



Marriage and Lasting Relationships with Asperger's Syndrome (Autism Spectrum Disorder)

Eva A. Mendes

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Proven counseling strategies that will help improve the relationships of married, long-term or co-habiting couples with Asperger's Syndrome (Autism Spectrum Disorder). ASD relationship expert Eva A. Mendes provides advice straight from the couples' counselling room that can be applied in day-to-day living and help with the challenges that can arise in relationships where one or both partners are on the autism spectrum. This includes issues surrounding diagnosis, mental health, sexual compatibility, sensory needs, executive functioning, theory of mind, communication, and co-parenting. She offers unique practical ideas for positive change such as creating a relationship schedule, making expression of appreciation and gratitude a part of every day, and finding mutually satisfying activities and special interests to engage in with your partner. The strategies in this book will be useful to couples themselves and any couples' counselors or therapists working with them.

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