

ASPIA Newsletter - July 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 5 July 2014**
1.30pm for a 2pm start - 5pm.

The College of Nursing,
2nd Floor, 14 Railway Parade,
Burwood (Sydney)

\$10.00 per non-member, \$5.00 per member

Please arrive from 1.30pm for a cuppa and mingle. Our meeting commences at 2pm.

Please bring something small to share for afternoon tea.

Topic for this meeting

For our July and August meetings we are having a special focus on

The emotional, practical & legal aspects of preparing to leave a relationship.

Of course, ASPIA has always been invested in helping partners manage & save their relationships, but it's extremely important to also support those who find they have to end their relationship, as many of us have.

For this Saturday's meeting we have put together a small panel of ASPIA members who have been through the separation/divorce process. They will share their tips and also what they wish they'd known before they left.

We hope to see you there.

Please Note: ASPIA meetings are offered to non-Asperger adults only.

ASPIA's aim is to provide an emotionally safe place for partners who need support and education from a non-Asperger perspective.

If you have AS and you attempt to attend an ASPIA meeting you will be refused entry.

There are dedicated groups and meetings available specifically for adults with AS.

ASPIA is not one of these.

See our website & page 2 of this newsletter for information about AS groups and support.

ASPIA LUNCH CLUB

Anyone attending the 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.)

Members please remember to renew your membership and also to return any library books that you've had out on loan for longer than 3 months.

Book Feature

This month I would like to feature my own new book

"Insight for the Journey: Validating & Supportive Thoughts for Partners of Adults on the Spectrum (Asperger's Syndrome)".

This small volume contains all of my Newsletter "Thoughts" written since ASPIA's Handbook was published in 2012, as well as a few new Essays. Paperback \$13.15.

Follow the link to Lulu:

<http://www.lulu.com/shop/carol-grigg/insight-for-the-journey/paperback/product-21640087.html>

ASPIA Meeting Dates for 2014

	July 5
August 2	September 6
October 4	November 1
December 6	

FACEBOOK

Find ASPIA's public facebook page:

ASPIA Inc (Asperger Syndrome Partner Information Australia Inc)



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

Important: Just remember that if you "like" the page, this will come up in your newsfeed and be seen by your "friends". Consider if you wish to disclose your interest in AS and ASPIA to those on your friends list.

SUPPORT FOR PARTNERS

Grief Counselling

Epping (Sydney)

Liz Pash is a Social Worker, Counsellor and Educator, with understanding of relationships affected by Asperger's Syndrome
Contact Liz on 0498 964 275 or
Email lizlpash@hotmail.com

Phone Counselling for partners

Carol Grigg, OAM, Dip Counselling, Member ACA
Carol has personal experience of an AS marriage (20 years) and 13 years' experience supporting partners through ASPIA as well as attendance at countless educational workshops.
For appointments phone or text 0408 817 828
www.carolgriggcounselling.com.au

For recommended Psychologists, see the "Professionals List" on ASPIA's website

OTHER PARTNER SUPPORT GROUPS in Australia

• Central Coast, NSW

This group will now meet **every 3 months**
Dates: 15 March, 21 June, 20 September.

Empire Bay Garden Nursery & Café,

Poole Crescent, Empire Bay

Contact ASPIA info@aspia.org.au

• Newcastle, NSW: Possibility of new group forming. Anyone interested contact ASPIA.

• Northern Rivers, NSW:

Phone Debbie on (02) 6676 0483

Email: northernriversasdnetwork@gmail.com

• Brisbane:

Queensland Asperger Partners' Support Group (QAPS):

Phone Helen on 0418 761 652

Email QAPS.group@gmail.com

• New - Toowoomba Asperger Partners' Support (TAPS Group)

Phone Sheena on 0418 790 216

Email the.taps.group@gmail.com

• New - Tiaro, Wide Bay (Qld)

Phone Pat on 07 4193 9239

Email davies.pat@gmail.com

• Perth:

Phone Roz on (08) 9284 5252

Email: rozsdsk@iinet.net.au

• Melbourne:

Visit forum at <http://aspartneraus.org/vanilla/> or email Melissa meraine@bigpond.net.au

• Melbourne, also Blackburn

<http://www.aspergersvc.org.au/partners/>

SUPPORT FOR INDIVIDUALS WITH ASPERGER'S SYNDROME

For recommended Psychologists see the "Professionals List" on ASPIA's website.

