

ASPIA Newsletter June 2012

Mutual understanding of the Asperger Marriage experience

ASPIA Partner Support Group Meeting (Sydney) – this Saturday 2nd June

Presentation of Research Findings On “Stress, Coping & Resilience” By Dr Lisa Abel

Date: Saturday 2 June, 2012

Time: 2.00pm – 5.00pm

Please arrive 1.45pm for 2.15pm sharp start

The College of Nursing, 2nd Floor
14 Railway Parade, Burwood (Sydney)

\$10.00 per non-member, \$5.00 per member
Please bring something to share for afternoon tea.

Info about the Research

Stress, coping, and resilience: An investigation into the well being of partners of individuals with Asperger’s syndrome

Recently, Dr Lisa Abel & Dr Vicki Bitsika from Bond University (QLD) conducted research into the mental health outcomes of individuals who are in intimate relationships with someone who has been diagnosed with Asperger’s syndrome (AS). The aim of the research was to investigate the influence of fatigue, resilience, and stress on depression and anxiety in partners of individuals with Asperger’s. The results of this research indicate that there are significant mental health outcomes for partners in neurotypical – AS relationships.

The presentation of research findings at this meeting will be an overview of the questionnaire and interview data and will focus specifically on the changes in physical and mental health that participants report experiencing within the context of their relationships.

Lunch Club prior to support group

LITTLE NEPAL restaurant, Shop C,
135 Burwood Road, Burwood (Sydney)
Arrive any time between 12noon & 2pm.
All welcome. (Directions: From Burwood Station, go left & up the hill, a few shops past the Westpac Bank and then cross the road.)

ASPIA Meeting Dates for 2012

	June 2
July 7	August 4
September 1	October 6
November 3	December 1

Central Coast Group (NSW)

3rd Saturday of the month

Next meeting is on 16th June at 2pm

Empire Bay Garden Nursery
Poole Close, Empire Bay.

ASPIA has a new “public” facebook page “Like” us to join

<https://www.facebook.com/pages/Aspia-Inc-Asperger-Syndrome-Partner-Information-Australia-Inc/293809577377381>

ASPIA Membership

May is “new member” and “renewal” month.

Please consider joining ASPIA as a financial member to support our ongoing work. Membership entitles you to half-price meeting entry, library borrowing rights and also inclusion in our private facebook group if you like using facebook and want to connect with other partners between meetings. Annual membership fee is \$55.00 which can be paid by online transfer to ASPIA INC, Commonwealth Bank, BSB 062 340 Account 1018 1011 (please include your surname) or “send money” from your PayPal account to our PayPal email address which is info@aspia.org.au. Cheques ok by post, or cash/credit card at meetings. Donations are also always gratefully received.

Remember to purchase your copy of our new Handbook for Partner Support.

We are receiving good feedback about our book, so please visit Lulu to preview and purchase this valuable guide for partners.

<http://www.lulu.com/content/paperback-book/aspia-handbook-for-partner-support/12781936>

Other Partner Support Groups in Australia

Brisbane:

Asperger Partners Support Group (APSG):

Phone Helen on 0418 761 652

Email qaps.group@gmail.com

Brisbane/rural Qld:

Visit www.aspiepartners.com

Gold Coast:

Phone Tricia on 0413 085 174

Email tricia.alaska@yahoo.com.au

Northern Rivers, NSW:

Phone Debbie on (02) 6676 0483

Email: northernriversasdnetwork@gmail.com

Central Coast, NSW:

Third Saturday every month (see top of this column)

Contact ASPIA info@aspia.org.au

Perth:

Phone Roz on (08) 9284 5252

Email: rozdesk@iinet.net.au

Perth:

Email aspiepartnerswa@hotmail.com

Melbourne:

Visit forum at

<http://mc2.vicnet.net.au/home/aspartnr/index.html>

and email Melissa Raine from forum homepage.

Adelaide:

Phone Heike Haffer on 0431 039 136

Email heikehaffer@hotmail.com

ASPIA Meetings: Information for adults with Asperger's Syndrome

ASPIA meetings are only suitable for non-Asperger individuals. ASPIA does not have the expertise to responsibly offer education or support to adults with Asperger's Syndrome. Individuals with Asperger's Syndrome are advised to see the next column for a listing of groups specifically set up to address the needs of those with Asperger's Syndrome. Thank you for your understanding.

Counselling for Partners

By Skype, Email, Phone (some face-to-face appts available in Syd or Melb from time to time)

Carol Grigg, Dip Counselling, Member ACA, Grad Memb AIPC. Flexible appointment times.

www.carolgriggcounselling.com.au

"Like" my facebook page

www.facebook.com/carolgriggcounselling

Clinical Psychologist Steve Den Kaat has been added to ASPIA's recommended list.

