

# ASPIA Newsletter - May 2013

*"Mutual understanding of the Asperger Marriage experience"*

## **May Meeting**

Our next meeting will be this coming  
**Saturday 4 May 2013**

### **Topic: Abusive behaviour/domestic violence in an Asperger Relationship**

There are some Aspie behaviours that are abusive to neurotypicals, and may even be considered criminal assault under NSW law. The behaviour is often insidious, with the neurotypical partner and/or children adjusting to this as in the "boiled frog" analogy.

Neurotypicals may inadvertently be putting themselves and/or their children at risk of damage from verbal, psychological, financial, social or physical abuse by tolerating what would normally be considered unacceptable behaviour in their Aspie partners. This session will provide a safe space for interactive discussion of this sensitive and sometimes confronting topic, and cover topics such as:

- What is Domestic Violence?
- Domestic Violence in an Asperger's relationship
- Safety strategies
- Resources for further help by experts in handling abuse and Domestic Violence.

Michelle de Vries Robbé is a registered psychologist in private practice. She specialises in providing career coaching for high functioning Asperger's adults, and supporting the neurotypical parents and partners of people with Asperger's. Michelle is a certified domestic violence counsellor, and is passionate about creating awareness of this sometimes traumatic journey for neurotypical partners of Aspies.

**Time: 2.00pm – 5.00pm**

**The College of Nursing, 2<sup>nd</sup> Floor**  
14 Railway Parade, Burwood (Sydney)

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

## **ASPIA Meeting Dates for 2013**

|            |             |           |
|------------|-------------|-----------|
| May 4      | June 1      | July 6    |
| August 3   | September 7 | October 5 |
| November 2 | December 7  |           |

Please remember that 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 below for a listing of groups specifically set up to address the needs of those with Asperger's Syndrome. Thank you for your understanding.

### **LUNCH CLUB prior to meetings each month**

Anyone attending the meeting is welcome to come along between 12noon & 1.45pm and join others for a coffee or bite to eat.

#### **Venue - LITTLE NEPAL Restaurant**

Shop C, 135 Burwood Road, Burwood (Sydney)  
(Directions: From Burwood Station, go left & up the hill, a few shops past the Westpac Bank and then cross the road.)

## **NEWS**

### **ASPIA's 10th Anniversary Celebration** **Saturday 1st June, 2013**

Please put this in your diary now, and note:

- This meeting will start at 12 noon;
- There will be an increased charge for attendance on that day to include catering, hire of a larger room, speaker travel costs, etc.

Flyers will be distributed in the week following our May meeting.

Programme will include a presentation on some much anticipated new research, special guests and messages, reunions, memorabilia, lunch and a cake-cutting.



## **BOOKS**

### **ASPIA's Handbook for Partner Support**

We have sold 260 copies of our Handbook in the last 12 months. To purchase your copy, follow these links:

#### **Paperback:**

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

#### **eBook (PDF) - immediate download**

<http://www.lulu.com/content/e-book/aspias-handbook-for-partner-support/12936851>

### **Asperger Awareness: A Key to Success for IT and Technical Managers**

By Stephen Plowright

<http://www.amazon.com/dp/144673885X/>

**For more titles, see our book list on the website - [www.aspia.org.au](http://www.aspia.org.au)**

## **SERVICES**

### **Personal counselling/mentoring for partners**

Phone, skype or email, \$30 per half hour.

Carol Grigg, Dip Counselling, Member ACA

To make an appointment:

Phone or text 0408 817 828

[www.carolgriggcounselling.com.au](http://www.carolgriggcounselling.com.au)

## **OTHER Partner Support Groups in Australia**

### **• Central Coast, NSW:**

3rd Sat of the month

Empire Bay Garden Nursery & Café,

Poole Crescent, Empire Bay

Contact ASPIA [info@aspia.org.au](mailto:info@aspia.org.au)

• **Newcastle, NSW:** Possibility of new group forming. Anyone interested contact ASPIA.

### **• Northern Rivers, NSW:**

Phone Debbie on (02) 6676 0483

Email: [northernriversasdnetwork@gmail.com](mailto:northernriversasdnetwork@gmail.com)

### **• Brisbane:**

#### **Queensland Asperger Partners' Support Group (QAPS):**

Phone Helen on 0418 761 652

Email [qaps.group@gmail.com](mailto:qaps.group@gmail.com)

### **• Brisbane/rural Qld:**

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

### **• Gold Coast:**

Phone Tricia on 0413 085 174

Email [tricia.alaska@yahoo.com.au](mailto:tricia.alaska@yahoo.com.au)

### **• Perth:**

Phone Roz on (08) 9284 5252

Email: [rozsdesk@inet.net.au](mailto:rozsdesk@inet.net.au)

