


ASPIA

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

ASPIA Newsletter – December 2017

 **ASPIA's November meeting was facilitated by our web developer Nola Norris, who presented on her specialty topic "Memory and learning: How are they different for people with AS?"** Further information about Nola's work can be found on her website at www.nelt.com.au

 **On behalf of ASPIA's Committee and Members I would like to wish everyone a very joyful and peaceful Christmas and New Year season. Our meetings will recommence on Saturday 3rd February 2018. Please note that we will not be holding a meeting in January. See all meeting dates for 2018 on page 2.**

Our next and final **ASPIA Partner Support Group** meeting for 2017 will be held this coming **Saturday 2nd December**.

Please gather from 1.30pm for a 2.00pm start.

We will be welcoming back one of our favourite Clinical Psychologists **Steve Den Kaat**, who will attend and co-present with **Dr Hugh Walker**, another Clinical Psychologist from "Diverse Minds Psychology Clinic".

As a response to some suggestions from ASPIA, they will focus their presentation on "**First Contact and Broaching Diagnosis**". The whole issue of suggesting Aspergers to a partner, and then approaching the process of diagnosis is a minefield in itself, often provoking great anxiety, further traumatic encounters, and not always good outcomes.

They will cover questions, such as: what a partner needs to know before broaching the subject with their AS partner, what info they need to give to the psychologist, how to bring up the topic of possible diagnosis with their AS partner, etc.

Biographical Information: *Steve is the director and supervisor of the team at Diverse Minds Psychology Clinic in Erskineville, Sydney.*

Steve obtained his MSc (psych) from Victoria University of Wellington, with his research in the field of Autism Spectrum Conditions (<http://hdl.handle.net/10063/713>). He completed his clinical training under the supervision of Professor Tony Attwood, Dr Michelle Garnett and Dr Hui Keow Lim.

Steve is a clinical psychologist who has a keen interest in working with adolescents with complex challenges including: attention deficit hyperactivity disorder, conduct disorder, eating disorders, anxiety, and depression. Steve's main area of specialty is in the area of Asperger's Syndrome and autism spectrum conditions.

Steve has provided diagnostic services and therapy in response to varying psychological needs. He has worked alongside children, adolescents and adults across the autism spectrum. In addition, Steve has presented across Australia and internationally in the area of autism spectrum conditions, with a focus on self-Identity and self-esteem.

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.

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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.

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.

ASPIA's Meeting Dates for 2018

- No meeting in January
- February 3
- March 3
- March 10 – Full-day Workshop with Tony Attwood and Michelle Garnett on "Couples and Asperger's Syndrome – The Relationship Minefield". Venue: Burwood RSL Club. Further info available soon.
- April 7
- May 5
- June 2
- July 7
- August 4
- September 1
- October 6
- November 3
- December 1

*** PLEASE SAVE THE DATE * - Saturday 10th March 2018 - Sydney**

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

TONY ATTWOOD AND MICHELLE GARNETT
**Topic: "Couples and Asperger's Syndrome: The
Relationship Minefield"**

Venue: Burwood RSL Club

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

Email: info@aspia.org.au

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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

Thought

Remember there are dozens of Newsletter Thoughts available for reading in previous newsletters preserved on our website – www.aspia.org.au/newsletters.html

My best wishes to all, Carol Grigg OAM, Dip Counselling, Member ACA,
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