Individual and Family Perceptions of Parental Alienation Syndrome

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The following paper is a literature review for an experiment that I have proposed for a research class. Unfortunately, this research has not been carried out yet. I hope to carry out and further investigate PAS in my PHD dissertation. Presented in this paper is also my theory on PAS based on my reach and my experience working with this dysfunctional family system. For more information on the method or collaborate please feel free to contact me.

Mark M Miller
Abstract

Within this paper is presented a proposed study on Parental Alienation Syndrome (PAS). The problem which this study wishes to investigate is how did each member of the alienated family perceive themselves and each other before the conflict, during the conflict that lead to the separation, and after the separation. The three questions and the sub questions that the problem statement raises will be investigated. The first question investigated is how the perception of self-measured by their behavioral temperament and their perception of each other's behavioral temperament changed before the conflict, during the conflict that lead to the separation, and after the separation. The second question asks how has the enmeshed relationship between the loved parent and the child’s perception of the family unit has changed before the conflict, during the conflict that lead to the separation, and after the separation. The third question will ask how has the families Global Assessment Relational Functioning (GARF) score change before the conflict, during the conflict that lead to the separation, and after the separation. The rational for pursuing this study and a brief literature review is also conducted where the process of PAS, Personality and Characteristic Traits, and roles within the family is emphasized.
Individual and Family Perceptions of Parental Alienation Syndrome

Within the past few decades, the court system has changed its philosophy of custody from the tender years’ presumption to the best interest of the children’s presumption (Arditti, 2011). The tender years’ presumption was simply that a woman would always gain custody of a child in a divorce because it is more in a woman’s nature to be more nurturing then men. The best interest of the children’s presumption states that the best interest may not always be with the mother. This made it possible for fathers to gain custody of the children and created the new trend of joint custody. Another change within the court system was a precedent that the state of California set with their no-fault divorce laws (Ellis, 2000). This new approach, gave rise to custody disputes which made some divorces a competition for custody (Arditti, 2011).

These competitions for custody began to require the assistance of mental health professionals to evaluate both parents and their children in custody disputes to aid the court in determining the best interest of the child. One of these mental health professionals was a psychiatrist named Richard Gardner. Gardner noticed that the parent who held temporary custody (normally the mother) and the child would make false allegations of abuse against the non-custodial parent (normally the father) (Arditti, 2011). Further investigation into this phenomenon drew him to believe that these children were brainwashed (which he later termed as programmed) into believing that one of their parents (normally non-custodial parent and father) is unfit and does not love them. The child in turn, turns against or alienates the parent whom they believe does not love them. Gardner termed this parent as the hated parent and the parent doing the programming the loved parent. He termed this programming Parental Alienation Syndrome (PAS) in a 1985 article entitled, “Recent Trends in Divorce and Custody Litigation”. Gardner went on to write articles on this phenomenon up to his death. In one of the last articles, he ever wrote in 2003
entitled, "Does DSM-IV Have Equivalents for the Parental Alienation Syndrome (PAS) Diagnosis". He demonstrated how PAS has elements of Shared Psychotic Disorder (SPD) along with other axis I and II disorders. In this same article he reviews the criteria or signs to help a clinician diagnose or recognize PAS. The child demonstrates all or some following behaviors:

- campaign of vilification of the hated parent
- weak, absurd, or frivolous rationalizations for the vilification
- lack of ambivalence
- the “independent-thinker” phenomenon (it is my idea to vilify and reject the hated parent)
- reflexive support of the loved parent in the parental conflict
- absence of guilt over cruelty to and/or exploitation of the hated parent
- the presence of borrowed scenarios
- spread of the animosity to the friends and/or extended family of the hated parent

**Rationale for the Study**

According to Donner (2006) half of all marriages end in divorce. Most people are divorced or separated because conflict that is so severe that they can no longer live with or tolerate one another. However, divorce or separation will not end conflict but start new ones especially if both parents want to remain in their child’s life. As Donner, points out that families that had higher levels of conflict before the divorce tended to also have higher conflict after the divorce especially when children are involved which may escalate or transformed into PAS.

