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**What is the relationship between PA-A and Alcoholics Anonymous & Allanon?**

* PA-A is founded on the principles (12-Steps and 12-Traditions) of AA and offers support for those seeking recovery from parental alienation or estrangement. It is similar to the type of support offered people seeking support and resources like Allanon.
* Like Allanon, PA-A encourages its members to focus on their recovery, not trying to control or change others.
* PA-A members work the Steps, as do other 12- Step program members, to achieve the balance and calm perspective that makes a happy and purposeful life possible.
* Other 12-Step programs, including Allanon, recognize that “recovery is a process, not an event.” PA-A takes this idea to heart. There is a lot of trauma in PA & folks slowly after time start to feel safe, heard and a sense of shared reality. As people start to feel grounded and resourced they start to work the steps and get involved in the fellowship. We think our approach is effective because it focuses our attention on changes that lead to long-term recovery.
* PA-A recognizes that atheists and agnostics can work a strong program of recovery. “God or higher power” in PA-A literature can mean the Deity, a deity, a spiritual entity of one’s own understanding (a Higher Power), or a non-spiritual conception (a higher purpose). Reliance on any one of these conceptions confers a perspective that transcends our immediate physical, social and emotional circumstances and allows us to “keep calm and carry on” with what really matters.

# Should I refer my clients to EDA?

* PA-A provides group support for people seeking recovery from Parental alienation & estrangement, providing examples of recovery and conveying the hope of recovery to those in need.
* 12-Step recovery programs have a solid record of helping people resource themselves and recover their lives.; PA-A is a 12- Step recovery program based off of Allanon.
* Having realistic, healthy goals enables people to build the essential relationships of trust with themselves and others that support recovery.
* In PA-A, we focus on recovering a relationship with our selves. so we might have the opportunity to have healthy, healing & loving connections. We come for support to recover our children, grandchildren and other family members. We learn we must first address our own behavior and coping mechanisms as well as our family of origin trauma.
* The only requirement for PA-A membership is that you or a loved one has been affected by alienation or estrangement. There are no dues or fees for PA-A membership.

# What is the PA-A position on the idea PA is a disease?

* PA-A’s stance is that PA is a disease of attachment & unresolved trauma.
* In PA-A, we recognize that our responses to life are conditioned by how we have always reacted. Life-long patterns can be changed. PA-A recognizes that recovery is hard work and requires a great deal of support. Recovery is a process, not an event.

# What is the relationship between PA-A and Allanon?

* + Although both are 12-Step groups led by members seeking solutions to the family problems, Allanon and PA-A provide different resources.
	+ In PA-A, members find they no longer have to explain their feeling’s, struggles, longings and grief. They finally have a fellowship that understands their struggle.
	+ In PA-A, members are devoted to helping each other build more resilient relationships with themselves, others, family and their kids or grandkids. The steps are a guide that we follow to reconnect with ourselves. The program is not a silver bullet, it is a place of great support and provided you are willing to do the work a place of possibilities.
	+ PA-A members discuss disordered, catastrophic thinking so that we can talk about solutions. This generally involves recognizing life choices, trying to make them responsibility, and learning from them as we go.

# Are there “sponsors” in PA-A to guide those new to the program?

Yes. In PA-A, a sponsor helps sponcees work the Twelve Steps. A sponsor’s experience, strength and hope can provide the insight and inspiration needed to successfully work a Twelve Step program of recovery.

# Does PA-A endorse any specific plan or program to stop the alienation besides the 12 steps?

* In short, the answer is “No”. We recognize the importance of understanding the disease and using any materials available to educate yourself.
* PA-A endorses taking responsibility for our lives and choices. Working with a sponsor, attending meetings, being of service on the meeting level and giving back were appropriate.
* Boundaries are a key component in the 12 steps of recovery. We learn the difference between a wall and a boundary and how to affectively use them.
* We develop a plethora of coping mechanisms for living the lives we have been dealt or have chosen. Members work to identify, establish and reinforce adequate and appropriate ways of responding to life. In time and with practice, new methods of dealing with life issues gradually replace the self-limiting coping mechanisms we have been using. We rediscover who we are and start to form a new and sustainable relationship with ourselves.

# I would like to audit a meeting before

 **referring clients. How do I arrange this?**

* Some PA-A meetings are “open” and may be visited by the occasional friend, family member, student, or interested professional who contacts the meeting ahead of time and requests to sit in on a meeting.
* Other PA-A groups are “closed” except to people seeking recovery from PA.
* Please email parentalalienationanonymous@gmail.com with any questions.

# May I facilitate meetings held at my office or clinic?

* + By definition, an PA-A meeting is run by and for people seeking recovery from PA.
	+ Unless you are in recovery from PA, facilitating a meeting means it is not an PA-A meeting.
	+ Therapists and other professionals have kick- started some very successful PA-A meetings by facilitating PA recovery support groups using PA-A literature, then turning the meeting over to attendees. When PA-A members start running a meeting it can be considered an PA-A meeting.

# How does PA-A work with professionals

 **who treat PA clients?**

* + PA-A provides group support for people with a desire to recover and resource themselves from the ravages of PA.
	+ PA-A does not refer its members to specific professionals, but we encourage people to seek professional help.
	+ Early recovery, resilience and resourcing typically requires a great deal of support and often necessitates the involvement of a team of professionals – physician, psychiatrist & psychologist – to help establish new patterns and ways of thinking.
	+ PA-A does not provide a substitute for or alternative to professional care. PA-A meeting leaders and General Service Board members work easily with members of the professional community. We recognize your importance to recovery and greatly appreciate your help.

*Information for Professionals*

For more information, please visit our website at:

* PA-A.org or email us at parentalalienationanonymous@gmail.com with any questions.

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