

# ASPIA

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

## ASPIA Newsletter – October 2017

 **ASPIA's September meeting** was another wonderful experience as we gained more education and so many more insights from Eleanor Gittins' wealth of knowledge and experience. See this month's "Thought" for a few of the gems she shared.

Our next **ASPIA Partner Support Group** meeting will be held this coming **Saturday 7<sup>th</sup> October**.

Please gather from 1.30pm for a 2.00pm start.

We will be welcoming **Gudula Dornseifer**, who has a Masters in Legal Studies(UTS), is a LEADR and Family Court Accredited Mediator, has a Dip OT, and a Masters Degree in Legal Studies, with a Major in Alternative Dispute Resolution.

In our meeting, Gudula will discuss issues surrounding the sensory processing and defensive system in adults with Asperger's Syndrome, as well as communication and feelings, and will conduct some communication exercises with us.

Gudula's background as an Occupational Therapist in Mental Health and Paediatrics, and her training in Systemic Family Therapy with Relationships Australia has given her the experience and knowledge to deal with family disputes, couples relationship issues and how parents can better deal with difficult children.

She has over 20 years' experience nationally and internationally in relationship counselling and facilitating solutions to disputes for corporate, individual and family clients and dealing with children with challenging behaviour and/or learning difficulties. She has been a lecturer in counselling and has provided specialised communications and counselling skills training to General Practitioners in Germany and Australia, including the provision of such courses for the Royal Australian College of General Practitioners and NatureCare College.

Gudula has been on ASPIA's recommended professionals list for a very long time, and was originally introduced to us by Noël Boycott, a lovely female psychologist who was closely involved with ASPIA's work some years back, but moved to Milton and Ulladulla where she continues to practice and receive referrals from ASPIA. From Gudula's qualifications, experience and areas of interest you can see why she is of great value to those seeking ASPIA's support. Gudula's practice has now moved to Balmain from Rozelle, but her contact details are the same. See her website at [www.goodwillrelations.com.au](http://www.goodwillrelations.com.au) for more information.

Please join us at our **ASPIA meeting** for another great validating and educational opportunity.

**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.

**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.

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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 become popular with those attending meetings.

## **ASPIA Meeting Dates for remainder of 2017**

- October 7
- November 4
- December 2

## **Book Recommendation**

One of our new members has recommended the following book as a great help:

"Getting Past your Past" by Francine Shapiro. Available from

<https://www.amazon.com/Getting-Past-Your-Self-Help-Techniques/dp/1609619951>

**\* PLEASE SAVE THE DATE \* - Saturday 10<sup>th</sup> March 2018 -  
Sydney**

**ASPIA will be hosting a full-day Workshop  
for partners and couples with**

**TONY ATTWOOD AND MICHELLE GARNETT**

Venue: Burwood RSL Club

All other details are yet to be confirmed

## **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)

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## **Thought**

Further comments from ASPIA's September meeting:

- One of the most significant comments Eleanor made was in relation to the Asperger partner's tendency to blame. She stated that they "Project blame onto others with the (often unconscious) purpose of being fed back the meaning in digested form, ie, your (the NT partner's) processing. She said when they blame, they are actually looking for the clarification we provide by our reaction – our processing gives them information. She went on to share that we can then be in the unfortunate position of being accused of taking control and despised for doing so. I think we can all relate to this, but who would have thought that this was taking place?!
- Another really helpful thing Eleanor shared was about love-based and fear-based emotions. Love-based emotions are trust, compassion, truth, enthusiasm, joy, excitement and curiosity. Fear-based emotions are guilt, shame, confusion, inadequacy, loneliness, anger, despair.
- Eleanor also explained that Aspies will de-rail things within the relationship dynamic so that they can get things back to what they're good at.
- She encouraged us to do what we can, within reason, to make it unfavourable for them to keep doing what they're doing, but it has to be in a demonstrative way, not just words.
- Eleanor also helped us to understand the difference between a sociopath and an individual with Asperger's Syndrome. Both can seem to use people as objects to get what they want and need. A sociopath won't care about the impact they have on others, whereas an Aspie doesn't like hurting others when they become aware of the impact their use of others has had.

If you'd like to benefit from more of Eleanor's words of wisdom and amazing insight and support, her contact details are on ASPIA's website at [www.aspia.org.au/professionals.html](http://www.aspia.org.au/professionals.html)

Remember there are dozens of Newsletter Thoughts available for reading 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,  
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