There are many studies on parental conflict and children being caught in the middle and how it affects their well-being. It is believed that if the couple is always fighting it is better for the child if the parents separate. Fabricius and Luecke (2007) however points out a Catch-22. They show that research suggests that a reduction of conflict in their parents relationship produces a greater sense of well-being. At the same time, they also show that a child does better when both parents are in their lives. The Catch-22 is this:

- if more visitation time leads to an increase in conflict, then the benefits from more time with the hated parent might be canceled out by the conflict
• if less visitation time would lower conflict, then benefits from reduced conflict might be canceled out by less time with the hated parent (Fabricius & Luecke, 2007)

Thus, the importance of studying PAS is so the child can reap the benefits of having low parental conflict and have both parents in the child’s life to increase their wellbeing.

**Statement of the Problem**

Kelly and Johnston (2001) in describing PAS use the terms aligned child and aligned parent. This description of PAS appears to be more clinically accurate as it is in lines with traditional family systems concepts such as intergenerational alliance or coalitions and enmeshment. If this description of PAS is accepted, then PAS is where a child and a parent have trouble distinguishing their roles in the relationship due to an unhealthy enmeshment, which creates a version of SPD within the family unit. The child may see the parent they are rejecting as their spouse rather than their parent. The rejected parent may perceive the child the way they perceive their spouse rather than their child. In other words, their perception of self and roles within the family is distorted. Therefore, PAS may be a confusion of the perception of roles between the parent and child. The study proposed seeks to look at this possibility and asks the question how did each member of the alienated family perceive themselves and each other, before the conflict, during the conflict and after the separation.

**Research Questions**

The first question this study asks is; how does the perception of self-(measured by behavioral temperament and their perception of each other’s behavioral temperament) changed before the conflict, after the conflict began, and after the separation. This question has nine sub questions:

<table>
<thead>
<tr>
<th>The Child</th>
<th>The Loved Parent</th>
<th>The Hated Parent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) the child perceives the hated parent?</td>
<td>4) the loved parent perceives the hated parent?</td>
<td>7) the hated parent perceives the loved parent?</td>
</tr>
</tbody>
</table>
Each of these sub questions has a mini sub question added to it. These mini sub questions will take the form of A-before the conflict, B-during the conflict, and C-after the separation. Thus, the first sub question 1A will be how the child perceived the hated parent before the conflict. Sub question 1B will ask how the child perceived the hated parent during the conflict. Sub question 1C will ask how the child perceives the hated parent now. Each of the remaining eight questions listed above has the same A, B, and C sub question format. Thus, 2A will ask how the child perceived the loved parent before the conflict etc.

The Second Question

Although most studies clearly show that the loved parent and the child are enmeshed, not much more is known about the family functioning or the type of enmeshment. Thus, the second question will ask how has the enmeshed relationship between the loved parent and the child changed before the conflict, during the conflict and after the separation. This question has three sub questions taking the A, B, and C sub question forms.

A) Was the family chaotically, flexibly, structurally or rigidly enmeshed before the conflict?
B) Was the family chaotically, flexibly, structurally, or rigidly enmeshed during the conflict?
C) Is the family chaotically, flexibly, structurally, or rigidly enmeshed after the separation?

The Third Question

Furthermore, little is known about the family’s Global Assessment Relational Functioning (GARF) score, which measures of family's problem-solving skills, organization, or emotional climate. The third question will ask how has the families GARF score change before the conflict, during the conflict, and after the separation. This question, likewise, will be divided into A, B, and C sub questions.
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A) What was the family’s GARF score before the conflict?  
B) What was the family’s GARF score during the conflict?  
C) What are the custodial parent and child’s GARF score now?  

