

Counselling help for people with Aspergers and ADHD

Monday 2 September, 2013

Relate is the well respected charity providing support for all the family when they have difficulties in their relationships. Relate Dorset and South Wiltshire have trained their professionally qualified and experienced relationship counsellors so they can provide better support to couples and young people with Aspergers. Barrie Thompson himself an 'Aspie' took the group through a comprehensive programme of information and practical exercises. Counsellors qualified to work with children and young people have also participated in the training, so they can work with under 18s too.

Relate Dorset and South Wiltshire are well established local charity and provide Relationship Counselling, Young Persons Counselling and Psycho Sexual Counselling.

Dorset and South Wiltshire Counsellors have undergone this further training in order to work with Relationships where Asperger's is present.

Aspergers can present some or all of the 'triad of impairment, which tends to affect the way that relationships are formed:

Communication – a lack of eye contact, facial expression, the inappropriate use of language, processing delay, voice intonation, gestures and other non verbal language.

Socialisation – Difficulties in forming or maintaining relationships, a lack of empathy or interest in others, poor social timing and skills, part or total lack of body contact

Social Imagination – typified by limited, obsessive or ritualistic behaviour, egocentric thoughts, rigid or inflexible thinking, not aware of risks or outcomes.

If this looks familiar and it is affecting your relationship then Counselling can provide a safe and confidential environment where couples and Individuals can explore what is currently happening and what and how they may want to change.

This will assist the couple or individual to develop a stronger sense of awareness of ways of functioning and processing and can start to explore traits that can be present in Asperger's. The counselling will assist with developing techniques, skills and strategies in order to check out assumptions and understand each other better.

For questions or to book a consultation please call our Appointments Desk on 01305 262285 or email enquiries@relatedorset.org.uk

Relationship Counsellors and children/young people's counsellors that work with Asperger's are now available in Dorchester, Bridport, Shaftesbury and Salisbury.

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