



TurningPoints for Families

Linda J. Gottlieb, LMFT, LCSW-R
 35 Slocum Road
 Beacon, NY 12508
 631-707-0174 telephone
 845-858-5509

Sample 4-day Treatment Protocol

Table 1 Summary by Day

Day 1	Day 2	Day 3	Day 4
<ol style="list-style-type: none"> 1. Alienated parent either arrives with custody of child or receives custody of child from alienating parent (AP) at TPF. Parents exchange civil hellos. 2. If AP's letter to child has been previously approved by TPF, the letter is read aloud by AP to child in the presence of alienated parent and TPF therapist. (letter must state that AP supports the reunification and <i>why</i>; must state what parental qualities the alienated parent has; and must state why it is important for the child for the alienated parent to meaningfully involved in child's life. 	<ol style="list-style-type: none"> 1. Alienated parent, child, and other participating persons arrive at TPF. 2. Feedback elicited about evenings' events. 3. Feedback requested about therapeutic events of Day 1. 4. "Welcome Back Pluto" video is played. 5. Discussion of video and its applicability to the family. 6. Alienated parent displays appropriate affective reaction to the video's dramatization of the dynamic of alienation. 	<ol style="list-style-type: none"> 1. Alienated parent, child, and other participating persons arrive at TPF. 2. Feedback is elicited about the evening's events and reactions to Day 2's therapy. 3. Clarification of the family history continues. 4. Playing short videos on how the brain stores memories, the falibility of human memory, and the ease of planting false memories. 5. Discussion of the videos. 6. Child is absolved of 	<ol style="list-style-type: none"> 1. Alienated parent, child, and other participating persons arrive at TPF. 2. Feedback is elicited about the evening's events and reactions to Day 3's therapy. 3. Discussion of life with alienated parent for a period of time after departing TPF. 4. Rules the child will live by are discussed with input from child commensurate with age. 5. TPF therapist summarizes the course of the therapy. 6. Clarification commensurate with child's age

<p>3. Alienating parent departs promptly after transition and or letter reading.</p> <p>4. Extended family and significant others of alienated parent may also be in attendance.</p> <p>5. Introductions</p> <p>6. Clarification of Program's purpose and goals.</p> <p>7. Eliciting of questions to clarify any confusion. No-contact period explained</p> <p>8. Use of videos, photos, and other memorabilia indicative of the alienated parent-child relationship prior to the onset of the alienation to create a symbolic-experiential intervention.</p> <p>9. Child becomes "hypnotized" by the stroll down memory lane via the memorabilia.</p> <p>10. Child's resistance to parent is diminishing.</p> <p>11. TPF therapist elevates alienated parent into role of co-therapist.</p> <p>12. Alienated parent assumes the role of healer of the child.</p>	<p>7. Alienated parent sensitively corrects child's revisionist history without pathologizing the alienating parent.</p> <p>8. The child is receptive to hearing the alienated parent's side of the family history.</p> <p>9. Discussion of family history between child, alienated parent, and any participating extended family</p> <p>10. The child generally does not verbalize acceptance of the video's applicability to him or her. But child's behavior and affect confirm positive changes and a restructuring of beliefs, myths, and feelings.</p> <p>11. Lunch.</p> <p>12. Afternoon activity. Alienated parent and child are affectively connected. They have resumed their roles prior to the onset of the alienation.</p> <p>13. TPF therapist takes leave of the family at dinnertime. Reconnection is sufficiently</p>	<p>having maltreated alienated parent but must behave respectfully and act age-appropriately going forward.</p> <p>7. Child is assuaged of guilt for having maltreated a parent.</p> <p>8. Lunch.</p> <p>9. Afternoon activity.</p> <p>10. TPF therapist takes leave at dinnertime. Family is instructed to continue enacting their roles with each other.</p> <p>11. TPF therapist calls alienating parent to update and inquire about parent's progress towards goals.</p>	<p>is provided as to when and under what circumstances the child will have contact with the alienating parent.</p> <p>7. Questions from child are entertained with alienated parent providing answers.</p> <p>8. Lunch.</p> <p>9. Afternoon activity.</p> <p>10. Emotional goodbyes exchanged at end of activity.</p> <p>11. TPF contacts alienating parent to update on child and sum up goals.</p> <p>12. TPF therapist affirms her commitment to collaborate with the local therapists and to be available to the family as needed.</p>
---	--	--	--

