

MAKING MORE SENSE

Improving communication for neurodiverse couples

A five-session online course for women whose partners have Asperger's/ASD

Do you feel that, in spite of all your efforts, communication between you and your partner seems to be really difficult? Does this leave you feeling frustrated, sad and even hopeless? If this sounds familiar, this course could help. Sessions are focused on improving communication in relationships where one partner has Asperger's/ASD and are based on findings from my recent research with neurodiverse couples and my professional experience with autistic people and their significant others.

The course is delivered 'live' via an online video conferencing platform. It's designed to be practical and includes skills building exercises, discussion and peer support as well as activities to complete between sessions. Group size is deliberately very small to allow everyone the opportunity to share their own communication challenges and get help with these in a safe and supportive setting.

This is a pilot course so participants will have opportunities to make suggestions for topics in later sessions. *They will also have access to individual sessions with me at a reduced rate for the duration of the pilot.*

There are *just four places available* on this first course. It starts in the autumn and booking is only open for a limited period. If you would like to know more, either for yourself or on behalf of someone else, I recommend getting in touch quickly.

You can email me on sarah.pagdin@acuo-consulting.com, ring me on 01925 488 836 or contact me on my mobile: 07876 488 110. If you would like to know more about me or my work you can visit my website at www.sarahpagdin.com

I look forward to hearing from you!

Sarah Pagdin CPsychol AFBPsS

A 2Diverse Project

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