstances. But what if your spouse is trying to turn the kids against you? What if your ex is hauling you into court over every little thing? What if you're being falsely accused of child abuse or domestic violence? Worst of all, what if you've been cut off from your children entirely? High-conflict divorce is just about the most devastating, soul-wrecking experience imaginable. The unrelenting chaos and pain can leave you exhausted and despairing. Legal fees can become a huge strain. And most importantly, there's the impact on your children, who may be grappling with anxiety, struggling at school, acting out, or turning to substances to cope. How can you keep it all together? In *The High-Conflict Co-parenting Wellness Planner*, high-conflict divorce experts Megan Hunter and Andrea LaRochelle offer hope and a wealth of advice. The healthier you are as a parent, the better you'll be able to help your children. Week by week, the authors guide you in taking care of yourself while navigating conflict. You'll learn practical strategies for handling the most common co-parenting scenarios. And you'll discover new ways to manage your own anger, worry, fear, stress, and grief. As hard as it may be to believe right now, it is possible to move beyond the conflict. You can overcome the alienation, regain your balance, and ultimately find freedom - from the overwhelming feelings, from the drama, and from your ex's hold on your life. This book shows you how.

**Outsmarting the Sociopath Next Door** Martha Stout 2020-08-20 From Dr. Martha Stout's influential work *The Sociopath Next Door*, we learned how to identify a sociopath. Now she tells us what to actually do about it. While the best way to deal with a sociopath is to avoid them entirely, sometimes circumstance doesn't allow for that. What happens when the time comes to defend yourself against your own child, a boss, or ruthless ex-spouse? Inspired by the many chilling and often heartbreaking emails and letters she has received over the years, from her work with the victims of sociopathy, Dr. Martha Stout uncovers the psychology behind the sociopath's methods and provides concrete guidelines to help navigate these dangerous interactions. Organized around categories such as destructive narcissism, violent sociopaths, sociopathic coworkers, and the sociopath in your family, *Outsmarting the Sociopath Next Door* contains detailed explanation and commentary on how best to react in these situations to keep the sociopath at bay. Uniting these categories is a discussion of changing psychological theories of personality and sociopathy and the enduring triumph of conscience over those who operate without empathy or concern for others. By understanding the person you're dealing with and changing the rules of the game, you'll be able to gain the upper hand and escape the sociopath's influence. Whether you're fighting a custody battle against a sociopathic ex or being gaslighted by a boss or coworker, you'll find hope and help within these pages. With this guide to disarming the conscienceless, Dr. Stout aims to give readers the tools to protect themselves while conducting a broader examination of human behavior and conceptions of normality.

**The High-Conflict Custody Battle** Amy J. L. Baker 2014-01-11 A team of legal and psychology experts presents a practical guidebook for parents engaged in a high-conflict custody battle that will help navigate this difficult process and provide the skills for maintaining a healthy relationship with their children. Original.

**The Life-Saving Divorce** Gretchen Baskerville 2020-02 You Can Love God and Still Get a Divorce. And get this, God will still love you. Really. Are you in a destructive marriage? One of emotional, physical, or verbal abuse? Infidelity? Neglect? If yes, you know you need to escape, but you're probably worried about going against God's will. I have good news for you. You might need to divorce to save your life and sanity. And God is right beside you. In "The Life-Saving Divorce" You'll Learn: - How to know if you should stay or if you should go. - The four key Bible verses that support divorce for infidelity, neglect, and physical and/or emotional abuse. - Twenty-seven myths about divorce that aren't true for many Christians. - Why a divorce is likely the absolute best thing for your children. - How to deal with friends and family who disapprove of divorce. - How to find safe friends and churches after a divorce. Can you find happiness after leaving your destructive marriage? Absolutely yes! You can get your life back and flourish more than you thought possible. Are you ready? Then let's go. It's time to be free. This book includes multiple first-person interviews. Explains psychological abuse, gaslighting, the abuse cycle, Christian divorce and remarriage, children and divorce, domestic violence, parental alienation, mental abuse, and biblical reasons for divorce. Includes diagrams such as the Duluth Wheel of Power and Control (the Duluth Model) and the Abuse Cycle, as well as graphs based on Paul Amato's 2003 study analyzing Judith Wallerstein's book, *The Unexpected Legacy of Divorce*. Includes quotes by Leslie Vernick, Lundy Bancroft, Shannon Thomas, David Instone-Brewer, Natalie Hoffman, LifeWay Research, Kathleen Reay, Gottman Institute, Glenda Riley, Martin Luther, John Calvin, Steven Stosny, Michal Gilad, Leonie Westenberg, Nancy Nason-Clark, Julie Owens, Marg Mowczko, Justin Holcomb, Barna Group, Justin Lehmler, Alan Hawkins, Brian Willoughby, William Doherty, Brad Wright, Bradford Wilcox, Sheila Gregoire, E Mavis Hetherington, John Kelly, Betsey Stevenson, Justin Wolfers, Norm Wright, Virginia Rutter, Judith Herman, and Bessel van der Kolk. Recommended reading list includes: Henry Cloud, John Townsend Boundaries books, Richard Warshack books.

