

**ASPERGER SYNDROME PARTNER INFORMATION
AUSTRALIA (ASPIA) INCORPORATED**

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

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

NEWSLETTER – June 2010

ASPIA is celebrating its 7th Anniversary this month!

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

Psychologists Sylvia Attard & Julie Taylor

will be speaking to us on the topic

"Communicating with your Partner"

We look forward to welcoming Sylvia & Julie and enjoying their presentation

College of Nursing, 14 Railway Pde, Burwood, 2nd Floor
\$2 Members / \$5 Non-Members (covers room hire, etc)
We will celebrate ASPIA's anniversary with a cake.

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 Saponi 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.

Workshop on MOOD SURFING

The Art of Emotion Regulation: Challenges and Interventions

Workshop presented by Clinical Psychologist Dr Julie Peterson

Saturday 26 June 2010, 8.30am - 4.30pm

Closing date for registrations to attend this workshop is 12 June 2010

This event has been endorsed by the Australian Psychological Society (APS)
for 6 Generalist Professional Development (PD) points.

*"... the over-expression of strong emotion can at times be confronting, challenging, terrifying and exhausting
for all involved if emotions are not regulated well. ... without the appropriate knowledge, skills and strategies
many individuals, couples and families find themselves being dumped or drowned by the waves. This is
particularly so for individuals with Autism Spectrum Disorders, ADHD and other significant mood disorders."*

Follow the link below for more information and a registration form:

http://www.aspia.org.au/eventsarchive/2010/JuliePeterson2010/Workshop-Mood_Surfing.pdf

ASPIA's list of self-care suggestions

is available on our website at

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

ASPIA INC

ABN 30 583 771 917

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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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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

Interesting info

"Each of the four basic emotions has cognitive (perceptual) and behavioural correlates. Sadness is evoked when there is a perception of defeat, loss or deprivation. The behavioural consequence is to withdraw. Elation follows from perceived gain and reinforces activity toward the goal. Anxiety is triggered by perceived vulnerability and threat, and the behavioural consequence is to withdraw, "freeze", or prepare for defense. Anger, in contrast, is directed to the offensive qualities of the threat, and the behavioural inclination is to attack."

(Counselling Diploma study notes - Cognitive Behaviour Therapy, Australian Institute of Professional Counsellors.)

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: rozsdesk@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

10.30am Nowra Central Library

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.idpsy.org

Or call Jeroen Decates on 0402 028 588

AS Social Group – Wollongong

First Wednesday of every month, 7.30pm – 9.30pm.

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

More interesting thoughts ...

Over the years since our support group has been operating we have been privileged to have the support of several wonderful psychologists. One of these psychologists is Eleanor Gittins who has educated us on many topics and helped us to gain more understanding of Asperger's Syndrome and how it affects relationships. In one of her presentations she explained to us the difference in cognitive processing between "neurotypical" and "Asperger Syndrome", drawing on information from Donna Williams' Book "Exposure Anxiety" (2003).

Cognitive Processing in Asperger Syndrome involves:

- Interpretive processing at the level of the literal, with some intermittent processing beyond.
- General single tracking processing with some information processing delay.
- Lack of simultaneous sense of self and other, particularly in other initiated social interaction.

Cognitive Processing in Neurotypicals involves:

- Interpretive processing beyond literal to personal, relevant, specific and abstract relating.
- Multi-tracking without significant processing delay.
- Ability to maintain, seek and enjoy other emotion/social interaction.
- Generally able to maintain a simultaneous sense of self and other social relating.

(Hope you'll find this interesting and helpful. Carol)

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