Literature Review  

Gardner (2003) likens PAS to SPD. Ellis (2000) in chapter 8 in her book “Divorce Wars: Interventions with Families in Conflict,” looks at PAS and SPD. This disorder is when a person with a delusion believes that they are being persecuted. This delusion of persecution is then transmitted to someone who is close to them. Ellis points out that one of the most common transmissions of the delusion is to a child as the child has many risk factors in developing this disorder. For example, the child is impressionable, unable to think rationally, and is excessively dependent on his caretakers. Children also have a tendency to over identify with their caretakers and feel sorry for them. These factors may lead a child to take on the loved parent’s delusion and begin to hate the unhappiness and suffering that the hated parent has caused the loved parent. However, it appears that the child has trouble distinguishing between sympathy and empathy, which makes it hard for the child to differentiate their thoughts, feelings and experiences of the hated parent from the loved parent’s thoughts feelings and experiences of the hated parent.

Thus, it appears that it may be a combination of sympathy and aligned enmeshment dynamic between the loved parent and the child that may be responsible for developing PAS symptoms (Ellis, 2000). This enmeshment compromises the family hierarchy, roles, rules rituals, and the breakdown of intergenerational boundaries (Garber 2011). This study attempts to answer the question when does enmeshment between the loved parent and the child begin before the conflict, during the conflict that led to the separation of the parents, or after the separation. A qualitative study by Baker (2006) suggests that this enmeshment may begin during the parental conflict as she found three patterns of alienation; the narcissistic alienating mother in divorce, the
narcissistic alienating mother in intact families, and abusive rejecting alienating mother and father. She points out that PAS symptoms do not just occur in litigation but also intact families. The question this raises is whether intact alienating families become separated alienating families. This study attempts to answer that question by looking at my family dynamics before the conflict, during the conflict, and after the separation.

**The Process of PAS**

**The Parental Conflict.** Fabricius and Luecke (2007) suggest that it is not so much the conflict in itself that is harmful to a child's well-being, but rather it is because the child looses their resources to fulfill their needs for safety, love, and belonging (Fabricius & Luecke 2007). Ellis (2000) in chapter 2 of her book confirms this by referring to a 1991 study by Klein et al. whom found that mothers who are involved in high conflict marriages were less warm and rejecting towards their children, less happy and had poor control over their emotions. They also found that these mothers had less expectations for their children’s self-control than the control group.

Ellis (2000) in chapter 3 of her book points out that conflict occurs in all relationships and suggests symptoms of PAS are not so much about the conflict but whether a conflict leads to The Four Horsemen of the Apocalypse (FHA). Ellis explains that FHA was coined by John Gottman during a study where he investigated the reason why some couples decide to breakup while others experiencing the same conflict stay together. Ellis points out that Gottman discovered three patterns of how parents resolve their conflict. The first way he referred to as, the validating, is a couple who uses this method speaks openly and comfortably about the conflict and may try to compromise. A second way of dealing with conflict is volatile a couple using this method vents their anger and engages in passionate disputes. The last way a couple deals with
conflict is by avoiding it by agreeing to disagree. Gottman found that none of these factors predicted divorce or separation. What he discovered was what he calls FHA, criticism, defensiveness, contempt, and withdraw (Ellis, 2000). It may be that the loved parents’ delusion may extend from FHA. FHA therefore may be the delusion that the child acquires as the symptoms of PAS are very are similar to FHA and the criterion for PAS set by Gardner.