**A Promise to Ourselves** Alec Baldwin 2008-09-23 "I have been through some of the worst of contentious divorce litigation," Alec Baldwin declares in *A Promise to Ourselves*. Using a very personal approach, he offers practical guidance to help others avoid the anguish he has endured. An Academy and Tony Award nominee and a 2007 recipient of Golden Globe, SAG, and Television Critics Association Awards for best actor in a comedy, Alec Baldwin is one of the best-known, most successful actors in the world. His relationship with Kim Basinger, the Academy Award-winning actress, lasted nearly a decade. They have a daughter named Ireland, and for a time, theirs seemed to be the model of a successful Hollywood marriage. But in 2000 they separated and in 2002 divorced. Their split—specifically the custody battle surrounding Ireland—would be the subject of media attention for years to come. In his own life and others', Baldwin has seen the heavy toll that divorce can take—psychologically, emotionally, and financially. He has been extensively involved in divorce litigation, and he has witnessed the way that noncustodial parents, especially fathers, are often forced to abandon hopes of equitable rights when it comes to their children. He makes a powerful case for reexamining and changing the way divorce and child custody is decided in this country and levels a scathing attack at what he calls the "family law industry." When it comes to his experiences with judges, court-appointed therapists, and lawyers, Baldwin pulls no punches. He casts a light on his own divorce and the way the current family law system affected him, his ex-wife, and his daughter, as well as many other families. This is an important, informative, and deeply felt book on a contentious subject that offers hope of finding a better way.

**Caught in the Middle** Carla B. Garrity 1997-08-01 Takes a hard look at the consequences of intense conflict between divorced parents. This book explores both the causes and consequences of high-level, stressful conflict between divorced parents on their children's development. It also provides concrete advice to help

parents work together to the benefit of all involved, most importantly the children.

**Stop Fighting Over the Kids** Mike Mastracci 2009-03 Learn to resolve problems divorcing couples often face, including disagreements over physical and legal custody, the primary residential schedule, child access and visitation, telephone contact, day care dilemmas, holidays and vacations, interacting with school officials, teachers, doctors and therapists as well as access to medical and educational records, sports involvement, participation in special events and extracurricular activities, financial woes and parent to parent communication difficulties. A uniquely informative, child focused, thought provoking, inspirational and lightly entertaining book full of sound and sensible legal, parental, practical and situational guidance. The author survived his own gut wrenching high-conflict child custody battle and shares his knowledge and wisdom to immediately and effectively assist you. The collaborative divorce model is introduced and many valuable resources, including sample parenting agreements and collaborative contracts, are included.

**Divorce Poison** Dr. Richard A. Warshak 2009-10-06 Your ex-spouse is bad-mouthing you to your children, perhaps even trying to turn them against you. If you handle the situation ineffectively, you could lose your children's respect, their affection—even, in extreme cases, contact with them. Backed by twenty-five years of experience in helping families, Dr. Richard Warshak presents powerful strategies for dealing with everything from tainted parent-child relationships in which children are disrespectful or reluctant to show their affection to disturbances in which children virtually disown an entire side of the family. *Divorce Poison* offers advice on how to: Recognize early warning signs of trouble React if your children refuse to see you Respond to rude and hateful behavior Avoid the seven most common errors made by rejected parents This groundbreaking work gives parents powerful strategies to preserve and rebuild loving relationships with their children and provides legal and mental-health professionals with practical advice to help their clients and ensure the welfare of children.