<p>13. Affective reactions by all are evident.</p> <p>14. Child's resistance to and defiance of the alienated parent has almost always been markedly diminished.</p> <p>15. Child accepts alienated parent's parental role and authority.</p> <p>16. Lunch.</p> <p>17. Afternoon activity. Alienated parent is fully in charge of child, who is cooperative.</p> <p>18. Alienated parent assumes parental role over child during the activity: as nurturer, supporter, advocate, supervisor.</p> <p>19. Close of Day 1: counsel not to discuss anything controversial stay positive.</p> <p>20. Family retires to their accommodations.</p> <p>21. TPFf therapist calls alienating parent to assure parent of child's adjustment. TPFf therapist discusses AP's need for services, such as individual therapy. If TPFf had not approved the AP's letter to child, needed changes are discussed.</p>	<p>stable for them to discuss any issue that arises.</p> <p>14. TPFf therapist calls alienating parent to update parent on child's adjustment and discuss efforts at securing needed services and letter correction, if applicable.</p>		
---	---	--	--

Table 2

Travel to TPF: 32 children

<i>With alienating parent: 6</i>	By car: 1	By plane: 5
<i>With alienated parent: 26</i>	By car: 8	By plane: 18

Table 3

Children, by age, who reconnected to their alienated parent during the 4-day intervention at TPF: 32 of 32

# of children age 5	# of children age 8	# of children age 9	# of children age 10	# of children age 11
2	1	4	3	2
# of children age 12	# of children age 13	# of children age 14-15	# of children age 16	# of children age 17
3	4	4	5	4

Table 4

Length of time of severed/severely damaged relationship with alienated parent

# of years: 1	# of years: 2-3	# of years: 4
# of Children: 2	# of Children: 19	# of Children: 11

Table 5

Time since departure from TPF

Less than 90 days:	91 days - 1 year:	# of years: 1	# of years: 2	# of years: 3	# of years: 4	# of years: 5
5	# of children: 2	# of children: 11	# of children: 3	# of children: 3	# of children: 6	# of children: 2

Table 6

Children by age who remain connected to alienated parent: 22 of 27¹

<i>5 children are progressing in the custody of their alienated parent. But they will not be counted as such until reaching 90 days</i>	Age of child: 7	Age of child: 10	Age of child: 14	Age of child: 15
	# of children: 1	# of children: 3	# of children: 3	# of children: 3
Age of child: 16	Age of child: 17	Age of child: 18	More than 18 years	
# of children: 2	# of children: 4	# of children: 1	# of children: 5	

Table 7

Children, by age, who relapsed and are again alienated: 5 of 32

Age of child: 10	Age of child: 13	Age of child: 15	Age of child: 17	Age of child: 18
# of children: 1	# of children: 1	# of children: 1	# of children: 1	# of children: 1

(All 5 relapses were due to the lifting of the no-contact period over the objections of TPFf and because the alienating parent was still engaging in alienating strategies)

Table 8

Children, by age, who are maintaining a relationship with both parents

Age of child: 8	Age of child: 13	Age of child: 15	Age of child: 16	Age of child: 17
# of children: 1	# of children: 1	# of children: 1	# of children: 1	# of children: 1

Table 9

Alienating parents who have not complied with the stipulations of the court order, by length of time

Up to 1 year:	For 1 year or more:	For 2 years or more:	For 4 years or more:	For 5 years or more:
# of parents: 3	# of parents: 5	# of parents: 2	# of parents: 2	# of parents: 1

¹ It has been less than 90 days since 5 children from 2 homes left TPFf. While these children are progressing nicely in the custody of their alienated parent, it is too soon to assess the long-term stability of the reunification.