<table>
<thead>
<tr>
<th>Four Horsemen of the Apocalypse</th>
<th>Gardner’s Criteria For PAS</th>
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<td>Criticism</td>
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<tr>
<td>Contempt</td>
<td>• Absence of guilt over cruelty to and/or exploitation of the hated parent • Lack of ambivalence</td>
</tr>
<tr>
<td>Withdrawal</td>
<td>Spread of the animosity to the friends and/or extended family of the hated parent</td>
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A study by Curran (2011) suggests that how a couple resolves their conflicts is transmitted from one generation to the next. This study looked at stonewalling which they defined as a passive aggressive withdrawal from active conflict such as sulking and giving the silent treatment, avoiding the conflict, involving the child, and cooperation. This study was a seven year longitudinal study subjects admitted to the study was prenatal. The subjects were then given the conflict problem solving scale seven years after giving birth to the child identified in the study. They found that couples who had insight (analyzed how their parents managed conflict and learn from their mistakes) and remember negative ways their family of origins dealt with interpersonal conflict reported lower amounts of child involvement in the conflict. Those with low insight and remembered negative memories of their parent’s conflict had the highest
amount of child involvement. Thus, PAS may occur due to the passing down of the method of how to resolve a conflict and FHA dynamic from generation to generation. Thus, FHA dynamic combined with both getting the child involved in the conflict (triangling) and parental stonewalling may be the formula for developing PAS. To explore this possibility a Genogram of the family will be constructed to look for the rules of conflict management and the presence of FHA that may handed down from generation to generation.

**Programming Techniques.** Baker (2005) in an earlier study likens PAS programming or brainwashing to how a cult leader operates. In her study, Baker compares the literature of former cult members and their description of their former leader to how her subjects in her study described their loved parent. Baker shows that many of the techniques that cult leaders use to suck people into the cult are similar if not identical to the techniques used by the loved parent. Baker found 40 participants who met the criteria for PAS proposed by Gardner. The participants described the alienating parent like a cult leader who is narcissistic requiring excessive devotion and loyalty whom use emotional manipulation and persuasion techniques to foster dependence. Also like a cult leader the only one who benefits from the alienation is the loved parent as they get their needs met by the child rather than the loved parent meeting the child’s needs. The loved parent also was described as having power and control over the child's thoughts, emotions, and hindering their ability to think critically and for themselves. Some subjects from this study reported that they felt that the loved parent's needs were more important than their own need and even staying home from social activities to keep the loved parent company. Baker further adds that many of the same negative outcomes seen in former cult are also seen in adults who were alienated from the hated parent as children such as developing low self-esteem, guilt, depression, and lack of trust in themselves and others.
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**Personality, Characteristic Traits, and Roles**

This section looks at the literature on the personality, Characteristic Traits, and roles of the loved parent, child and hated parent. Each of these members within the alienated family will be briefly discussed.

**The Loved Parent**

Klass and Klass (2005) suggest that PAS is similar to a lioness protecting her young in the wild. Their argument is rooted in the tender years’ philosophy that a mother alienating their child is a natural instinct. The goal is to protect the young and is not to get revenge on the father (Klass & Klass, 2005). The problem with this philosophy is that it does not include fathers who alienate their children from their mothers. A study more consistent with Baker's findings is a study by Gordon, Stoffey, and Bottinelli (2008) who also continues the primorial theme of Klass and Klass. In this study Gordon, Stoffey, and Bottinelli administer the Minnesota Multiphasic Personality Inventory-2 (MMPI-2) to 158 participants involved in custody disputes. Seventy-six of these participants had symptoms of PAS and 82 of them did not. The authors of the study were mainly concerned with the K, F, and L scales and the Goldberg Index, which they used to look at primitive personality defenses in both the loved and hated parent. The K scale or faking bad scale is associated with correction for the test-taker answering questions defensively. The F scale or faking good is associated with unusual psychopathology. The L or lie scale tries to assess if the subject is lying or not. Both the L and K scales assess the denial of common human flaws and the denial of normal feelings of aggression.

Gordon, Stoffey, and Bottinelli (2008) in defining primitive defenses use the word immature. They describe people with primitive defenses as not being able to perceive and negotiate realistically as measured on the L, paranoia, and schizophrenia scales, which further
indicates a projective identification and denial. In clarifying projective identification, they state that this occurs when the hated parent is provoked to act according to the loved parent's projection of them. Another type of defense they talk about is splitting as the loved parent sees themselves as only good in their child's life and others parents as all bad. Thus, primitive defenses involve a distortion of reality and interpersonal provocation.

