

ABSTRACT

PARENTAL ALIENATION
Six Siblings, Six Different Outcomes

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Six Siblings: Six Different Outcomes

This presentation uses my family as a lived-experience case study to explore how parental alienation can affect children within the same broader family system in remarkably different ways.

I am one of six siblings across a blended family structure, creating an opportunity to consider how differences in age, personality, environment, family position and levels of exposure may influence how children experience, adapt to and later understand complex family dynamics.

Drawing on my own experiences and perspectives gathered from siblings and family members, I explore restricted parental contact, denigration, loyalty conflicts, sibling relationships, family isolation and the different pathways that followed. These include reunification with a rejected parent, intervention, continued estrangement and later reinterpretation of childhood experiences.

A central focus is my reunification with my father at 16, when living with him allowed me to experience him directly rather than through the family narrative I had grown up with. I contrast this with my later involvement in an intervention with a younger sibling, whose significant psychological distress following separation highlighted an important distinction: changing a child's physical environment does not automatically undo the psychological adaptations developed within it.

Across six siblings, the outcomes are strikingly different. Some challenged the family system, some adapted to it, some later reconnected, and some remain disconnected from significant family relationships. Importantly, the sibling accounts also demonstrate that limited contact does not necessarily mean emotional rejection.

The presentation argues that six children can exist within the same broader parental alienation dynamic without experiencing it, adapting to it, remembering it or recovering from it in the same way.

Ultimately, it moves beyond the question of *“Does this child reject a parent?”* to consider the broader family system, sibling differences, reunification, intervention and the psychological support children may require before, during and after these experiences.