


# ASPIA

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

## ASPIA Newsletter – August 2017

 **ASPIA's July meeting was, once again, a fabulous opportunity for validation and education with Clinical Psychologist Jeroen Decates, who used some interesting illustrations and video clips to continue to build our understanding of Asperger's Syndrome. Jeroen answered questions, generated quite a few more "ah ha" moments even for the veterans among us, and facilitated some wonderfully enlightening discussion. He emphasised how important validation and education is for non-AS partners, and encouraged us to continue attending ASPIA meetings as often as possible. He also explained how important it is for him, when working with couples and AS adults, to build good rapport with the AS adult in order to create the best chance of them remaining engaged in the therapeutic process. Jeroen is available for individual and couple counselling at his rooms in Hornsby (and occasionally in Canberra – see the July Newsletter). He also runs a regular group for AS adults, and a couples group from time to time.**

Our next **ASPIA Partner Support Group** meeting for 2017 will be held this coming **Saturday 5<sup>th</sup> August**.

Please gather from 1.30pm for a 2.00pm start.

For this meeting we will enjoy an informal sharing and discussion time. We've noted in previous years how important and beneficial it is to have an informal meeting such as this from time to time to share and consolidate what we have learned thus far, and share with those who are newcomers.

**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.

**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 also become popular over the last 12 months.

# ASPIA

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

**\* PLEASE SAVE THE DATE \* - Saturday 10<sup>th</sup> March 2018 -  
Sydney**

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

**TONY ATTWOOD AND MICHELLE GARNETT**

All other details are yet to be confirmed  
and will be announced through our newsletter and website when available.

## **ASPIA Meeting Dates for remainder of 2017**

- August 5
- September 2
- October 7
- November 4
- December 2

## **Book Recommendation**

One of ASPIA's Members has recommended the following two books as having been very helpful for her in her journey as a partner: **Understanding Women** by Susie Orbach and **What Women Want** by Luise Eichenbaum

## **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](http://www.aspia.org.au)

**Email:** [info@aspia.org.au](mailto:info@aspia.org.au)

**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](http://www.aspia.org.au)

## **Thought**

A regular group member and I were recently chatting about becoming grandmothers, her for the first time, and me for the 2<sup>nd</sup> and 3<sup>rd</sup> times. We were surprised to note that during the beautiful experience of the recent births of baby boys to our own sons, we had both unexpectedly experienced grief and flashbacks related to our own new motherhood experiences many years ago when our own sons were born. Watching our sons so in love with their new baby boys, and supporting their wives so beautifully as well, was a moment of joy and pride for us both. We talked a little about those early motherhood

# ASPIA

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

experiences of our own when we had felt so alone in the experience. Whilst our sadness was very real, we comforted ourselves and each other with the realisation that in spite of the difficulties of our own AS marriages and family contexts, we had both raised sons who are clearly able to love their own partners and children in a way their own fathers could not. How grateful we are to recognise the part we've been blessed to be able to play in breaking a generational pattern, ensuring our grandchildren have a much greater chance of enjoying the kind of childhood we grieve the loss of for our own children.

One of the psychologists who regularly educates our group has reassured group members a number of times that we (the neurotypical) parent will have been a significant protective factor in the lives of our developing children.

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

My best wishes to all, Carol Grigg OAM, Dip Counselling, Member ACA,  
[www.carolgriggcounselling.com.au](http://www.carolgriggcounselling.com.au)