Lastly, Gordon, Stoffey, and Bottinelli (2008) also performs the Goldberg Index which is a regression equation that is used to differentiate between neurotic and psychotic profiles on the MMPI-2. Thus the index measures the lie scale, paranoia, schizophrenia, and on the hysteria scale psychasthenia (obsessions, compulsions, or excessive anxiety). They found that the loved parent scored significantly higher on the L, K, F scales and the Goldberg Index than the parents in the control group that showed no signs of PAS. Thus according to the study the loved parent uses many immature defense mechanisms associated with psychopathology.

Barlow (2010) in her doctoral dissertation continues the theme of possible personality disorders, shared psychotic disorder, and the loved parent being a cult leader. Her study looks at the Medea Complex. She explains that Medea is a story of an ancient woman who kills her children to get revenge on her husband who left her to marry a princess. She then shows how this story relates to PAS and defines the Medea Complex as an intensive desire for revenge that is triggered by narcissistic rage over a betrayal that involves harming one’s child psychologically or physically. Barlow gives an interesting perspective on this stating that the original betrayal may have occurred in childhood and the hated parent is the scapegoat of this original betrayal. She states the possibility that intergenerational transmission of this narcissism is due to inadequate parenting along with abuse or neglect. The question that she asked in her study was who are the severe alienators and what are their characteristics. She found two types of families who she
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described as severe alienators. The first type of family she referred to as the kidnapped family.
These alienators grew up in families which was authoritarian, abusive, and neglectful. They tried
to present a picture-perfect image of the family, demanded loyalty, obedience, and that secrets
about the family’s functioning be kept from the rest of world and independent thoughts were
punished.

The case study, Barlow (2010) gives in demonstrating this comes from the loved parent
whom realized what she was doing, repented, and eventually remarried the hated parent. The
loved parent describes her childhood with the dynamics mentioned above. After she went off to
school, she got married, and when the parents came to visit her they made a comment that they
were leaving because they were not needed. Trying to gain their approval she began to make up
stories about her husband abusing her. The parents then told her that she needs to take the kids and
come with them. The parents then coached her on what she should do which led up to using
alinating tactics. Barlow explains that the woman of the case study grew up in a family that
handed down and reinforced PAS in the form of the Medea Complex. She describes some of the
tactics that she used to alienate the hated parent. She told the kids that their father never love them.
She would change her phone number and not give it to the hated parent. After a visit with the
father she would not speak to the children nor would the maternal grandparents and she would get
mad at anybody who spoke positively about the hated parent. She even took the kids to see a
counselor and tried to manipulate the counselor into stating that visitations with the father were
causing psychological damage to the children.

Barlow (2010) also gives a second pattern of severe alienating parents. In this case study
she refers to this type of family as a cult family. She shows in this case study that the alienation
programming began during the conflict that led to the separation of the parents. She reports that
both the loved and hated parent took the MMPI-2. The results showed that the hated parent was depressed, but the loved parent was not able to relate to himself or others. He also had a history of violating his family of origin and social norms. His siblings described him as commanding and would throw temper tantrums when he did not get what he wanted. He was also in business with his parents and wanted to leave the business but never did so to appease the parents. Thus Barlow’s study suggests that the personality factors of PAS are family rules, roles, and rituals that are handed down from one generation to another (Barlow, 2010). This study will attempt to explore these rules roles and rituals that create the narcissistic rage seen in PAS by constructing a Genogram looking for patterns of the Medea Complex, along with FHA, and conflict resolution styles.

