

# ASPERGER SYNDROME PARTNER INFORMATION AUSTRALIA (ASPIA) INCORPORATED

(Formerly **GRASP** Partner/Spouse Support Group)

*"Mutual acknowledgement and understanding  
of the Asperger marriage experience"*

## **NEWSLETTER – October 2010**

Our meeting this coming Saturday 2 October will be at the usual time and place

2pm – 5pm

College of Nursing, 14 Railway Pde, Burwood, 2<sup>nd</sup> Floor  
\$2 Members / \$5 Non-Members (covers room hire, etc)

This meeting will be an informal discussion time

**Also** this Saturday ASPIA is hosting a one-day workshop at Campbelltown on the topic "Girls & Women with Asperger's Syndrome", presented by Tony Attwood with Camilla Connolly & Megan Hammond. Pre-registration is essential, and we do still have a few places left.

ASPIA is a support group specifically focused on the support & recovery needs of the non-Asperger partner in a relationship. Please see page 2 of the Newsletter, and also our website for information about support groups specifically for adults with Asperger's Syndrome.

### **ASPIA Lunch Club meeting before support group meeting** **Sapori Di Roma – Bar, Pizzeria, Restaurant**

117 Burwood Road, Burwood, next door to previous venue and opposite Hungry Jack's  
Arrive any time between 12noon & 2pm. All welcome.

### **ASPIA's list of self-care suggestions** **Available on our website at**

<http://www.aspia.org.au/pdf/2009/ASPIASelf-CareSuggestions6June09.pdf>

### **Other partner support groups/contacts in Australia**

**Brisbane:** Visit [www.aspiepartners.com](http://www.aspiepartners.com)

**Gold Coast:** Phone Tricia on 0413 085 174

**Northern Rivers, NSW:** Phone Debbie on (02) 6676 0483, Email: [northernriversasdnetwork@gmail.com](mailto:northernriversasdnetwork@gmail.com)

**Central Coast, NSW:** possible informal group to start, contact ASPIA

**Canberra:** Phone Anita on 0434 165 604

**Perth:** Phone Roz on (08) 9284 5252, Email: [rozsdesk@inet.net.au](mailto:rozsdesk@inet.net.au)

**Melbourne:** Visit forum at <http://mc2.vicnet.net.au/home/aspartnr/index.html> .

**Adelaide:** Phone Heike Haffer on 0431 039 136, email [heikehaffer@hotmail.com](mailto:heikehaffer@hotmail.com)

**Albury, NSW:** Possibly starting in 2011, contact ASPIA

<b>ASPIA Meeting Dates for 2010</b>	
January 2 – NO MEETING	July 3
February 6	August 7
March 6	September 4
April 3 (Easter weekend)	October 2
May 1	November 6
June 5 – ASPIA's 7 <sup>th</sup> Anniversary	December 4 – final for 2010

ASPIA INC

ABN 30 583 771 917

PO Box 57 Macarthur Square LPO MACARTHUR NSW 2560

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# **ASPERGER SYNDROME PARTNER INFORMATION AUSTRALIA (ASPIA) INCORPORATED**

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## **Support groups and resources for adults with Asperger's Syndrome**

### **Support Group for Adults with AS – Burwood, Sydney** 2<sup>nd</sup> Saturday every month

Contact Eleanor Gittins on 0408 954 358 or email [janetgittins@hotmail.com](mailto:janetgittins@hotmail.com)

### **Support group for Adults with AS – North Shore, Sydney**

Visit website for announcements [www.jdpsy.org](http://www.jdpsy.org)

Or call Jeroen Decates on 0402 028 588

### **AS Social Group – Wollongong**

First Wednesday of every month, 6.00pm – 8.00pm  
Corrimal Pub, Corner Railway Street & the Princes Hwy, Corrimal.

Please contact Samantha at [asd.support@hotmail.com](mailto:asd.support@hotmail.com)

Aspect also has resources for adults: Email: [infoline@autismspectrum.org.au](mailto:infoline@autismspectrum.org.au) or Phone: 8977 8377

Workshops on Relationships, social skills, sexuality – Liz Dore, [www.relationshipsandprivatestuff.com](http://www.relationshipsandprivatestuff.com)

## **Recommended Movies**

Temple Grandin

Mozart and the Whale

Adam

The Girl with the Dragon Tattoo

(other suggestions are welcomed)

## **ASPIA Meeting Reviews**

### **August meeting – Clinical Psychologist Jeroen Decates**

Some thoughts that were shared ...

- Our partners may have feelings/emotions but may not be able to give meaning to what they are experiencing, attach meaning to behaviour, or be able to put the right words around this.
- Our partners can't intuitively adjust to new situations or be creative about new ways of doing things.
- We (non AS people) trade with social cues all the time.
- AS people may learn mechanically, not because they know or feel something.
- For AS people a state of contentment is the absence of conflict.
- For non-AS people a state of contentment is happiness.
- "Happiness" may not mean to an AS person what it means to us.
- An AS person may perceive that the pursuit or achievement of "happiness" as we define it, could in fact introduce for them the potential for conflict with partners and family members.
- AS people may be ruthlessly logical.
- Recommended reading for our AS partners - Jeroen suggests Simon Baron-Cohen's book "The Essential Difference" because it doesn't have "Asperger's Syndrome" in the title, and it presents brain differences in a more "male acceptable" way.

### **September Meeting – Clinical Psychologist Julie Peterson**

- Julie focused our attention on the importance of stretching, exercise, relaxation, meditation, affirmations.
- It is crucial for partners to attend to ways of reducing their own personal anxiety and stress in order to avoid and prevent stress-related illness and disease and other breakdowns of our mortal frames and minds.
- The group was encouraged to join in with Julie with some stretching, relaxation and listening exercises and many commented on feeling an immediate benefit.

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