



Maxine Aston

MSc. Health Psychology

Counsellor • CC Cert. Relate • C&G 7407 Further Education
Diploma in Casework Supervision • E.M.D.R. Practitioner

The Park Counselling Centre

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Counselling



Specialising in Asperger Syndrome



Maxine Aston achieved a first class honours degree in Psychology, has undertaken in depth research into couple relationships affected by Asperger Syndrome and is the author of two highly respected books: 'The Other Half of Asperger Syndrome' and 'Asperger's in Love: Couple relationships and family affairs'.

Maxine has spoken at both national and international conferences on Asperger syndrome and is available as either a guest or keynote speaker.

Maxine worked for many years as a Relate Couple Counsellor and is fully qualified in all areas of relationship counselling. Her work encompasses individuals, couples and families affected by Asperger syndrome.

Maxine is a member of the British Association of Counselling and Psychotherapy and abides by their Code of Ethics and professional conduct. As is usual Maxine receives regular supervision and is constantly seeking to develop and hone her professional skills.

Counselling offers people the freedom to explore and express feelings and thoughts in a safe and non-judgmental environment.

Confidentiality and professional ethics are strictly adhered to.

Counselling has been proven to increase self esteem and help individuals and couples to develop a better understanding of both themselves and significant others in their lives.

When the counsellor has an understanding of the implications of Asperger Syndrome, it has been shown to offer both partners greater cognisance of each other's perspective.

Counselling is offered for:

- Autistic Spectrum Disorders (ASD).
- Living with an ASD.
- Family issues related to ASD.
- Asperger Syndrome.
- Social Skills training.
- Relationship problems.
- Separation and divorce.
- Childhood abuse.
- Sexuality issues.
- Stress/Depression.
- Personal growth.
- Work related issues.

As a psychologist and author of two books on Asperger syndrome in relationships, Maxine is appropriately qualified.

Asperger syndrome affects at least one in every two hundred and fifty people. It is a developmental disorder and will cause difficulty in communication, both verbal and non-verbal, social relationships and a poor imaginative ability producing a lack of empathetic thought.

It is almost inevitable that these difficulties will have a negative effect on a couple or family relationship. Problems can be poor communication skills, sexual problems, misunderstandings, social difficulties, and a feeling of not being valued or understood.

These problems will affect both the people with Asperger syndrome and the people living with them.

Counselling takes place at Maxine's counselling centre which is located approximately five minutes walk from both Coventry railway station and the city centre. There is on road parking for up to two hours.

Counselling fees per hour:

Individual Counselling	£50
Couple Counselling	£60
Family Counselling	£75

Counselling sessions are Monday to Friday between the hours of 9am and 5pm. However in special or exceptional circumstances Saturdays may be considered at extra cost.

Due to the nature of Asperger syndrome people may find themselves travelling long distances. It is suggested, in these circumstances, that a two or even three hour session be arranged.

Telephone Consultation

30 minutes.....£25

Please note: Client is responsible for call charges and needs to book and pay in advance. This is not a counselling service. Further details are available upon request.

Autistic Spectrum Disorder Assessment

Three hours.....£295

Full written report (add)£95

Healing of Cassandra Workshop Weekend

See web site for schedule

Saturday & Sunday.....£150

Concessions for unemployed or low wage earners are available. Please mention your circumstances at the time of booking.

For an appointment please call the Park Counselling Centre - 02476-224422.

