



## 2019 GROUP PROGRAMME FOR COUPLES WHERE ONE OR BOTH PARTNERS HAVE AS



### *The Relationship Minefield*

#### **WHO**

Couples where one or both partners are on the autism spectrum (Asperger's syndrome) and are facing challenges in their relationship.

**Psychologists:** Professor Tony Attwood & Dr Michelle Garnett, Clinical Psychologists

#### **PROGRAMME DESCRIPTION**

Couples where one or both partners are on the autism spectrum may face difficulties and complications that are challenging to overcome and beyond the ability of friends and family to help. Couples may be in the early stages of the relationships and just finding unanticipated concerns, longer standing relationships, perhaps with children, where difficulties are becoming increasingly apparent and distressing or the couple are approaching or are in retirement. Quite frequently relationships involving people with Asperger's syndrome may be fraught with misunderstanding on both sides. Limited flexibility in one or both partners may leave the other feeling as if they are carrying an unfair burden. Social indifference or inappropriateness may cause concern or embarrassment and a narrowing of social activities. People with Asperger's may exhibit low self-confidence or arrogance and this can often lead to misunderstanding and in some cases defensiveness which may cause considerable stress to partners.

Topics covered will be developed with participants relationship issues in mind and are likely to include information and practice in understanding the implications of Asperger's syndrome in a relationship, enhancing communication, social behaviour, emotional regulation, intimacy and mutual emotional and practical support.

#### **PROGRAMME FORMAT**

Each session will last one and a half hours. Both partners are to attend all of the eight sessions. Where one partner is unable to attend a session, the other partner should still attend. The first session will be a combined session for all participants. Subsequent sessions will be with partners separated for the first hour and then combined for the remaining half hour. The first hour will cover the topic from each partner's perspective followed by a combined feedback and debriefing so that both partners will have information and strategies to enhance the relationship. There will also be between session home practice.

## **W H E R E**

Minds & Hearts Clinic, Suite 6, Level 1, 88 Boundary Street, West End.

## **W H E N**

Eight sessions in total

Tuesday 15<sup>th</sup> October to Tuesday 3<sup>rd</sup> December, 2019 from 5.30-7pm.

## **H O W**

To register interest, please book an assessment session if you are not currently seeing a psychologist at Minds & Hearts. The assessment session will take one hour. The aims of the session are to determine suitability for the group. Should the group not be suitable, an alternative plan will be advised.

## **C O S T S**

Initial Assessment (if required) - \$240

Cost for Group: 8 group sessions @ \$200 for each couple (\$1600 total). *For participants to be eligible to receive a rebate from Medicare the group will require at least 6 participants per group.*

**Please note: The total cost of the group sessions is \$1600 irrespective of whether you attend each one of the eight scheduled sessions**

## **R E B A T E S**

Some participants may be eligible for a Medicare Rebate through the use of a Better Access Care Plan. Please talk to your clinician about this who may suggest that you enquire with your GP about the possibility of one or both partners receiving a Medicare Rebate. Due to the course being run at the end of the year some couples may be entitled to their Medicare Safety Net meaning you will receive a higher rebate from Medicare.

Research shows that mental health issues, for example depression, anxiety and stress, can result when there is chronic ongoing marital distress. Couples where one or both partners have Asperger's Syndrome are at risk. Directly addressing the marital issues and thus increasing relationship satisfaction can lead to decreases in stress, depression and anxiety for each partner.



## Relationship Minefield

15<sup>th</sup> October to 3<sup>rd</sup> December, 2019

### GROUP REGISTRATION FORM

TAX INVOICE ABN: 51 128 736 103

Please complete this form to register and to nominate your payment method.  
Return it to reception staff in person, via email to [info@mindsandhearts.net](mailto:info@mindsandhearts.net)

<b>Name:</b> _____ <b>Age:</b> _____ <b>Gender:</b> M/F <b>Date of Birth:</b> _____
<b>Parents Name:</b> _____
<b>Email:</b> _____

Payment for the group sessions is made in an upfront payment. Either online through our website or by returning this form.

**Please note:** *The total cost of the group sessions is \$1600 irrespective of whether you attend each one of the eight scheduled sessions.*

**N.B:** *If you have a Mental Health Care Plan for group therapy please be aware the rebate cannot be processed until the day of each session.*

### There are 4 easy payment options:

**OPTION 1: IN PERSON**

Please make your payment to one of our friendly receptionists at Minds & Hearts.

**OPTION 2: ONLINE**

Please make payment online through our website. We will happily email you the link to make payment.

**OPTION 3: BANK DEPOSIT:**

Account Name: Minds and Hearts Pty Ltd

BSB: 034 013

Account Number: 241 976      **Reference: Your Child's Surname**

**OPTION 4: CREDIT CARD** (Please circle):    Mastercard    Visa

Name on card: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Expiry Date: \_\_\_\_\_ / \_\_\_\_\_

Signature: \_\_\_\_\_

**Date:** \_\_\_\_\_