



Keeping Families Connected

Resources to identify, battle & recover from Parental Alienation

Parental Alienation Newsletter

December 2009

Call to Action!

Help get Parental Alienation included in Upcoming Edition of the DSM of Mental Disorders

For years there has been a debate over Parental Alienation vs. Parental Alienation Syndrome in the mental health community and whether or not it should be classified as a psychological disorder. For the first time, over 60 mental health professionals, attorneys and other individuals from 11 countries have come together to submit a formal proposal to include parental alienation in the next edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-V) and the International Classification of Diseases (ICD-11).

The proposal was submitted in November 2009, will be reviewed in 2011 for submission in the 2012/2103 edition. Now is the time to take action. We have until mid 2010 to let our collective voices be heard. Please write to the following individuals and encourage them to include parental alienation in DSM-V:

David J. Kupfer, M.D. Dr. Kupfer is chair of the DSM-V Task Force. His address is: Western Psychiatric Institute, 3811 O'Hara Street, Pittsburgh, PA 15213.

Darrel A. Regier, M.D. Dr. Regier is vice-chair of the DSM-V Task Force. His address is: American Psychiatric Association, 1000 Wilson Blvd., Suite 1825, Arlington, VA 22209-3901.

Daniel S. Pine, M.D. D. Dr. Pine is chair of the DSM-V Disorders in Childhood and Adolescence Work Group. His address is: NIMH, 15K North Drive, MSC 2670, Bethesda, MD 20892-2670.

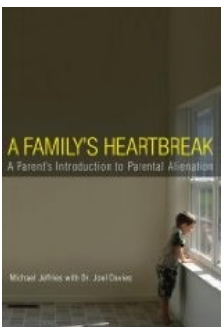
When writing we suggest you use the following guidelines:

- Please be respectful, passionate and credible - Do not use bad language
- Share your story and how Parental Alienation has affected your life and the life of your child, use real life examples to illustrate your story.
- Be succinct

As a targeted parent we understand how powerless you have felt concerning Parental Alienation and what has happened to your children. This is your opportunity share your story and hopefully make a difference, for years to come, in the lives of children and families around the world. Thank you for taking the time to write to Dr. Kupfer, Dr. Regier and Dr. Pine.

For a link to the USA Today article and a complete list of contributing authors - go to www.keepingfamiliesconnected.org/ParentalAlienationResources/Articles.html

Book Review



I was captivated by this book and could hardly put it down. It brilliantly combines a father's story of betrayal with the psychology behind Parental Alienation. The format of a question and answer session between Mike and Dr. Davies helps answer and clarify a lot of the questions you probably have as a targeted parent of Parental Alienation. It explains in a clear and concise way the levels of Parental Alienation and the reason why alienators do what they do. It is a must read for any parent or grandparent who has been devastated by the effects of Parental Alienation. Great gift idea!

Barb Nischalke - Keeping Families Connected



"For a Country that prides itself on being a Nation of Peace Keepers, why is it that Canada has a so-called "Justice" System in place that asks families, during one of the most difficult times in their lives, to go to war with one another over their children? Aren't we as Canadians better than this???"

Hello, My name is Dave Nash, and on April 25th, 2010, **Parental Alienation Awareness Day**, I will attempt to break the **Guinness World Record for the Fastest Crossing of Canada on Foot (Male)**. The current record is 72 days, 10 hrs and 23 min. It was set from June 21st, to September 1st, in 1991 by Al Howie, who ran across Canada, from St John's, Nfld, to Victoria, BC, a distance of 7295.5 km (4,533.2 miles).

I am attempting to break this World Record to raise awareness about our Country's **FAILING** and **BROKEN**, so-called "Family" Justice System, as well as our Governments' **UNWILLINGNESS** and **OUTRIGHT REFUSAL** to reform the system for the sake of our children.

Keeping Families Connected is proud to sponsor Dave in his world breaking run. We encourage everyone to support Dave in his efforts to raise awareness for Parental Alienation. For more information on how you can support Dave please go to: www.crosscanadarun4thechildren.com/

You can also write to your members of Parliament regarding Equal Shared Parenting and Private Members Bill C-422. There is a complete list of names and addresses. Your help is needed to ensure that Private Members Bill C-422 passes.



Keeping Families Connected

Has a new look

In an effort to serve you better, we have totally revamped our website to give you more information, resources and help. We have re-organized everything so the information is easier to find, posted more articles, books and videos. We've also added a section on Attorney's and will be adding in the near future guidelines for interviewing and hiring attorneys as well as ways to keep your legal fees down.

We are currently working on a blog where you will be able to share your stories, connect with others who are in the same position, and gain useful information on the latest books and happenings. Look for the blog during the first quarter of 2010. We'll send you an email when it is up and running.

