

ASPERGER SYNDROME PARTNER INFORMATION AUSTRALIA (ASPIA) INCORPORATED

(Formerly **GRASP** Partner/Spouse Support Group)

*"Mutual acknowledgement and understanding
of the Asperger marriage experience"*

NEWSLETTER – July 2010

Our meeting this Saturday 3 July will be at the usual time, 2pm – 5pm

College of Nursing, 14 Railway Pde, Burwood, 2nd Floor
\$2 Members / \$5 Non-Members (covers room hire, etc)

Nola Norris will be presenting an interactive workshop based on her doctoral research into the Asperger Mind.

The Workshop

Nola will present the framework for her doctoral research with an emphasis on shifting from a deficits perspective to a strengths perspective. The following topics - Theory of Mind, Central Coherence, Executive Function and Amygdala Theory - will be covered in an interactive and interesting way with time for discussion and questions. Using the framework of Multiple Intelligences (devised by Howard Gardner from Harvard University) we will consider our own profile and the profile of our Aspie partners, helping you to better understand the Asperger mind.

Biography

Nola Norris has been fascinated with the Asperger mind ever since her husband was diagnosed with Asperger Syndrome in 2005 after 17 years of marriage. As an educator, she is seeing many children come through mainstream classrooms with Asperger diagnoses or character traits and these children present particular challenges for classroom teachers who have no special education or gifted education training.

It's Nola's goal to learn to "think Aspie" so she can better communicate with her husband and to help him capitalise on his giftedness while helping to cater for his weaknesses. She'd also love to see this happen for teachers at school so that our AS students' learning needs and strengths are recognised and utilised to create rich learning experiences for them. A central question for Nola is "Do AS students learn despite school or because of school?"

In order to formalise this journey, Nola is undertaking a Doctorate in Education part-time at the University of Wollongong while working as an ICT Integrator and IT Manager at a K-12 independent school on the outskirts of Sydney.

ASPIA is a support group specifically focused on the support & recovery needs of the non-Asperger partner in a relationship.

Please see page 3 of the Newsletter, and also our website for information about support groups specifically for adults with Asperger's Syndrome.

ASPIA Lunch Club meeting at Sapori Di Roma – Bar, Pizzeria, Restaurant

117 Burwood Road, Burwood, next door to previous venue and opposite Hungry Jack's
Arrive any time between 12noon & 2pm. All welcome.

ASPIA INC

ABN 30 583 771 917

PO Box 57 Macarthur Square LPO MACARTHUR NSW 2560

Web: www.aspia.org.au Email: info@aspia.org.au

Ph: 0432 507 828

Please remember that listings and advertisements on our website or in this newsletter do not automatically indicate our endorsement or promotion of the entire content or views held by these individuals or organisations. Listings are provided in good faith for the benefit of readers seeking constructive information and support for their personal or professional need.

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ASPIA's list of self-care suggestions

Is available on our website at

<http://www.aspia.org.au/pdf/2009/ASPIASelf-CareSuggestions6June09.pdf>

Survey on female partners of adults with Asperger's Syndrome

Remember to complete this important Australian survey through Sydney University on
**"Life Satisfaction of Neurotypical (NT) women in relationship with
an Asperger Syndrome (AS) partner"**.

Contact Jennifer Bostock-Ling at jbos8611@uni.sydney.edu.au
or follow survey link at <https://www.surveymonkey.com/s/GCBMQLL>

Workshop on Girls and Women with Asperger's Syndrome

Presented by Professor Tony Attwood

and Hosted by ASPIA INC

Saturday 2 October 2010

Follow link for information and registration form:

http://www.aspia.org.au/eventsarchive/2010/Attwood_October/Workshop_Flyer-Girls_and_Women_with_Aspengers.pdf

ASPIA Satellite Group (Partner support) in the Illawarra/Shoalhaven

Meeting informally now, contact Sylvia 4295 7327

Other partner groups/contacts

Brisbane: Visit www.aspiepartners.com

Gold Coast: Phone Tricia on 0413 085 174

Canberra: Phone Anita on 0434 165 604

Perth: Phone Roz on (08) 9284 5252, Email: rozsdsk@inet.net.au

Melbourne: Visit forum at <http://mc2.vicnet.net.au/home/aspartnr/index.html> .

Adelaide: Phone Heike Haffer on 0431 039 136, email heikehaffer@hotmail.com

ASPIA Meeting Dates for 2010

January 2 – NO MEETING	July 3
February 6	August 7
March 6	September 4
April 3 (Easter weekend)	October 2 – Tony Attwood
May 1	November 6
June 5 – ASPIA's 7 th Anniversary	December 4

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Support groups and resources for adults with Asperger's Syndrome

Support Group for Adults with AS – Burwood, Sydney

2nd Saturday every month

Contact Eleanor Gittins on 0408 954 358 or email janetgittins@hotmail.com

Support Group for Adults with AS – Nowra area, NSW

Last Saturday of every month

New time & venue 11.30am **The Art Centre, 12 Berry Street, Nowra**

Contact Eleanor Gittins on 0408 954 358 or email 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

AS Social Group – Wollongong

First Wednesday of every month, 6.00pm – 8.00pm

Corrimal Pub, Corner Railway Street & the Princes Hwy, Corrimal.

Please contact Samantha at asd.support@hotmail.com

Aspect also has resources for adults: Email: infoline@autismspectrum.org.au or

Phone: 8977 8377. For regional callers: 1800 069 978

Last Saturday's workshop on Mood Surfing presented by Julie Peterson was excellent and we hope to repeat it sometime in the not-too-distant future.

Some important points to take with you in relation to the management of emotions:

- Learn to regulate own emotions first, before trying to manage someone else's.
- When someone else in your life is escalating emotionally, resist your "automatic" urge to escalate emotionally too in an attempt to control them or the situation.
- The idea is to dampen down the emotional situation as much as is possible.

Relevant and effective strategies can be learned, particularly from a professional experienced in mood related disorders such as Asperger's Syndrome, ADHD, etc. (Look out for the "Mood Surfing" workshop next time it is offered.)

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