

FIVE Factor **Model** **PARENTAL ALIENATION**



Factor 1

The **Child Manifests Contact Resistance or Refusal**, ie, Avoids a Relationship With One of the Parents

Factor 2

The **Presence of a Prior Positive Relationship** Between the Child and the Rejected Parent

Factor 3

The **Absence of Abuse, Neglect, or Seriously Deficient Parenting** on the Part of the Rejected Parent

Factor 4

Requires that the **Preferred Parent has Manifested Several of the 17 Common Alienating Behaviors** that have been observed in cases of parental alienation

1. Bad-mouthing the rejected parent
2. Limiting the child's contact with the rejected parent
3. Interfering with the child's communications with the rejected parent
4. Limiting mention of the rejected parent
5. Withholding approval when the child shows an interest in the rejected parent
6. Telling the child that the rejected parent does not love them
7. Allowing the child to choose between their parents
8. Creating the impression that the rejected parent is dangerous
9. Forcing the child to reject the alienated parent
10. Confiding in the child about adult topics
11. Asking the child to spy on the rejected parent
12. Asking the child to keep secrets from the rejected parent
13. Referring to the rejected parent by their first name
14. Referring to a stepparent as "Mom" or "Dad"
15. Withholding medical, social, or academic information from the rejected parent
16. Changing the child's name to remove association with the rejected parent
17. Undermining the authority of the rejected parent

Factor 5

Requires that the Alienated Child has Manifested Some or All of the 8 Signs of Parental Alienation.

1. Campaign of denigration, whereby the child repeats their list of criticisms of the rejected parent to counselors, evaluators, attorneys, and, ultimately, the judge
2. Weak, frivolous, and absurd rationalizations for the child's rejection of a parent
3. Lack of ambivalence regarding both the favored parent and the rejected parent, ie, the child considers one parent all good and the other parent all bad
4. The independent thinker phenomenon, whereby the child strongly professes that the decision to cut off the rejected parent is theirs alone
5. Absence of guilt about their rude, hurtful treatment of the rejected parent
6. Reflexive support for the favored parent in parental conflict
7. Presence of borrowed scenarios, ie, making accusations about the rejected parent that use phrases and ideas adopted from the favored parent
8. Rejection of the rejected parent's extended family