Remember you are not alone in this journey. We have now had visitors from all 50 states and 121 countries around the world. As always - we are here for you. If you want to share your story, talk with someone who understands, or just pray with someone - please feel free to contact us by e-mail: support@keepingfamiliesconnected.org

Highlighted Organization:

We would like to highlight an organization that is doing great things in the area of shared parenting. If you live in the Santa Cruz area of California you owe it to yourself to see what they have to offer. Divorced Father's Network - www.divorcedfathers.com. They offer "Weekly gatherings of fathers dedicated to both gaining access to their children and to maintaining their position as co-parents" in three locations.

Steve Ashley Founder of Divorced Father's Network also hosts the weekly radio talk show "Fathers Are Forever", **Saturdays Noon-2pm** (Pacific Time) on **KNRY 1240 AM** and streamed live on the internet at www.knry.com

Divorced Father's Network Children Love Both Parents

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Books by Steve Ashley

Long Distance Dad
How to maintain healthy, loving and close relationships

Fathers are Forever
A Co-Parenting guide for the 21st Century

DIVORCED FATHERS NETWORK ADVOCATES OF SHARED PARENTING

The men and women involved in the Divorced Fathers Network believe in cooperative relationships between former spouses. Why? Because research shows that co-parenting provides children with the best chance to be successful adults. The Divorced Fathers Network was started in 1988 by Steve Ashley, residing in Santa Cruz, California. Currently there are 7 chapters in Santa Cruz, Santa Clara, Monterey, San Francisco, and Alameda Counties. The Divorced Fathers Network is a non profit 501(c)(3) peer support organization.

Local chapters sponsor free weekly co-parenting classes, individual mentoring for fathers, recreational activities for families, and their friends. Fathers throughout the United States are studying Steve's book, *Fathers are Forever: A Co-Parenting Guide for the 21st Century*.

To read the first chapter [click here \(PDF\)](#).

The booklet *Starting a Divorced Fathers Network Chapter*, also written by Steve Ashley, is part of a kit used to create new chapters. New Divorced Fathers Network Chapters are launched each year. More than 1.5 million American children experience divorce every year. Extensive research shows when both the mother and father remain involved in their children's lives after divorce their children then have the best chance to succeed, in their education, work and personal relationships.

Participants learn how to:

- Create lifestyles that support co-parenting.
- Choose effective mediators, counselors and attorneys.
- Negotiate fair custody agreements that benefit children.
- To talk to a father [contact us](#)
- Mailing Address: Divorced Fathers Network, PO Box 7132, Santa Cruz, CA 95061-7132

We have 4 guests online. Please visit our sponsors:

etendi BRIDGE
Bridging the gap for distance parents just got easier!

What's REALLY best for children of divorce?

How distant parents stay in touch.

Are you a victim of Parental Alienation Syndrome?

True story of one Father's struggle.

Upcoming Events Elkins Family Law Task Force

Will meet to go over their recommendations on California Family Law Reform
February 1 & 2, 2010

5th Annual Parental Alienation Awareness Day

Parents and professionals all over the world come together to advocate for children caught in the cycle of **Parental Alienation**, a form of abuse where one parent pits the child against the other parent in a bitter power struggle.

April 25, 2010



We want to take this opportunity to wish you all a wonderful holiday season. We personally know and understand the pain you experience during the holidays. Our prayers are with each of you.

Suggestions for surviving the holidays without your children. We know these won't take the pain away but they will help you be able to manage the holidays better.

1. Make every effort to not be alone - Spend as much time as possible with people you love.
2. Invite other non-custodial parents and singles to your home for a game or movie night.
3. Volunteer with charitable organizations: homeless shelters, Toys for Tots, Meals on Wheels
4. Ask your church if there is a family that could use your help during the holidays.
5. Include your children in the celebrations even if they can't be there. We hang the boys stockings every year and take pictures to show them in the future. Write a special note to each of them and place it in their stocking.
6. Make a fun video for your kids and place it on YouTube or Tangle. For Ideas go to the new page on Keeping Families Connected under the [PA-You Are Not Alone](#) tab called Your Parental Alienation Videos
7. Teach yourself a new hobby. I taught myself how to knit and now everyone get gifts created by me. ☺
8. Remember to mourn the losses but move forward and embrace your life. Don't allow the pain of the past to hold you prisoner and destroy your future.
9. Remember we love you and are praying for you.

If you have articles, upcoming events or news that you would like to submit to Keeping Families Connected - Parental Alienation Newsletter, please send us an email at support@keepingfamiliesconnected.org. Our goal is to help keep you up-to-date with information regarding the family court system in the United States and around the world. If you would like to subscribe to our newsletter send us an email with the word subscribe in the subject line. Thank you for joining in this fight to preserve the family. Rick and Barb Nischalke

