

# The Asperger Couples Workbook Counsellors

The Asperger Couple's Workbook  
The Autism Couple's Workbook, Second Edition  
Marriage and Lasting Relationships with Asperger's Syndrome (Autism Spectrum Disorder)  
Ask Dr. Tony: Answers from the World's Leading Authority on Asperger's Syndrome/High-Functioning Autism  
Loving Someone with Asperger's Syndrome  
Recognising Asperger's Syndrome (Autism Spectrum Disorder)  
Asperger's Syndrome  
What Men with Asperger Syndrome Want to Know About Women, Dating and Relationships  
Life with a Partner Or Spouse with Asperger Syndrome  
When Anger Hurts Your Kids  
Counselling for Asperger Couples  
Asperger Syndrome (Autism Spectrum Disorder) and Long-Term Relationships  
Armchair Conversations on Love and Autism  
Love and Asperger's  
The Complete Mental Health Directory  
Asperger Marriage and Relationships  
The Other Half of Asperger Syndrome (Autism Spectrum Disorder)  
The Other Half of Asperger Syndrome  
An Asperger's Guide to Dating Neurotypicals  
Maxine C. Aston Maxine Aston Maxine Aston Eva A. Mendes Craig Evans Cindy Ariel Trevor Powell Hilary Hawkes Maxine Aston Kathy Marshack Matthew McKay Barrie Thompson Ashley Stanford Eva A. Mendes Kate McNulty LCSW Richard Gottlieb Karen Slee Maxine Aston Maxine C. Aston J. R. Reed

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aston has created this workbook to help couples where one partner has as with candid advice activities and worksheets she explores a variety of approaches she identifies specific issues such verbal and non verbal communication sexual issues socializing and parenting and comes up with simple and effective ways of addressing these issues

this updated edition of maxine aston s workbook is packed full of insightful helpful and easily accessible activities for couples where one or both partners is on the autism spectrum to understand and accept their differences this book expands on topics including verbal and non verbal communication sexual issues socialising and parenting with case studies from couples who have successfully worked through their issues this edition is fully updated for the dsm v and features new research into alexithymia further insights into couples counselling digital communication and sensory sensitivity with new worksheets and opportunities for collaboration and reflection combining advice guidance and activities this book can be used independently by a couple at home or in conjunction with a therapist encouraging communication and empathy to help make a neurodiverse relationship successful

advice and activities to build understanding and communication in relationships where one partner is on the autism spectrum this edition is fully updated to reflect contemporary research and changes to the dsm v and provides exercises for couples to collaboratively work through the challenges that may arise in a neurodiverse relationship

offering practical advice straight from the couples counseling room eva a mendes provides an insider s view into what couples and counselors can do to help make an asd relationship last she outlines the challenges faced in an asd relationship and provides strategies that can improve the lives and marriages of couples on a daily basis

dr tony attwood and craig evans are proud to introduce their first book together previously they brought you autism hangout a question and answer style video series in which dr tony directly addresses the most pressing questions of those touched by autism now this unstoppable duo has refreshed these conversations and converted them into book form creating an invaluable resource to keep helpful information present and available to the public their goal thriving with autism

loving someone with asperger s syndrome is an essential resource for anyone in a relationship with a partner who has asperger s this book explains how asperger s may cause problems in a relationship and offers help for communicating coparenting and building an emotional connection with a partner who has asperger s syndrome

written by a clinical neuropsychologist this book is an accessible guide to everything you need to know about asperger syndrome offering information and guidance self help and coping strategies and illustrated throughout with over 150 personal quotes vignettes and anecdotes from clients with as with whom the author has worked with clinically over the last 10 years the book is deliberately aimed at a broad audience of people those who have just received a diagnosis and want to know more those who are considering seeking a diagnosis family members relatives friends and clinicians including mental health workers psychologists support workers and all those who work with people with as trevor powell is a consultant clinical psychologist who is the lead for neuropsychology services for berkshire healthcare nhs trust he has written a number of books and research articles having worked clinically for over 30 years in the field of adult mental health brain injury particularly head injury and with adults with asperger s syndrome autism

if you have aspeger s syndrome as or your child or partner does life can be challenging difficult and emotionally draining help is at hand from coming to terms with a diagnosis and receiving specialist counselling to pursuing careers and maintaining long term relationships this essential guide takes a positive and practical approach to living with asperger s using tried and tested strategies from those who have lived with the condition you will discover how to develop communication how to deal with obsessive behaviour and how to get further help and support information for those living with a partner suffering from asperger s is also provided chapters are also included for parents whose child has recently been diagnosed with asperger s together with advice for teachers and carers this book won t pretend that living with asperger s is easy but it will help you to understand and live positively with the condition

many asperger men are confused and bewildered by women dating and relationships and find it hard to know how to get it right this practical handbook provides many of the answers to their key questions about women and dating helping them to understand how to have successful relationships

delve into the dramatic impact asperger syndrome can have on the complex world of adult interpersonal relationships psychologist kathy marshack shares poignant true stories based on her own life and the lives of her clients focusing on how partners spouses of someone with as can take back their own life and find true meaning and happiness the author discusses these sensitive issues and shows readers how to take control of their lives and grow away from dysfunctional behavior and dysfunctional relationships each chapter closes with a series of lessons learned that recap the main points of the chapter and offer new ways to look at these very unique challenges

based on a study of how 250 parents copy with their anger this handbook helps readers understand their anger and the effect it has on their children the authors identify 16 trigger thoughts that cause anger and show parents how to change these thoughts into healthy problem solving communication

