

Quiz Questions: **What is Parental Alienation and How Can Therapists Successfully Treat it?**

1. Which of the following is not part of the Four Factor Model of parental alienation?
 - a. Absence of maltreatment by the rejected parent
 - b. Abuse by the targeted parent
 - c. Prior positive relationship between the child and now rejected parent
 - d. Use of alienating behaviors by the favored parent

2. It is parental alienation when a child rejects a parent on reasonable grounds (for example: abuse).
 - a. True
 - b. False

3. Alienating behaviors are often interpreted as indicators of:
 - a. The desire to protect a child from the targeted parent
 - b. To win more custodial time
 - c. The desire to spend more time with the child
 - d. A personality disorder in the alienating parent

4. Why doesn't individual therapy with a targeted child improve parental alienation?
 - a. Therapists are not trained well enough to work with children
 - b. It does work when both parents are involved in the treatment
 - c. It does not address the core of the relational problem
 - d. Therapists tend to individually diagnose the child with behavior problems

5. Therapists should make which of the following custody recommendations?
 - a. Custody should stay the same
 - b. Custody should be split equally between parents
 - c. The child should spend more time with the targeted parent
 - d. They can suggest that a custody evaluation be redone

6. Why is it important to work with the legal team involved in the case?
 - a. Lawyers are more direct with their clients and get quicker results
 - b. Lawyers can make custody recommendations
 - c. The court can impose sanctions on non-compliance with treatment
 - d. The judge will follow the recommendations of the therapist

7. All members of treatment should be educated about parental alienation?
 - a. True
 - b. False

8. Therapy for parental alienation should include which of the following goals:
 - a. Protect the targeted child(ren) from harm caused by the alienation
 - b. Work to improve the targeted parent-child relationship
 - c. Prepare the alienating parent for an improvement in the quality of the targeted parent-child relationship
 - d. All of the above

9. What is a benefit of having the therapist specifically listed in a court order for therapy?
 - a. It eliminates the ability to have the alienating parent shop for therapists
 - b. It guarantees compliance with treatment
 - c. It removes the need for releases of information between attorneys and therapists
 - d. It gives the therapist a direct line of communication with the judge

10. How does a therapist protect themselves from being accused of prolonging treatment for the therapist's benefit?
 - a. Quick resolution of initial distressed behaviors
 - b. Make equal contact with the alienating parent
 - c. Good treatment plans and documentation
 - d. Regular updates to the court