

# ASPIA Newsletter – December 2014

*“Providing support to partners of adults with Asperger’s Syndrome for more than 10 years”*

## **ASPIA’s next Partner Support Group Meeting**

This coming **Saturday 6 December 2014**  
**1.30pm for a 2pm start - 5pm.**

**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 small with a  
Christmas theme  
to share for afternoon tea.



### **Informal sharing time to finish the year**

For this meeting we are going to take the opportunity to enjoy some informal sharing and connecting in the group setting.

We will remember and summarise some of the highlights we’ve learned from our wonderful presenters throughout the year, get to know each other better and share some Christmas spirit over afternoon tea.

We would also like to invite anyone who has a small business selling cards, craft, gifts, vitamins, etc to bring your wares along to offer for sale to group members.

We just request a small commission on sales as a donation to ASPIA.

Non-AS partners only

Members please remember AGM at 1.15pm

### **ASPIA Meeting Dates for 2015**

No meeting in January	7 February
7 March <b>(Attwood workshop)</b>	4 April
2 May	6 June
4 July	1 August
5 September	3 October
7 November	5 December

**Early bird price offer closing on 15 December** (2 weeks from now)

**Workshop on**

**“Asperger’s Syndrome in Couple Relationships”**

**Saturday 7 March 2015**

Professor Tony Attwood is our Presenter

This workshop is open to NT & AS partners, couples, friends, family, professionals, anyone with an interest in relationships affected by Asperger’s Syndrome.

Venue: The Menzies Hotel, Sydney CBD

To view the flyer and to register, please follow this link to the “events” page on the ASPIA website:

[www.aspia.org.au/events.html](http://www.aspia.org.au/events.html)

Bookstall provided by “Resources at Hand”.

Event is approved for Professional Development by the **Australian Counselling Association**



**Event is also listed in the “What’s On” Calendar for City of Sydney**

<http://whatson.cityofsydney.nsw.gov.au/events/26090-asperger-s-syndrome-in-couple-relationships>

**And also in the “Events” calendar for the APS (Australian Psychological Society)**

<http://www.psychology.org.au/Events/EventView.aspx?ID=15268>

**You may find these links useful for promoting our event.**

## **Aspia Lunch Club**

Anyone attending our monthly support group meeting is welcome to come along earlier between 12noon & 1.00pm to join us for a coffee or bite to eat at the **LITTLE NEPAL Restaurant**

Shop C, 135 Burwood Road, Burwood (Sydney)

*(From Burwood Station, go left & up the hill, a few shops past the Westpac Bank and then cross the road.)*

## **New Book Recommendation:**

This month we are promoting a revised edition of an old favourite by Ashley Stanford (Jessica Kingsley Publishers):

***Asperger Syndrome (Autism Spectrum Disorder) and Long-Term Relationships (Revised with DSM-5® Criteria) – 9781849057738.***

For more information and to purchase your copy: <http://www.footprint.com.au/product-detail.asp?product=9781849057738&ParentPage=new-releases.asp>

## **Join Aspia's new Online Discussion Forum**

I have established "**ASPIA Support**", a Yahoo Group for partners of adults with Asperger's Syndrome.

This is as a result of the regular enquiries we receive about online support for partners who have no access to support locally, or who do not have the personal freedom or health to get to a face to face group.

To ensure all applicants are genuine & to remunerate me for my time, there is an annual subscription fee of \$25.00.

I am personally moderating the group and contributing to the discussions.

This could also be a great opportunity to help isolated partners find other partners close by.

Join me today and help create our online community by following this link:

[www.carolgriggcounselling.com.au/Contact-me.html](http://www.carolgriggcounselling.com.au/Contact-me.html)

Carol

## **For other support groups, recommended professionals and useful information please follow these links to our website:**

### **Helpful Literature:**

<http://www.aspia.org.au/information.html>

### **Recommended Psychologists, Counsellors and other Therapists:**

<http://www.aspia.org.au/professionals.html>

### **Other Partner Support Groups in Australia:**

<http://www.aspia.org.au/groups.html>

### **Support for adults with Asperger's Syndrome:**

<http://www.aspia.org.au/groups.html>

### **Other support and useful links:**

<http://www.aspia.org.au/links.html>

### **Events and workshops:**

[www.aspia.org.au/events.html](http://www.aspia.org.au/events.html)

## **Thought ...**

For this month's thought I can't get past the fixed perspective!

I'm thinking that this is a huge aspect of the conflict we experience in our relationships. Aspies tend to arrive at an opinion or perspective as a result of their own logic and this then remains fixed.

Healthy relationships are about hearing and considering each other's perspective, respecting each other's views and finding outcomes that take into account a whole range of factors important and known to both partners together and individually.

But it seems an Aspie cannot consider an opposing or differing view to their own, believing their logic to have arrived them at an irrefutable position. They can't be wrong, so the partner has to be. Two perspectives or views can't co-exist.

Instead of a wider range of wisdom and experience to draw on for a better outcome for all, the field is narrowed to one view only. This is actually dangerous and naïve in the bigger picture, and surely can't be defined as a relationship either.

Carol Grigg OAM, Dip Counselling, 24 Nov 2014