



We thank you for getting in contact with Alienated.ie

We know it is difficult for you to reach out for help as many of us have been there too. I am sorry to hear of your pain, anguish and loss and I would like to acknowledge that you may also be further re-living that pain by writing and recounting these very difficult personal events.

We are primarily a parent-led victims support group including grandparents who have gone through many harrowing events which may ultimately have removed them (or someone related to them) a loving parent, without justification from the lives of a child.

Each one of us within this group have our own personal stories to tell and whilst details may differ, the main points are alarmingly similar. We all experienced 'unreal' and unjustified rejection from our previously loving children.

We strongly advise you to maintain a diary with all dates and times of events or communication with your child/childrens other parent, Solicitors or any other legal professionals for easy reference.

Do try to research and educate yourself or ask your legal representative to help navigate the Family Court process.

This is commonly referred to as “Parental Alienation”

Our sole objective is to have a loving relationship with our children, that is meaningful, ongoing and normal, where it previously existed and to advocate against Parental Alienation and all forms of abuse.

As fellow victims of such abuse we hear you and feel your pain.

We are a new group, as yet we have not secured any funding, nor do we presently have the resources for any professional support, legal or counselling services.

Our goal is to promote a system and an environment that promotes and protects the rights of children to have a loving relationship with the extended families of both parents and prevents children being used as pawns in disputes and to stop and if possible eradicate parental alienation.

As unpaid volunteers, we are doing the best we can with limited resources. Currently that means we are raising awareness of the plight of victims and what the

government, courts, official bodies and institutions and support services can positively do to help current victims of parental alienation and the effective changes that would be made to try to prevent PA.

This means that we must rely on the existing resourced services to refer victims and those helping them.

If you, or the victim you are helping, is having dark thoughts including self-harm or suicidal thoughts then you might consider engaging: a family doctor, the HSE mental health services in your locality or in urgent cases the Samaritans.

If a **child is being abused** then **Tusla** or the **Gardai must** be notified and there are obligations to report abuse under the Children First legislation. You do not have to be the parent to report child abuse - anyone can. There can be difficulties in that the Tusla social workers or Gardai or other professionals may not be trained in emotional abuse or parental alienation and the child may be afraid to speak out. We hope this situation is changing as guidelines, protocols and training are improved. Don't give up if you don't succeed at first and please share with us any problems dealing with professionals so we can improve our lobbying on behalf of victims.

If you, or the victim you are helping, needs legal advice then you need to contact a **Family Law solicitor** and if necessary **Legal Aid or the Free Legal Advice Centres (FLAC)**. It is possible that mediation may be an option and the Family Mediation Service may be able to help you but there are often difficulties in dealing with such high conflict individuals through mediation.

If you or the victim you are helping needs psychological support then you might need **psychologists** or **psychotherapists**, particularly those dealing with family trauma and there are even a few specialists in Parental Alienation.

There are well funded victims' groups who deal with abuse, but parental alienation victims are not supported by all of them:

- **Men's Aid** recognise parental alienation and have helplines and can assist male victims
- **One Family** have lobbied on parental alienation and have good support for separated and one parent families focused on supporting children
- **Barnardo's** have a "Parenting when separated" course which is very helpful if both parents engage constructively - which is not usually the case in parental alienation
- **Children's Rights Alliance** have helplines and lobby on support of children and we would support you bringing another parental alienation case to their attention as we are asking them to support such child victims

- **Safe Ireland** say they are "making Ireland safe for women and children" but they do not seem to accept or believe victims of parental alienation, even mothers, and regrettably you may not get a positive reception from them

The Men's Development Network has a helpline that has influenced policy on men's issues at local, regional, national and international levels and has a good record in multi-agency work and engagement.

- **Women's Aid** and other women's domestic violence groups have excellent resources but would appear quite hostile to parental alienation victims and we would not expect you to get a positive reception from them even if you are a female alienated child or an alienated targeted mother or female relative. If you are dealing with them it is better to use alternative phrases for parental alienation if possible like coercive control.

- **The Office of the Ombudsman for Children** was deal with complaints about government bodies dealing with a child - but not about non-governmental bodies

La **Dolce Vita Project** (Northern Ireland) deals with all types of abuse including parental alienation and deals with both genders. They also do some cross border work.

We need to achieve funding not only to more effectively resource these aims but to:-

- Contract surveys, reports and personnel
- Provide helplines, advice, and information
- Provide therapy services such as reunification work

Apart from our main work we do have access to

- 2 WhatsApp groups (i) Alienated Parents and (ii) Alienated Mums. The groups provide self-support and are a confidential closed group of likeminded parents.
- We have volunteers who offer a listening ear and therapy service to help heal from this trauma with dignity, compassion and empathy.

If you want access email us at media@alienated.ie and we will help you out the best we can.

Our website links

<http://alienated.ie/parental-alienation-help-information-videos/>

Educational and support resources on Parental Alienation can be found at

<http://www.la-dolce-vita-project.com/index.html>

<https://pasg.info/>

<https://parentalalienationuk.info/>

<https://www.consciouscoparentinginstitute.com/about-dorcy-pruter-2/>

<https://www.thechangeforchildren.com/key-documents>

<https://isnaf.info/>

<https://victimtohero.com/>

Other general information can be found at Citizen Information website

https://www.citizensinformation.ie/en/birth_family_relationships/separation_and_divorce/separation_and_divorce_children.html

We at ACF hope that the information, signposting that we have provided is of some help to you in your situation.

Regards

ALIENATED CHILDREN FIRST