

ASPIA NEWSLETTER - March 2016

Next ASPIA partner support group meeting

➔ **this coming Saturday 5th March**

****ANOTHER NEW VENUE****

We are relieved to announce that we have found a permanent home for ASPIA meetings at least for 2016!

THE RUGBY BAR, CLUB BURWOOD, 97 Burwood Road, Burwood (Sydney)

This is NOT the RSL Club in Shaftesbury Road, although it is part of their group of clubs.

Club Burwood is a smaller club, and is on the corner of George Street, just a short walk down the hill from the railway station. The Rugby Bar is downstairs.

Time: 1.30pm for 2pm start, concludes 5pm.

Cost: \$10.00 for non-members, \$5.00 for members (membership is \$55 per year, includes library)

PARKING: Unfortunately Burwood has become “parking unfriendly” and expensive, but here are some ideas:

- Wilson carpark in John Street behind the Club. \$4 daily rate for weekends.
- Council carpark in George Street. Could be up to \$15 for 4 hours.
- Westfield - \$10 for 4.5 hours (if you stay 5 hours it jumps to \$15)
- Street parking is metered till 6pm, possibly \$3.60 per hour.
- Looking at a council map, there appears to be unrestricted parking in Grantham Street & the western ends of both Railway Crescent and Railway Parade, and in other places as you move away from the central business district (if you don't mind a bit of a walk).

LUNCH CLUB is at the Club and we can discuss future lunch venues. Can vary this for taste.

What’s happening at our MARCH meeting?

Natalie Black is presenting: “Is there something about us that draws us to relationships where our needs are not sufficiently met?”

Our long-time ASPIA Member Natalie will present a bit of a different focus around this topic related to attachment styles again, and will also explore some other topics such as what good therapy looks like and how to find it and techniques for meeting our own emotional and practical needs. Time permitting, Natalie will also provide a bit of a refresher about the neurological aspects of ASD that she presented previously.

By way of intro, Natalie says: *“I am not yet a registered psychologist, but I have a BA in Psychology with Honours in 2013 and I have just started a Master of Clinical Psychology. I am also a Crisis Support Worker at Lifeline.*

Personally, I was married to an Aspie for 11 years and have also had many years of psychotherapy myself working on skills including the techniques I will be going over in the presentation.”

ASPIA Support Group Meeting Dates for 2016		
6 February	5 March	2 April
7 May	4 June	2 July
6 August	3 September	1 October
5 November	3 December	

[ASPIA's online Yahoo discussion group](#)

Lots of great conversations taking place in an email style. \$25.00 subscription. Visit ASPIA's website at www.aspia.org.au/contactus.html to request to join. The forum is becoming a great place to discuss sensitive stuff that can't be published in newsletters, etc.

[ASPIA's website contains information on other support groups, professionals, etc:](#)

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

Recommended Psychologists, Counsellors, etc:
<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: <http://www.aspia.org.au/events.html>

Book Recommendation

Asperger's From the Inside Out: A Supportive and Practical Guide for Anyone with Asperger's Syndrome by Michael John Carley

<http://www.amazon.com/Aspergers-From-Inside-Out-AspergersSyndrome/dp/0399533974>

I (Carol) have had the privilege of knowing Michael since about 2005 and meeting him face to face in New York in 2014. I have found him wonderful to talk to and I have turned to him for Aspie advice on a number of occasions. He has created some wonderful support and advocacy work for adults on the spectrum as well as their family members, particularly through GRASP in the USA. Michael is married (successfully!) and has two sons. He is a great role model for men on the spectrum.

Michael is the one who said to me that Aspies must understand Aspergers in themselves first before they can understand their relationships.

I often recommend this book to those whose partners are willing to read, but perhaps it's a good book for all of us to have to accidentally leave on the sideboard, coffee table or floor!

[Groups available for adults with AS and also couples](#)

Clinical Psychologist Jeroen Decates runs groups for adults with AS and also for couples, and Psychologist Eleanor Gittins is running an adult group in Surry Hills and a couples group in Menai. Please refer to the professionals list on the aspia website for their contact details.

[We have been asked to advertise or participate in two new research studies:](#)

One is "The Australian Longitudinal study of adults with Autism Spectrum Conditions" through FACS and UNSW. This one includes carers or family members.

<https://promo-manager.server-secure.com/em/message/email/view.php?id=716546&u=1010144>

The other is on “Interoception” through the University of Southern Queensland, and seems to be just aimed at adults on the spectrum.

The purpose of the research is to better understand how adults on the Autism spectrum perceive and interpret internal bodily sensations - feelings that include hunger, thirst, temperature, fullness, pain, taste, itch, heartbeat, air hunger and pleasant touch.

If you are over 18 and have been diagnosed with ASD and are interested in taking part in the research, please click on the link below for more details:

<http://www.aspergersvic.org.au/research-requests/2016/2/9/university-of-southern-queensland-interoception-research.html>

“Thought”

While I was still trying to wake up this morning I listened to something that a friend shared on facebook. I don't usually bother with talks or you tube videos via facebook, but the topic was about a 75 year Harvard study on happiness.

I was quickly roused out of my drowsiness as the speaker said the words “living in the midst of high conflict is really bad for us. High conflict marriages without much affection are very bad for our health, in fact worse than the experience of getting divorced.”

The talk had nothing to do with a study into relationships affected by Asperger's Syndrome, but I'm sure everyone reading this thought will relate to his words.

I have since found the link to this talk, and listened to it again. It's very good. The link is below. I wondered if it could even be something our AS partners would listen to, being a “Harvard study” and all that!

<http://blog.mindvalleyacademy.com/people-skills-and-social-life/harvard-happiness-study>

My best wishes to all,
Carol Grigg OAM
Dip Counselling

For information about my counselling services please see my website
www.carolgriggcounselling.com.au

Family Law Help

On a final note, I have recently been made aware of a new law and mediation firm that is offering a new concept of support to divorcing couples, as opposed to the adversarial approach that is the most common.

I have an opportunity next week to speak with the CEO and one of his Directors to sound them out in relation to the particular characteristics of divorces affected by Asperger's Syndrome.

I would like to share with them some examples of how our situations can be so different or difficult. If you have an experience you are comfortable to share, good or bad, can you please email it to me, maybe just a few paragraphs, email carolgrigg@live.com.au . By Sunday at the latest please.

I will keep the examples anonymous. Thanking you, in anticipation. Carol.