

ASPIA Newsletter - September 2013

"Mutual understanding of the Asperger Marriage experience"

September Meeting

Our next meeting will be this coming
Saturday 7 September 2013

Time: 2.00pm – 5.00pm

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.

Clinical Psychologist JEROEN DECATES will be attending to answer some questions and facilitate some general discussion.

We've asked Jeroen to spend a bit of time during the meeting helping us understand Narcissism, Alexithymia and obsessive behaviours as well as sharing with us about the groups he runs for adults with AS and also for couples.

Jeroen has provided ASPIA's members with comprehensive support and education since we began in 2003. We have every confidence in referring adults & couples to him for psychological assistance.

Please Note: This meeting is offered to non-Asperger adults only.

ASPIA's aim is to provide an emotionally safe place for partners who need support and education from a non-Asperger perspective. New attendees are interviewed on arrival to confirm motivation for attending.

If you have AS and you attempt to attend an ASPIA meeting you will be refused entry.

There are dedicated groups and meetings available specifically for adults with AS. ASPIA is not one of these. See our website & newsletter for information about AS groups.

Remaining ASPIA Meeting Dates for 2013

		September 7
October 5	November 2	December 7

LUNCH CLUB

Held prior to our monthly meetings

Anyone attending the meeting is welcome to come along between 12noon & 1.30pm and join others for a coffee or bite to eat at

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.)

BOOKS

ASPIA's Handbook for Partner Support

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 (Stephen Plowright)

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

The Audacity of Difference: Revealing our True Colours (Carol Grigg)

This is my own title in which I share a little of my personal journey in an AS world.

Paperback:

<http://www.lulu.com/content/paperback-book/the-audacity-of-difference/13421417>

eBook:

<http://www.lulu.com/content/e-book/the-audacity-of-difference-revealing-our-true-colours/13422000>

Personal counselling/mentoring for partners

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

Carol Grigg, Dip Counselling, Member ACA

For appointments phone or text 0408 817 828

www.carolgriggcounselling.com.au

For other recommended book titles, see our book list on the website - www.aspia.org.au

Sydney Stockist of AS books, order online:
Footprint Books, Warriewood (Sydney)
<http://www.footprint.com.au>

OTHER PARTNER SUPPORT GROUPS in Australia

• **Central Coast, NSW**

This group will now meet **every 3 months**
Next meeting - 21 September

Empire Bay Garden Nursery & Café,
 Poole Crescent, Empire Bay
 Contact SPIA info@aspia.org.au

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

• **Northern Rivers, NSW:**

Phone Debbie on (02) 6676 0483
 Email: northernriversasdnetwork@gmail.com

• **Brisbane:**

Queensland Asperger Partners' Support Group (QAPS):

Phone Helen on 0418 761 652
 Email qaps.group@gmail.com

• **New - Toowoomba Asperger Partners' Support** (TAPS Group)

Phone Julie on 0402 592 689
 Email wjcrowell@optusnet.com.au

• **New - Tiaro, Wide Bay (Qld)**

Phone Pat on 07 4193 9239
 Email davies.pat@gmail.com

• **Perth:**

Phone Roz on (08) 9284 5252
 Email: rozsdesk@inet.net.au

• **Perth:**

Email Melanie aspiepartnerswa@hotmail.com

• **Melbourne:**

Visit forum at <http://aspartneraus.org/vanilla/>
 or email Melissa meraine@bigpond.net.au

• **Adelaide:**

Phone Heike Haffer on 0431 039 136
 Email heikehaffer@hotmail.com

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

"Joining Hans" Group for Adults with AS

2nd Saturday every month Burwood, Sydney
 Registrations essential: Contact Eleanor Gittins
 Ph 0408 954 358 or 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

Aspect's Adult Social Group – for adults with Asperger's or high functioning autism. Contact Caroline on 0409 603 582.

adultsocialgroup@autismspectrum.org.au

For more information:

www.autismspectrum.org.au/adultsocialgroups

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

Research & Survey Requests

Please help contribute to "empirical evidence" by participating in research about the impact of diagnosis on a relationship.

Follow this link:

<http://bit.ly/ASD-COUPLE>



Katherine Victoria,

Deakin University Melbourne

Thought ...

Following a recent encounter with one of my beloved "Aspies" it occurred to me that no matter how much we invest in the relationship on a moment by moment basis, we never seem to build "good will" with them. One small inadvertent omission on our part, and the whole thing seems to collapse. Nothing we've invested seems to have meaning.

I often find in conversations at support group meetings and also in counselling that we talk about the "black hole" - how we pour so much into the relationship and get nothing back, that "lack of reciprocation", but what I'm writing about here seems more than that.

Good will is like insurance. Mistakes & offences are inevitable in any relationship, but if there's good-will, the offence is offset by this and reconciliation is possible, desired and sought after.

With an AS person, it seems to be about how they have been affected by what happened, and that is all.

So, we invest our souls with no guarantee of a return, make one mistake, the relationship is leveled to the ground and they don't know how to repair or re-build, that's up to us.

Thinking in terms of investment and insurance, the risks are incredibly high, inevitable.

No wonder we get burnt out. Still we keep hoping, and re-building, until ...

Carol Grigg