

## **ASPIA is hosting a Workshop on “EMOTION FOCUSED THERAPY FOR COUPLES”**

Presented by Brisbane-based Psychologist MEG PERKINS

This workshop is open to anyone interested in relationships  
that involve Asperger's Syndrome, particularly in adults

<u>DATE</u>	SATURDAY 3 MARCH 2007
<u>TIME</u>	9.15am Registration (cash, cheque or credit ok) 5pm finish
<u>VENUE</u>	BURWOOD RSL CLUB 96 Shaftesbury Road, Burwood (NSW)
<u>COST</u>	<u>\$30.00 for ASPIA Members</u> (\$20 for each additional family member) <u>\$50.00 for Non-ASPIA members</u> (\$30 for each additional family member)
<u>FOOD</u>	Tea, coffee & biscuits will be provided Lunch can be purchased from outlets within the Club

### **WHAT IS EMOTION FOCUSED THERAPY FOR COUPLES? and HOW CAN IT HELP US?**

When a couple have a problem to deal with (such as one person finding it difficult to express feelings or saying things that seem inappropriate to the other person) they need to be working together rather than fighting or withdrawing from each other.

Whether a person has Asperger's Syndrome or not, couples frequently differ on their ability to identify, express and manage their emotions. Emotional intelligence is the ability to do these things for oneself and in relation to one's partner. Sometimes a diagnosis of Asperger's Syndrome in the family can lead to despair on the part of a partner, parent or grandparent: "If this problem is neurological, doesn't that mean that it is incurable and that our relationship will never improve?"

Actually, nothing could be further from the truth. Emotional intelligence and social skills can be taught, and Emotion Focused Therapy for Couples is ideally suited to a couple when one party is having difficulty understanding the emotional needs of the other. The therapist assists the couple to identify the feelings underneath their negative interactions and to be able to share these feelings with each other, regardless of the content of the disagreement. The couple learns to abandon defensiveness and to explain their perceptions and their needs to each other. They are then able to work on solving the problems rather than engaging in an ongoing attack-withdraw cycle.

#### **ABOUT MEG ...**

Meg Perkins, a Registered Psychologist in Queensland and a Member of the Australian Psychological Society, studied Emotion Focused Therapy for Couples on the Gold Coast with Veronica Kallos-Lilly from the Vancouver Couple and Family Institute.

Meg will explain the theory and process of this therapy and discuss some of the benefits. She will be speaking from personal experience as well as from professional expertise as her dearly beloved granddaughter was diagnosed with Asperger's Syndrome in 2004.

Questions and comments will be welcome.

### **Bookstall by BOOK IN HAND**

Asperger Syndrome Partner Information Australia Inc (ASPIA)  
PO Box 57 Macarthur Square LPO, MACARTHUR NSW 2560  
Ph: 0408 817 828 Email: [info@aspia.org.au](mailto:info@aspia.org.au)  
[www.aspia.org.au](http://www.aspia.org.au)