

# ASPIA

Providing support to partners of adults with Asperger's Syndrome since 2003

## ASPIA Newsletter – May 2017

*ASPIA's April meeting more than met expectations as Natalie delved deep, with gentleness and concern, into the partner's emotional world and experience. Through her own painful journey, Natalie has developed great insight into the strengths and weaknesses of empaths (which most partners are), and asks the question over and over again "What is it about us that makes it ok for us to be (or stay) in a relationship where we do all of the relationship work and accept little or nothing in return?" This and a number of other confronting truths were raised. Natalie encouraged us to challenge any false beliefs about ourselves and our worth, even suggesting a possible link to the messages we took on board early in life. She also reinforced the importance of finding the motivation to embark on a pathway of improved self-care and nurture. Thank you Natalie.*

*Just repeating here the link to Nola's website and hand-out from our February meeting when she spoke on "Making sense of Asperger Syndrome" (Nola Norris)*  
<http://www.nelt.com.au/resources>

Our next **ASPIA Partner Support Group** meeting for 2017 will be held this coming **Saturday 6<sup>th</sup> May**.

Please gather from 1.30pm for a 2.00pm start.

Our Presenter for this meeting will be "yours truly" **Carol Grigg**. This is stepping outside my comfort zone a little, as I'm much happier remaining behind the scenes and under the radar when I can, and attending to the coordination of our meetings, but I have a powerpoint presentation that I believe could be of value to share with partners in a partner support group meeting context.

The title of my presentation is "Insight from the Inside" and was originally prepared and presented to several therapist network groups in an attempt to educate and provide "insight from the inside" of a relationship affected by Asperger's Syndrome, from the non-Asperger partner's perspective.

The presentation develops the concept of relationships affected by Asperger's Syndrome by presenting statistics, diagnostic criteria and comments, discussion around key problem areas, examples of personal experiences, different brain types (cognition/thinking), what a counsellor or therapist may be confronted with in a counselling session, how the adult with AS can present in a counselling session and what they may say, how a therapist can best support a partner, helpful references, etc.

I believe partners will find the presentation validating, informative and clarifying for their own journey and experience, and perhaps also useful in preparation for therapy, or in attempts to explain or describe Aspergers to others.

**ASPIA meeting location:** Club Burwood at 97 Burwood Road, Burwood (Sydney) (corner George Street)

**Who can attend:** Partners and family members seeking support from the non-Asperger perspective.

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**Cost:** \$10 for non-members, \$5 for members (membership is \$55 per year and includes several benefits including borrowing books from the library and being part of a private facebook group.)

**Parking:** The cheapest and closest parking is directly behind the Club in **John Street**. Wilson car park - \$4.

**Lunch Club:** Bistro area from 12 noon for those who'd like to chat over lunch before the meeting.

**Dinner:** Staying back afterwards for a drink or dinner has also become popular over the last 12 months.

## **May is membership renewal month**

### **To make renewal simple, I am happy to receive direct deposits into ASPIA's account**

Yearly Membership Fee: \$55.00

ASPIA's bank details: ASPIA Inc, BSB 062 340, Account Number 1018 1011. Please include your surname.

### **ASPIA Meeting Dates for 2017**

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

### **Other places where you can stay in touch with ASPIA:**

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

**Meetup:** <https://www.meetup.com/Sydney-Partners-of-Adults-with-Aspergers-Syndrome-ASPIA/>

**Yahoo:** We have an online discussion forum (\$25 subscription) – see our website [www.aspia.org.au](http://www.aspia.org.au)

**Email:** [info@aspia.org.au](mailto:info@aspia.org.au)

**Website:** please visit our website for information and articles, recommended professionals, and a range of other information and useful contacts and links – [www.aspia.org.au](http://www.aspia.org.au)

### **Documentary for the ABC**

We have been contacted by Northern Pictures, the Sydney based production company behind the award-winning ABC TV series, *Changing Minds*. They are making a documentary series for ABC Television featuring people with neuro-diverse conditions such as Autism, Asperger's and Tourette Syndrome as they look for employment.

“We are looking for people who have had trouble finding work due to their conditions, but who are keen to find a job that suits their skills and talents. We want to show that having a neurological condition can be viewed as a strength, not a disability in the workplace. With the help of experts and specialists in the field, this uplifting and

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insightful series will draw on science to highlight job-seekers' skills and match them to roles that can harness their strengths. We all deserve the opportunity to work for a living and pay our way."

**If you know someone who could contribute to this documentary, please follow this link:**

<http://northernpictures.com.au/employable-me/>

**We've also received a request to participate in a survey in relation to diagnosis of ASD. Please follow this link:**

<http://www.autismcrc.com.au/developing-national-guideline-autism-spectrum-disorder-diagnosis-australia-viewpoint-study>

## **Thought**

Remember if you feel the need for some validation at any time, we have dozens of Newsletter Thoughts in previous newsletters preserved on our website – [www.aspia.org.au/newsletters.html](http://www.aspia.org.au/newsletters.html)

My best wishes to all, Carol Grigg OAM, Dip Counselling, Member ACA,  
[www.carolgriggcounselling.com.au](http://www.carolgriggcounselling.com.au)