

POST SEPARATION ABUSE

USING SYSTEMS & INSTITUTIONS

• Threats of court action for maintaining healthy boundaries & non-compliance with demands • False reports to child protection, police & others • False abuser-victim narrative with the intent to shift focus & blame on the healthy parent • Disregard for agreements, parenting plans & orders

UNDERMINING & DISRUPTING HEALTHY PARENTING

• Inundates the healthy parent with accusations of 'bad parenting' • Refers to the healthy parent as 'crazy', 'irrational', 'unreasonable', etc as a means to undermine confidence & to paint a narrative for others • Coercion of child/ren & others to align with abuser • Degrading healthy parent to child/ren & others.

HARRASSMENT, INTIMIDATION STALKING & THREATS

• Using certain looks & body language to induce fear & maintain power & control that can be overt or covert • Destroying or withholding belongings important to the healthy parent and child/ren • Threats to harm themselves, the child/ren and/or the healthy parent • Threats to kidnap children and/or pursue "sole custody" to coerce compliance from the healthy parent.

• Abuses animals • Makes presence known in person, or via phone under the pretense of being caring and/or using child/ren as justification (staying within boundaries of the law & protection orders) • Monitoring movements & interactions • Cyber-stalking • Bombarding with emails/messages.

• Pursues changes to plans & orders as a means to continue engaging with the healthy parent & exact revenge underpinned by themes of power, control & entitlement • Propensity for seeking "50/50" parenting time despite the best interests of the child/ren and the absence of any genuine interest in developing a bond & connection with the child/ren.

USING & DISREGARDING CHILDREN

• Using child/ren & others as 'spies' and messengers • Isolating the child/ren from the healthy parent on birthdays, Christmas, Mother's Day etc • Using the phrase 'the best interests of the child/ren' to mask self-serving behaviour • Accusations of 'gatekeeping', 'alienation' and 'brainwashing' when the child/ren gravitate toward the healthy parent.

• Uses child/ren to pass on messages • Drop-off/Pick-up used as an opportunity to harass and intimidate the healthy parent • Involves children in adult issues & places blame on the healthy parent for family break-up & parenting time. • Uses the child/ren as a 'prop' to convey desired characteristics to others.

• Ridicules the child/rens likes, dislikes, needs, wants, and identity. • Expects child/ren to conform to strict gender, religious or cultural rules. • Blames healthy parent for any undesirable behaviour or characteristics of the child/ren • Disregards older child/rens views on care arrangements • Expects family member & new partners to perform parenting responsibilities.

MINIMISING, DENYING & BLAMING THE HEALTHY PARENT

• Denying the reality of the abuse in all its forms • Denying the experience of the healthy parent & the child/ren & accusing them of lying or exaggerating • Not taking the healthy parent's or child/ren's concerns seriously • Accusing the healthy parent and/or child/ren of causing their use of abuse & violence • Falsely accusing the healthy parent of violence • Making light of the abuse and/or normalising it.

ECONOMIC, CULTURAL & SPIRITUAL ABUSE

• Blaming the choice to use violence and abuse, underpinned by themes of control & power, on "anger problems" • Recruiting others to support the false narrative & tell authorities & the court that the abuser is a good parent.

• Preventing the healthy parent from getting, keeping or advancing a career • Instigating court proceedings to drain financial resources • Gatekeeping access to money and other assets of the relationship

• Preventing sale of assets of the relationship • Withholds child support and/or deliberately reduces income to minimise financial support for child/ren • Using aspects of culture, identity, religious and/or spiritual beliefs to control, shame & belittle the healthy parents worth, beliefs, practices or traditions • Preventing child/ren from learning about & participating in aspects of their culture and heritage • Belittling culture and/or heritage to the child/ren

ABUSIVE & NEGLECTFUL PARENTING

• Abusing child/ren physically, sexually, mentally, emotionally & psychologically • Expecting child/ren to behave older/younger than their chronological age • Having a 'golden child' and pitting siblings against one another.

• Exposing child/ren to pornography, alcohol, drugs and inappropriate people and situations during parenting time • Prioritises own needs above those of child/ren and will utilise new partners & family members to provide care • Ensures compliance by way of violence, intimidation, ridicule, threats, shame and manipulation • Over-reacts to misdemeanors and normal childhood behaviour • Abusive parents can struggle with loss of control as child/ren enter adolescence & abuse may increase.

ISOLATION

• Convincing friends, family, new partners & others of their abuser-as-victim narrative & encouraging them to join in the campaign against the healthy parent • Attempting to gain the support & cooperation of the healthy parent's friends & family.

• Maintains control over the child/ren's social activities and social interactions & excludes the healthy parent • Discredits the healthy parent's reputation at every opportunity with others in the community, such as school staff and other parents, neighbours, doctors and the business community • Lies maliciously about the healthy parent & plays the innocent victim, despite allegations of abuse.