

# HUGS TO HEARTBREAK

A Parent's Journey Through Parental Alienation



## What They're Saying About Parental Alienation and Jeff Opperman

*"A provocative and compelling account of the destruction of a father-son relationship and the legal system's complicity in the process. Opperman pulls back the curtain on the tragedy of a child whose love turns to contempt as he takes sides in his parents' divorce. Sure to be an eye-opener for parents and professionals alike."*

—Richard A. Warshak, Ph.D, Author of *Divorce Poison: Protecting the Parent-Child Bond From a Vindictive Ex*

*"Jeff Opperman has used the trauma and tragedy of his personal nightmare to illuminate how what would seem unbelievable can actually occur. From the theoretical concepts of parental alienation to its most excruciating details, his story vividly illustrates how far a close parent-child relationship can fall. This book is a must read for anyone who suspects that parental alienation is working its way into his or her life."*

—Dr. J. Michael Bone, Clinical and Forensic Consultant on Parent Alienation

*"Just wanted to extend a special thank you to you for your fantastic articles. My readers really jumped on the band wagon and want to hear more from you."*

—Dawn Pennington, Editor, *Counseling Today*

*"I was greatly pleased to see Jeff Opperman's article on Parental Alienation Syndrome on the front page of Counseling Today... Counseling Today and Jeff Opperman deserve a great deal of praise for bringing the issue of PAS to the awareness of mental health professionals."*

—Dr. Barry Brody (Letter to the Editor, *Counseling Today*)

*"Thank you for bringing this serious issue out of the closet and onto the front page. It is amazing how many counselors have not even heard of PAS or shy away from it because they are afraid of being dragged into a courtroom... I am a new professional counselor and a victim of PAS... A PAS parent suffers the worst pain imaginable. It is hard for someone who has not experienced it to understand."*

—Cheryl P. Thompson, M.A. (Letter to the Editor, *Counseling Today*)

*"The April 2003 issue of Counseling Today includes the first of a two-part article by Jeff Opperman on PAS entitled, 'The Secret Killer of Parent-Child Relationships.' The article is very well written and is a strong endorsement of the PAS."*

—Dr. Richard Gardner, Author, *The Parental Alienation Syndrome* (E-mail)

*"Recently I received your April 2003 edition of Counseling Today and was impressed with the article on Parental Alienation Syndrome. I believe this article, and likely the second one, will be helpful in educating judges, attorneys and special advocates involved in divorce and in the interest of the children."*

—Dr. Frank Lee, Shared Parenting Support Program (Letter to the Editor, *Counseling Today*)

*"I am an LPC in private practice in Oklahoma City. Most of my work is court involved—custody and visitation issues—and I see quite a lot of parental alienation. I cannot seem to get through to the judges the severity of this problem... Thanks for the great article. I know there are many counselors who don't have the foggiest notion about PAS, and hence, perpetuate the problem. Hopefully, they will read your article and make some changes."*

–Gina Jordan, LPC (Oklahoma City, Oklahoma)

*"I have just come across your most eloquent and informative article on PAS on the internet. I am the mother of a 16-year old boy whom I have not seen in almost three months. Despite my training and work in psychotherapy and neuropsychological evaluations of adolescents, I was totally unprepared for what was to come. I was not aware of the PAS syndrome until I did research—struggling to understand what was going on... You are the first individual in Connecticut that I came across who has written an article on PAS. Thank you for writing the article."*

–Nellie Filippopoulos (Hartford, Connecticut)

*"Thank you so much Jeff. I have tears in my eyes. You are the first person to respond with some useful advice. We very much appreciate the starting point."*

–Jodi Wynne (Adelaide, South Australia)

*"Thank you so much for writing me back. I sat and cried upon reading your email. I feel like a lost ship that has finally seen a beacon in the dark."*

–Jennifer Smith (New York)

*"Thank you for writing articles and trying to get information on PAS out in the community. I hope your son figures it out and reaches out to you someday."*

–Ann (Email)

*"Your articles were super! Clear and concise! Everyone related to the counseling field that I've showed the articles to thought they were terrific!"*

–Bob Sobey (Randolph, New Jersey)

*"I read your article on-line and said 'Wow!' You hit the nail right on the head. I have a friend who is experiencing parental alienation. I am a health professional and had never heard the term before. I need more information!... Please send me what you can, or let me know how I can get more of your stuff. I am buying your book tomorrow, if I can find it at our local bookstore."*

–Christina Wilson (Burns Flat, Oklahoma)

*"We have recently read your article about PAS—"The Secret Killer of Parent-Child Relationships" on the internet. For us, your article described our lives on a day-to-day basis for the past three years... It was so reassuring to find your article on the internet and realize that we weren't the only people going through this horrible situation."*

–Dr. Dominic and Susannah Moran (New Plymouth, New Zealand)

"I have read with interest and empathy several of your articles which are accessible on-line. I am particularly impressed with 'A Father's Day Wish for the Alienated Dad.' Most of the literature that I've read is written by psychologists, from their viewpoints as clinicians and/or expert witnesses. In contrast, you go beyond the clinical insights, because you can write from the perspective of the alienated parent. Your first-hand account communicates vividly the pain and trauma associated with what I'll call, 'being so near, yet so far' from your own child."

–Shelia (Email)

"Your article in the recent issue of Children's Voice is amazing. It defines exactly what is going on in my brother's divorce from his wife...This is just so heartbreaking... Your article is wonderful and certainly explains so much."

–Annette L. Pinder, Child and Adolescent Treatment Services (Buffalo, New York)

"Your article has provided me with extensive information, and as a result, an abundance of hope. Congratulations on your loving work."

–Alex Smuglovsky (Aventura, Florida)

"Your imminently readable article in the Richmond County Bar Association Journal is a sorely needed ray of light for the matrimonial bench and bar that may hopefully see it."

–Nora (Email)

"Thank you, thank you, thank you so much for writing back. I can't put into words how just reading your words somehow put a band aid on me tonight."

–Traci (Tobaccoville, North Carolina)

"Thank you Jeff. Your work to raise awareness of this terrible form of abuse is gratefully appreciated by an army of kindred spirits behind you, all of us caught up in the same nightmare."

–Shelly Jones (Edmonton, Alberta)