this is the first book to provide a complete model for counselling couples where one partner has asperger syndrome it provides details of the seven different stages of the model and includes anecdotal evidence from clients whose relationships have been greatly helped by it the book includes photocopiable activity sheets

fully updated for dsm 5 the new edition of ashley stanford s bestselling book continues to offer invaluable relationship guidance to couples where one or both partners are on the autism spectrum by exploring asperger asd traits step by step the book emphasizes the value of understanding and offers solutions that have worked for other couples

filled with first hand accounts and the best kept secrets to help your relationship bloom this book is a deep dive into loving autistic relationships and the unique strengths that drive them based on clinical experience and emerging research asc counselling expert eva mendes explores the complex and fulfilling relationships between neurodiverse couples this book takes you on a journey into the relationships of 20 neurodiverse couples from all walks of life offering insight into how they meet the challenges of daily life and the unique strengths being neurodiverse can bring to a being a partner or co parent the couples share down to earth and candid recollections of the ups and downs of their relationships weighing in on topics from emotional connection and sex to managing co parenting and finances exploring multiple intersections from race gender and sexuality across

autistic relationships and ironing out the common myths surrounding them even offers a specialist clinical perspective on each dynamic and provides examples of best practice to have a healthy and happy relationship

life with a partner whose neurotype is different than yours is filled with moments that can be surprising unique and sometimes challenging love and asperger s is a helpful guide to everyday techniques to strengthen empathy and connection between neurodiverse couples while keeping your love for each other at the center of everything life with a partner whose neurotype is different than yours is filled with moments that are surprising unique and sometimes challenging if one of you is on the autism spectrum and the other is neurotypical this aspergers books is a helpful and inclusive guide to understanding the nature of your relationship and navigating its particular obstacles while keeping your love for each other at the center of everything even though aspergers is no longer an official diagnosis many people like you or your partner may still fit the aspergers profile and identify with the term this book is designed with you in mind featuring expert advice from relationship therapist kate mcnulty inside you ll find engaging scenarios of couples experiencing similar challenges combined with practical evidenced based solutions that address the needs and perspectives of both partners equally love and asperger s helps you work together find easy ways to improve communication cultivate emotional and physical intimacy and maintain a commitment to learning about each other appreciate your differences open a window into the inner world of your partner and the ways in which their experiences differ from yours so you can convey your own perspective more effectively break through the stereotypes sort out myths and facts so you can understand neurotypical and neurodiverse thinking and make your life together as a couple more loving and more rewarding deepen your relationship and your communication with an enlightening book on aspergers and love

provides comprehensive coverage of 27 specific mental health disorders from adjustment disorders to tic disorders including a separate section devoted to pediatric and adolescent issues as well as support systems and other resources

this book aims to help the spouses or partners who are married to or in a long term relationship with someone diagnosed with asperger s syndrome or more likely suspected asperger s syndrome as this book is an honest account of what my life has been like with my as husband and

how his asperger s has affected our marriage we have had many crisis moments over the years but most of these have been through joint ignorance of my husband s condition with realisation came a long getting to know you process and learning more about the condition and david s idiosyncrasies advice that worked for us is clearly signposted there are about 500 articles on a vast range of subjects plus lots of links to the latest research david also writes about the topics i have chosen from his autistic experience providing insight into how our relationship works or doesn t from his perspective i want to share with you the everyday nitty gritty tiny details that most people outside of your family would miss that really affect you as a couple i have gone into detail about these and explained why these behaviours happen not every man with as is the same but you will recognise some of these behaviours in your husband or partner i graduated with a masters in autism from northumbria university and used my 18 years of experience research of living with david to write my dissertation about our marriage i couldn t help but be worried when he read through my dissertation at the end as i was concerned that i may have misunderstood some things or upset him with some of the detail i believe it was probably quite hard for him to read how much his behaviour over the years had affected me but all he said after he had read it through was that it was very insightful i knew then i had done a good job

does your other half have asperger syndrome as or do you suspect that he or she is on the autism spectrum this quick and helpful guide provides all the information you need for relationship success with your as partner maxine aston offers relationship advice that draws on over a decade of counselling experience

based on academic research experiences as a counselor specializing in this area and personal relationship experiences the author uses quotations and real life examples to illustrate her points with a compassionate understanding practical everyday topics include living and coping with as anger and as getting the message across sex and as parenting staying together and as cannot be blamed for everything

this book is for anyone on the autism spectrum who is in a relationship or marriage with a neurotypical non autistic person or who wishes to be it s also for the nt in a relationship with an aspie the principles in this book of communication respect honesty understanding and sharing are important in any relationship but especially important when one partner has asperger s whether in a straight relationship or lgb the

ideas in the book are the same for both types of relationships as these principles don't know the difference between genders packed with simple ideas in an easy to read format this book is a must for anyone on the spectrum who desires a healthy romantic relationship it's also a great way for the neurotypical to open doors to understanding and communicating with their asperger's partner in this straight forward relationship guide jr reed meets a growing need in the world of teens and adults with asperger's he not only provides the reader with needed information he breathes life into the words with a mix of information and reflection as an advocate not a clinician mr reed writes in a charming conversational style comprised of clearly stated practical strategies this book is a must read for anyone who wants to better understand the world of those unique individuals with asperger's and the challenges they face in relationships dr linda barboa executive director stars for autism and author of the nuts bolts of autism and twenty other titles straight from the heart of an aspie this candid primer will likely improve the relationships of anyone dating on the spectrum dr brenda bradshaw founder infinity academy author the alien logs of super jewels

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