HIGH CONFLICT DIVORCE

PARALLEL PARENTING
WHAT IS HIGH CONFLICT DIVORCE?

McBride (2009)

- Ongoing, unremitting hostility between adults
- Drawn-out or frequent court actions
- Custody battles
- Allegations of domestic violence, physical abuse, and/or sexual abuse
- Restraining orders or no-contact orders
- Lack of ability to communicate about children and their care
A PARENT WHO HATES THEIR EX-SPOUSE MORE THAN THEY LOVE THEIR CHILDREN.
WHAT IS PARENT ALIENATION SYNDROME?

Rand describes the following behaviors as evidence of parent alienation syndrome, a consequence of high-conflict divorce (1997, in Appell, 2006, p.1):

- The child is aligned with the alienating parent in a campaign of denigration against the target parent, with the child making active contributions.
- Rationalizations for deprecating the target parent are often weak, frivolous, or absurd.
- Animosity toward the rejected parent lacks the ambivalence normal to human relationships.
- The child asserts that the decision to reject the target parent is his or her own.
- The child reflexively supports the parent with whom s/he is aligned.
- The child expresses guiltless disregard for the feelings of the target or hated parent.
- Borrowed scenarios are present, i.e., the child’s statements reflect themes and terminology of the alienating parent.
- Animosity is spread to the extended family and others associated with the hated parent.
PARALLEL PARENTING

Parenting *next* to one another rather than *with* one another
TEN TIPS FOR SUCCESSFUL PARALLEL PARENTING (CARLSON, 2010)

Maintain an attitude for non-interference with your child’s other parent. Neither parent has influence or say over the actions of the other parent.

Carry on a business-like attitude; use common courtesy.
TIP #3

- Do not plan activities for the children during the other parent’s time. It may be better for a child to miss an event than to witness conflict.
TIPS #4-6

- Stay focused on the present.
- Stay oriented to the task at hand.
- Keep your children’s best interests in mind.
TIP #7

Remember the goal is to keep conflict to a minimum.
TIP #8 & #9

Follow up in writing all agreements and discussions regarding the children and do so succinctly!

When communication and/or negotiation is necessary, use a neutral third party to assist you.
TIP #10

KEEP AN OPEN MIND
