

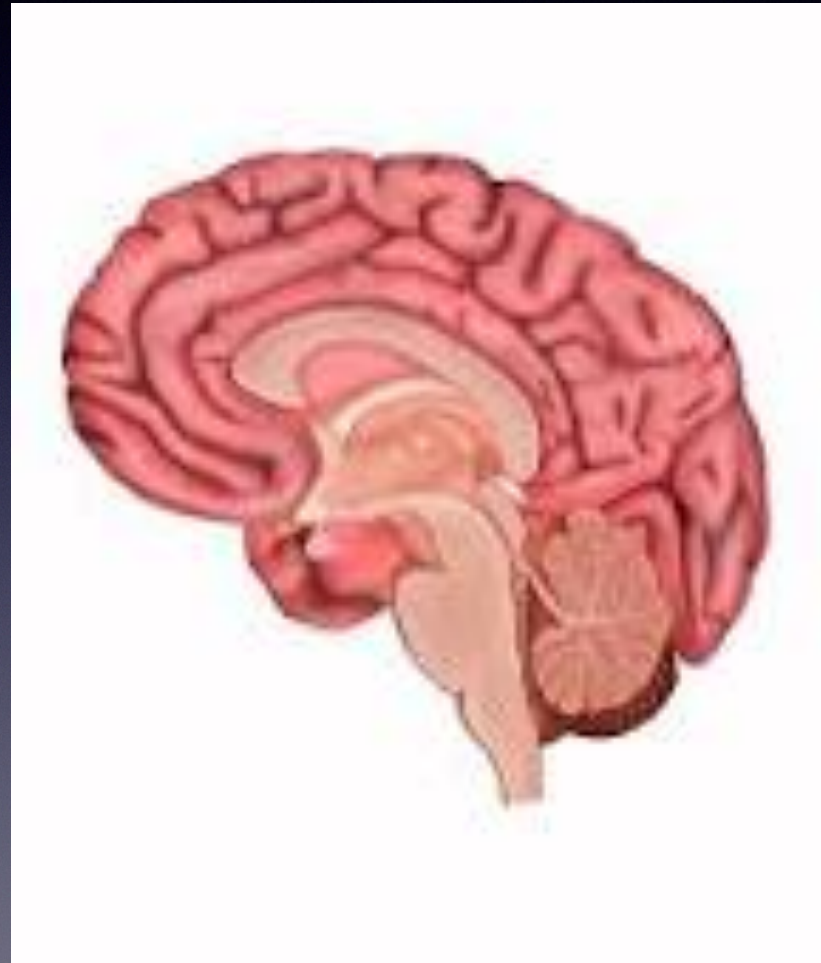
The Trauma of Parental Alienation in Rejected Parents

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Understand what parental alienation does to the nervous system of parents battered by alienating behaviors and grieving the loss of their living children, learn how to combat the trauma and ultimately heal.

Some Important Terms

- Adrenaline
- Cortisol
- Amygdala
- Hippocampus
- Pre Frontal Cortex



- Flooding: kills cells, premature aging, impaired memory, impaired functioning.
- Symptoms: low energy, headaches, GI issues, general pain and discomfort, rapid heartbeat, insomnia, colds and infections, reduced sexual desire and/or ability.

- The body is in a constant state of:
- Fight - aggression
- Flight - withdrawal
- Freeze - lack of responsiveness
- Disassociation - lack of emotional presence

- The Court system, assessments and evaluations are looking for:
- Responsiveness
- Regulation of mood
- Emotional presence

- Long term exposure increases the risk of:
- Anxiety, Depression
- Other mood disorders
- Addiction
- Impaired learning
- Over reaction to perceived threats
- Damaged immune system
- Lack of emotional regulation

- Paths to health:
- Decrease stress with exercise, meditation and healthy diet
- Release the hippocampus from flooding and in doing so improve memory function and mood regulation

- Create helpful supportive relationships
- And positive memories