The Child

Few articles address the personality of the child exposed to PAS. Most of the information comes from looking at parents who are in conflict. One such study was performed by Sobolewski and Amato (2007) who looked at two groups of children in high and low conflict. The first group had parents that were still are married. The second group their parents were divorced. They found that when the children were exposed to conflict and divorce, they were more likely not to be close to either their parent. An experiment by Fabricius and Luecke (2007) puts these findings in perspective. They suggest that it is not so much the conflict in itself that is harmful to a child’s well-being, but rather it is because the child loses their resources to have their physical, safety, love, belonging, and esteem needs met since the parents are too wrapped up with trying to get their own needs met. These interpretations of these studies are consistent with Gardner’s PAS concept of children needing to be incongruent to get their needs met. This is also in lines with Klass and Klass (2005) hypotheses that alienating parents are more narcissistic, histrionic, and paranoid than
those who do not alienate their children. Sobolewski and Amato (2007) further point out that well-being of the child is associated with the acceptance or rejection of their parents. The acceptance side of the continuum is the child getting their needs met while the rejecting side of the continuum the child may experience cold, unaffectionate, hostile, aggressive, indifferent, neglecting, and undifferentiated rejecting parents (Sobolewski & Amato, 2007). Gloger-Tippelt and König (2007) further show how children who are in the middle of parental conflicts are more likely to have disorganized attachment to their caregivers than children who did not have parents whose marriage was conflictual. They point out that disorganized attachment is correlated with anxiety, insecurity, hostility, aggression, passive aggression, and axis I and II disorders.

Garber (2011) states that PAS results in the child becoming parentified, adultified, or infantilization. In Baker (2005) study about the loved parent being similar to a cult leader is a good example of the parentified or adultified child. These two concepts are almost the same since both of these roles take care of the loved parents needs while the child ignores their own. The adultified child has a similar role however this child becomes more of a peer or friend. Both of these types of children are exposed to knowledge and assume adult roles and responsibilities within the family network. Thus, it appears that alienation may occur because the loved parent does not have any support from other adults. To explore this possibility an Eco-map will be constructed which looks at a person’s support network and resources available to them.

The last role that a child may take on is infantilization, which is seen in Barlow’s (2010) study when she describes the kidnap family. In this role the child cannot grow up as the loved parent does not tolerate any age appropriate growth towards independence (Garber, 2011). The love parent needs to be needed by the child and the child to stay a child. In all these roles the child is trying to fill the vacated role of the hated parent and distort the child’s perception of
themselves and role within the family, which is reinforced by the loved parent. Garber (2011) also points out that these children are in a tough situation as they are a witness to the parent’s conflict and must take sides and comfort the loved parent. Thus, the child has little choice but to become incongruent with their own perceptions and to take on the loved parent’s delusion, which is seen as maturity rather than the destruction of the child’s childhood.

The outcome of this is that the child is likely to pass on the same characteristics to their children creating a vicious cycle within the family unit. This study aims to look at the personality characteristics of the children and what might be handed down to them from their parents by using The Taylor-Johnson Temperament Analysis (T-JTA®). This study also aims to look at the child’s perception of themselves and the family unit before the conflict, during the conflict that led the separation, and their parent’s separation.

**The Hated Parent**

Unfortunately, the hated parent is probably the least researched. Much of the research that explores the hated parent falls back to the criteria to diagnose PAS and tells us very little of the characteristics or personality of the hated parent. Like describing the child, the research on the hated parent describes the after effect of the alienation. The study by Gordon, Stoffey, and Bottinelli (2008) briefly touch on they hated parent's personality by stating that in their experiment the hated parent did not score high on the L, K, F scale or the Goldstein Index. Barlow’s (2010) study also briefly touches on this as she reports that the MMPI-2 results of the hated parent revealed depression. She also states that the hated parent catered to all of the loved parent’s needs, always letting him have his way to keep peace. Thus, Barlow describes the hated parent as someone who is loyal and passive.
Vassiliou and Cartwright (2001) in a study conducted a phone interview with five hated parents and discovered that the hated parent experiences a sense of loss and power in the parental role. The hierarchy within the family unit changes as the child becomes in control of the relationship. The hated parent must try to please the child otherwise they fear they may never see him or her again. Thus, the hated parent will do practically anything to avoid the experience of becoming alienated again. The hated parent is normally frustrated and dissatisfied with the legal and mental health system (Vassiliou & Cartwright, 2001). Another study performed Avitia (2011) conducted a phenomenological study on nine hated parents. He also found the same themes as Vassiliou and Cartwright (2001). He also found that all nine of his participants had some form of emotional distress such as anger, guilty, despair, worthless, resentful, confusion, and self-esteem issues due to the rejection of their child. The study proposed hopes to shed new light on the hated parent by looking at their personality, temperament, perception of themselves and their family before the conflict, during the conflict, and after the separation by using the scales on T-JTA®.

