



The Shift to **Reunited** Parent

Webinar Guide

The “Shift to Reunited Parent” Webinar Guide

Downloading this guide and watching the webinar is an important step on your path to restoring a healthy, loving bond with your children.

In this training, Dorcy will review:

- How to remove mindset obstacles
- What makes up your lower, middle, and higher self
- What “Decision Forming Incidents” are and how they affect you
- How to identify “Buttons” from your childhood
- How to re-educate yourself and show up with compassion and patience
- How to recover your authentic child and restore your bond

At the end of the webinar, you’ll be ready to start looking inward and working toward becoming your true self so you can live a happy and fulfilled life with your child.

*“We all deserve a world where a child is free to love both of their parents openly, **no matter what.**”*

Unfortunately, the word “divorce” can carry a stigma with it that can escalate into conflict between adults and cause an emotional cutoff between a parent and their children.

Our goal is to remove that stigma so that everyone realizes that we all grow and evolve throughout our lives and a divorce simply marks the end of a marriage, not the end of a family.

The remainder of this document outlines terms and phrases you’ll hear throughout your healing and reunification process. It is best to familiarize yourself with them so you can fully understand how this happens and what you can do to end the suffering.

Glossary

Targeted (Alienated) Parent:

The parent that is being rejected by the child due to the other parent's brainwashing and insults. You will hear me use the term 'chosen parents' instead of the targeted parent because you're the parent that the child is choosing. They know, on some level, you're the one with the ability to learn the skills needed in order to recover their family.

High-conflict (Alienating) Pathogenic Parent:

The parent that is using the child as a 'weapon' against the targeted parent by executing psychological manipulation of the child¹. Research has shown that in severe parental alienation cases, this parent usually suffers from some type of narcissistic personality disorder.

Borderline Narcissist Parent:

According to Psychology Today, a person with narcissistic personality disorder can often be described as arrogant, self-centered, manipulative and demanding². They are experts in seducing and misleading their victims, which is why many child custody disputes end up with the abusive parent winning primary custody³. A common attribute among narcissists is that they react with anger if something is not done their way, forcing the child to side with the high-conflict parent in order to avoid conflict and punishment.

Pathology:

A person's behavior is pathological when they behave in an extreme and unacceptable way and have very powerful feelings which they cannot control.

"Parental Alienation":

This is an urban term created by Richard Gardner to identify a particular type of family dynamic⁴ that usually emerges during separation or divorce in which the high-conflict parent starts the process of turning the child away from the other parent using a set of strategies and threats.

This is not an officially accepted term by the APA (American Psychological Association) or psychology experts, and the proper term is cross-generational coalition, which creates an emotional cutoff between a parent and a child. This is the pathogenic parenting practice of the narcissistic borderline parent. As a response, the child becomes an active participant by declaring their loyalty to the 'favored parent' by rejecting the other in order to protect themselves.

“Parental Alienation” Syndrome:

This is an urban term created by Richard Gardner used to explain what happens to the child when they've been turned against one parent by the high-conflict parent. They start taking on the personality of the high-conflict parent and start having hateful feelings towards the other parent because they think that's what is wanted.

The proper term is the child's symptom display of the three diagnostic indicators of child psychological abuse as defined in the book, "Foundations," by Dr. Craig Chidress.

Pathogenic Parenting:

Also known as Attachment-Based "Parental Alienation", which describes parenting that is so abnormal (pathological), that by way of their abnormal and distorted behaviors and parenting practices, the Pathogenic Parent actually creates mental illness in a child that causes the child to terminate or cut off their relationship with the other parent and other family members⁵.

In normal and healthy parent-child relationships, the child uses the parent to meet the child's emotional and psychological needs. A role-reversal relationship is extremely pathological and damaging to the healthy emotional and psychological development of the child. It robs the child of self-authenticity and damages self-structure development⁶.

The Chosen Parent:

A term coined by Dorcy Pruter to empower and awaken the "targeted" parent to assist them in understanding the power they have and the purpose of the pathology happening in their family.

The chosen parent is the normal range parent willing to do the work to recover their children from the psychological abuse of the pathogenic parent.

The Authentic Child:

This is also described as 'The Authentic Self'. When a child becomes the victim of parental alienation, they are no longer capable or even allowed to develop himself.

The child's authenticity has been broken due to high-conflict at home and significant negative influence by the alienating parent.

Maslow's hierarchy of human needs⁷ consists of 5 levels of human needs; physiological, safety, belonging, self-esteem and self-actualization. When any of these needs are cut off or put in danger by a high-conflict parent, it becomes clear that the child is prohibited to stay true to who they are because they no longer feel in a safe family environment. As a result, they might not feel any belonging and their self-esteem will suffer greatly from what he/she is experiencing.

But it's not only your child's authentic self that is broken while experiencing these high-conflict interactions. You're also finding yourself in a situation where you're no longer able to be your most authentic self because your basic human needs, such as safety and belonging are no longer available to you either.

Reunification:

The process of recovering obstructed family bonds and reuniting children with their 'targeted' parent and recovering the entire family system. Reunification is possible when one person in the family dynamic is willing to do the work to recover the entire family.

References

¹Stines, Sharie PsyD, (2018). Coping with Narcissistic Parental Alienation? Consider These Tips. Retrieved from <https://www.goodtherapy.org/blog/>

²Psychology Today. (n.d). Retrieved from <https://www.psychologytoday.com/>

³Stines, Sharie PsyD, (2017). Child or Weapon? The Psychological Dynamics of Parental Alienation. Retrieved from <https://www.goodtherapy.org/blog/>

⁴Hofer, J & Childress ,C.A, (2016), Top 15 Things Targeted Parents Need to Know About Attachment-Based Parental Alienation (AB-PA). Retrieved from: <http://www.drcachildress.org/asp/Site/ParentalAlienation/index.asp>

⁵Parental Alienation. (n.d). Retrieved from <https://parentalalienation.expert/faqs/>

⁶Childress, Craig PsyD. (n.d). Retrieved from <https://drcraigchildressblog.com/2017/02/06/understanding-the-pathology/>

⁷ Developing 'The Authentic Child' Through Montessori Education, (2019). Retrieved from <https://www.springstonekids.com/developing-authentic-child-montessori-education/>