Ph: 0402 274 465

Web www.diverseminds.com.au

Email admin@diverseminds.com.au

In the news - Research conducted by Aspect

(Autism Spectrum Australia, Sydney)

"We Belong" study for adults with Asperger's and high functioning autism.

Findings from this recent research project, led by Anthony Warren, featured in 50 major and local publications including the Sydney Morning Herald over the past weekend. You can read more and download the report at

http://autismspectrum.org.au/index.php?option=com_content&view=article&id=632:people-with-autism-say-qwe-belongq&catid=94:media-releases

The following is a list of Support groups and resources for adults with Asperger's Syndrome

"Joining Hans" Group for Adults with AS

2nd Saturday every month Burwood, Sydney

Registrations essential: Contact Eleanor Gittins

on 0408 954 358 or email janetgittins@hotmail.com

Support group for Adults with AS

North Shore, Sydney

Visit website for announcements www.jdpsy.org

or call Jeroen Decates on 0402 028 588

Forum-workshops for ASDian adults

on selected Wednesday afternoons at Hamilton South (NSW), 1.30pm-4pm. Call Leigh 02 4966 1717 or email

aut_s_pport@yahoo.com.au

ASPECT also has resources for adults

email infoline@autismspectrum.org.au

or phone 8977 8377

Social group in Sydney for diagnosed adults

(co-ordinated by ASPECT) Contact Annie Sloggett on 0409 603 582 or asloggett@autismspectrum.org.au

Workshops on Relationships, social skills, sexuality

Liz Dore www.relationshipsandprivatestuff.com

ASTEEN - Teen social/support group

includes yahoo group

Contact Christine Ayo christinefayo@gmail.com

Ph: 0469 577 723 or Lyn Starr

randlstarr@bigpond.com

Ph: 0408 445 019

Sue Larkey often holds workshops with Tony Attwood and her website has lots of useful tips www.suelarkey.com

New Research needing participants

Topic: NT-AS Relationship Dyads

Dr Lisa Abel & Dr Rebekah Doley from Bond University (Australia) are conducting new research, this time into the relationship experiences of both partners within neurotypical – Asperger relationship dyads. Specifically, the aim of the research is to investigate the extent to which each partner perceives there to be a match between their expectations about how relationships function and the reality of their own relationship. Questions regarding the match between relationship ideals and relationship reality, partner ideals and partner reality, as well as conflict resolution ideals and conflict resolution reality are the focus of Part 1 of the research program. The second component of the research program (Part 2) focuses specifically on partners' experiences with relationship counselling. Specifically, we are seeking to investigate couples' experiences with counselling when that counselling has taken place with a psychologist.

The inclusion criteria for Part 1 of the research program is that the AS partner have a formal diagnosis of AS or there has been a formal recognition by a mental health care professional (e.g., psychologist; psychiatrist) that the partner meets most of the diagnostic criteria for AS.

The inclusion criterion for Part 2 of the research program is that the individual has attended therapy with a psychologist either on their own or with their partner specifically for relationship counselling / assistance.

Part 1 of the research includes a questionnaire and interview component; partners can complete one or both components. Part 2 of the research is an interview only; either partner may complete this component.

If you are interested in participating, please contact Dr Lisa Abel via email (label@bond.edu.au) or alternatively access the questionnaire for Part 1 using the following URL:
<https://www.psychdata.com/s.asp?SID=147628>

Another recent research request:

Are you a parent of a young child (aged 2-5 years) with an Autism Spectrum Disorder?

If so, you are being invited to participate in a research study about various aspects of parenting a child with an Autism Spectrum Disorder (relationship quality, wellbeing and child difficulties). This research is being conducted by Rebecca Ferrarotto, a Psychology Honours student completing her degree at Swinburne University. The supervisor is Dr Katie Wood, a clinical psychologist at Swinburne. The Parenting Research Centre in East Melbourne is supporting this project. To participate, your child must have received a diagnosis of Autism, Asperger's Disorder or Pervasive Developmental Disorder, Not Otherwise Specified, from a health professional. You also need to be in a relationship (married or defacto) to participate in this study.

To participate, all you need to do is complete a questionnaire which can be accessed:

Online:

<http://opinio.online.swin.edu.au/s?s=11954>

By emailing the supervisor, Dr. Katie Wood, on: Cwood@groupwise.swin.edu.au to receive a paper version of the questionnaire or contacting her by phone on (03) 9214 4627.

Thank you for your interest in this study.

Please direct any enquiries to:

Dr Katie Wood, Clinical Psychologist/Supervisor
Ph: 9214 4627, Cwood@groupwise.swin.edu.au
Rebecca Ferrarotto, Honours Student
Rferrarotto@groupwise.swin.edu.au

Newsletter thoughts ...

My apologies, but I have run out of time to write a thought for this newsletter. Please consider purchasing our handbook though which contains lots of validating thoughts and information to keep on hand.

<http://www.lulu.com/content/paperback-book/aspia-handbook-for-partner-support/12781936>