Groups and other Contacts:

"Joining Hans" Group for Adults with AS

2nd Saturday every month Burwood, Sydney

Registrations essential: Contact Eleanor Gittins

Ph 0408 954 358 or janetgittins@hotmail.com

Support group for Adults with AS

North Shore, Sydney

Visit website for announcements www.jdpsy.org

or call Jeroen Decates on 0402 028 588

Forum-workshops for ASDian adults on

selected Wednesday afternoons at Hamilton

South (NSW), 1.30pm-4pm. Call Leigh 02 4966

1717 or email aut_s_pport@yahoo.com.au

ASPECT also has resources for adults

email info@autismspectrum.org.au

or phone 8977 8377

Aspect's Adult Social Group – for adults with

Asperger's or high functioning autism. Contact Caroline on 0409 603 582.

adultsocialgroup@autismspectrum.org.au

For more information:

www.autismspectrum.org.au/adultsocialgroups

Workshops on Relationships, social skills, sexuality

Liz Dore www.relationshipsandprivatestuff.com

ASTEEN - Teen social/support group

includes yahoo group. Contact Adrienne De Morais on 0413 890 311, email ademorais@optusnet.com.au or Keren Day on 0416 182 531, email kerend@live.com.au.

Thought ...

Often in the wake of conflict many thoughts pass through my mind as I try to work out what just happened. Conflict seems to happen so easily, even when the situation being negotiated seems like it should be quite routine and non-threatening in the scheme of things.

Now, I believe I am a fairly fair and reasonable person. I like everyone to feel like their preferences have been taken into account in any decisions that affect them, and that the outcome achieved is fairly evenly distributed, or that common ground has been found, more or less.

Naturally, when everyone is fair and reasonable it is expected and accepted that sometimes we won't get exactly what we want, but that another time we will. It's part of the flow of family life and groups.

One thing that seems to surface in our discussions about Asperger's Syndrome is the essential need the ASD individual typically has to have a situation work out the way they want it to or need it to. It is common for the ASD adult to have one specific pathway, prescribed or determined by them, that has to be followed by the partner, family members or a group.

NTs will typically defer to the most strongly expressed need or preference in a relationship, group or family. We don't like anyone to be upset, feel disadvantaged or unfairly treated. And this is how an ASD individual begins to take over control and dominate the choices of the relationship, family or the group.

It is apparent that they are unable to tolerate any pathway or choice other than their own, and when faced with this possibility may react with demonstrations of distress or rage which are traditionally experienced by others as forceful and intimidating. It is typical for those around to then back down and relinquish their own preferences in favour of the preferences of the ASD individual in order to avoid disadvantage or distress to the ASD individual. Once this happens regularly it becomes the "norm" for the ASD individual to dominate a relationship, family or group situation.

It struck me as being another "all or nothing" kind of situation. When they get their way they go on happily (or not), not recognizing that everyone else has now been overlooked and disadvantaged but has to "suck it up".

When they don't get their way, they perceive themselves as overlooked and disadvantaged and cannot tolerate this outcome. We don't like to be accused of being unjust or selfish, so we relinquish our preference and defer to them, again.

One can see how important early intervention and training in social skills are to assist an ASD child to understand and tolerate the need for turn taking and ultimately the concepts of consideration of others and co-operation and collaboration with others as they mature into teens and adults.

We can be proud of our beautiful strengths in flexibility and adaptability, but it is essential that we become aware of the ways this can make us vulnerable to dominant personalities. Just another opportunity to lose our sense of who we are. It is helpful to learn the principles of boundaries.

Carol Grigg May 2014
(written for July Newsletter)