### **• Perth:**

Email Melanie [aspiepartnerswa@hotmail.com](mailto:aspiepartnerswa@hotmail.com)

### **• Melbourne:**

Visit forum at <http://aspartneraus.org/vanilla/>

or email Melissa [meraine@bigpond.net.au](mailto:meraine@bigpond.net.au)

### **• Adelaide:**

Phone Heike Haffer on 0431 039 136

Email [heikehaffer@hotmail.com](mailto:heikehaffer@hotmail.com)

## **GROUPS AND CONTACTS for Adults and Teens with Asperger's Syndrome**

### **"Joining Hans" Group for Adults with AS**

2<sup>nd</sup> Saturday every month Burwood, Sydney

Registrations essential: Contact Eleanor Gittins

Ph 0408 954 358 or [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

### **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](mailto:aut_s_pport@yahoo.com.au)

**ASPECT** also has resources for adults

email [infoline@autismspectrum.org.au](mailto:infoline@autismspectrum.org.au)

or phone 8977 8377

**Aspect's Adult Social Group** – for adults with Asperger's or high functioning autism. Contact

Caroline on 0409 603 582.

[adultsocialgroup@autismspectrum.org.au](mailto:adultsocialgroup@autismspectrum.org.au)

For more information:

[www.autismspectrum.org.au/adultsocialgroups](http://www.autismspectrum.org.au/adultsocialgroups)

### **Workshops on Relationships, social skills, sexuality**

Liz Dore [www.relationshipsandprivatetestuff.com](http://www.relationshipsandprivatetestuff.com)

### **ASTEEN - Teen social/support group**

includes yahoo group Contact Christine Ayo

[christinefayo@gmail.com](mailto:christinefayo@gmail.com) Ph: 0469 577 723

or Lyn Starr [randlstarr@bigpond.com](mailto:randlstarr@bigpond.com)

Ph: 0408 445 019

## **RESEARCH AND SURVEY REQUESTS**

### **1) For Adults raised by an ASD Mother**

If you are 18-60 and believe your Mother had an Autism Spectrum Disorder, then you may like to participate in a study by Lyla Dabbe (American University).

Contact Lyla: [maternalautism@gmail.com](mailto:maternalautism@gmail.com)

### **2) For Adults diagnosed with an Autism Spectrum Disorder (ASD).**

Invitation from Lisa Fiene - "I would like to invite you to take part in this University of Southern Queensland research project, which is an online self-report questionnaire. It should only take you about 10-15 minutes to complete.

The purpose of the research is to better understand how adults with and without Autism Spectrum Disorders (ASDs) perceive and interpret internal bodily sensations - feelings that include hunger, thirst and temperature.

Your participation in this research will valuably contribute towards a better understanding of this area, and may help provide better outcomes for people with ASDs.

Also undertaking this survey may benefit you in gaining a deeper understanding about body awareness, and how this is one of the 'other' senses in our bodies.

If you are over 18 and have been diagnosed with an ASD (Asperger's Syndrome, Autistic Disorder or PDD-NOS), we'd be most grateful if you completed the survey via the following link:

<https://psych.sci.usq.edu.au/ols/?p=IBA2013>

If you have any comments or queries regarding this research, please don't hesitate to contact me. Thanks for your co-operation and effort.

Kind regards  
Lisa Fiene  
Psychology Department  
University of Southern Queensland  
Phone: (0409) 905 264  
email: [w0083181@umail.usq.edu.au](mailto:w0083181@umail.usq.edu.au)

3) Allison Welch of the Australian Catholic University in Brisbane is looking for children/teens aged 11-18yrs to participate in a research project on Bullying, Social Experiences, Forgiveness and Well-being. Parental permission is required, please visit

<https://www.psychdata.com/s.asp?SID=149870>

Or contact Allison: [abwelc001@myacu.edu.au](mailto:abwelc001@myacu.edu.au)

### **Thought ...**

#### The right kind of acceptance

Often when I write the thoughts for the Newsletter I talk about knowing and accepting your reality so you avoid having false hope, unrealistic expectations and wasted emotional energy within your relationship.

A dangerous aspect of acceptance is if you find yourself accepting a reality where your own identity and interests are diminishing to the point where you feel you exist only for the purpose of facilitating the needs and agenda of your partner, or living constantly in damage control.

If this is happening, it is time to take stock. To continue is a pathway of sacrifice that will only feed the neediness and fragility of your partner and deplete your own energy and essence. It will result in deep personal loss - the loss of your will, your health, your confidence, your joy, yourself and many things that you value.

Are you making an investment or a sacrifice? What outcomes are you hoping for or heading for? Is your hope realistic? Will the outcomes reflect your own values or only your partner's?

What can you begin to change to ensure you have a choice?

(Carol)