**Summary**

It appears that the risk factors for acquiring PAS is that the loved parent is born into a family that displays patterns of the Medea Complex, FHA, parental stonewalling, and getting the child involved in the conflict. It also appears that that the Medea Complex mixed with the stonewalling are transmitted to the children, which creates parentified, adultified, or infantilization within the parent-child dynamic. The child learns that they must create a coalition or alliance against the hated parent. This is rewarded by the by the loved parent while any signs of affection for the hated parent goes unrewarded. The child therefore learns to be incongruent with his own thoughts and feelings about the hated parent creating great cognitive dissonance. To resolve this distance the child must take on the delusion of the loved parent. The
child therefore loses his role as the child and becomes the loves parents’ significant other. The child now the adult and incongruent with his feelings relates to the hated parent with FHA. This dynamic creates the dynamic of FHA between the hated parent and child, which in turn leads to the rebellion and control dynamic within the hated parent and child relationship. The more the child rebels the more control the alienating parent tries to gain. This dynamic is seen in Vassiliou and Cartwright (2001) and Avitia (2011) studies as Avitia states that one of the themes that he found was that the hated parent perceives that they have lost their authority, respect, and their overall role as a parent. Thus, it also appears that the hated parent tries to relate to the child in an age appropriate way, which is rejected by the child. The child thinking that he/she is mature due to being parentified or adultified or in the case of infantilization, younger than he or she is the child rebels. Thus, PAS appears to be a self-fulfilling prophecy in the family dynamics. The child rebels and the hated parent gets angry and tries to control the child. This reinforces the self-fulfilling prophecy and delusion within the child's perception that gives him/her an excuse or the proof needed to confirm whatever the loved parent says about the hated parent is true. This creates further alienation from the hated parent and causes the child to align themselves more with loved parent, which reinforces the child’s rebellion. This rebellion in turn makes the hated parent try to gain more control, which creates a vicious cycle of the self-filling prophecy.

The proposed study attempts to look at this possible incongruence of FHA dynamic that may be driving the child and hated parent’s interpersonal relationship by trying to look at the borrowed scenario dynamic. These dynamics demonstrate FHA in the loved parents and child answer to interview questions. This study in short aims to look at this possibility of PAS as a vicious circle of self-fulfilling prophecies by attempting to look at each individual’s perception of
themselves and the family unit before the conflict began, during the conflict, and after the separation.

**My Theory of PAS**

A) Family before the conflict is chaotic and/or rigidly enmeshed, low over all GARF score
B) Conflict within the parental sub unit
C) 4 horseman enters into the conflict (Criticism, Defensiveness, Contempt, Withdrawal becoming the parental sub unit covert rules and rituals in their relationship.
D) Loved parent withdraws while the child seeks to get his/her needs met
E) Loved parent unconsciously stonewalls hated parent
F) Loved parent unconsciously adultifies child
G) Child learns to be incongruent and becomes programed through behavioral shaping in the B.F Skinner sense
H) Hated parent treats child age appropriately or infantilizes child
I) Child rebels against hated parent due to conditioning by loved parent
J) The programing and conditioning create elements of shared psychotic disorder
K) Both loved parent and child relate to hated parent with the 4 four horseman
L) Child no longer can separate their relationship with the hated parent and the loved parents relationship with the hated parent
M) Parental sub unit separates
N) Loved parent gets custody
O) Hated parent no longer in the picture and child’s delusions no longer challenged
P) Parental alienation
Q) Vicious circle and dance becomes the covert rules and rituals between the hated parent and child relationship further reinforcing the alienation
References


