



EDUCATE

EQUIP

EFFECTIVE

Welcome! Thank you for contacting us!

Thank you for reaching out to **Holmes Autism Spectrum Resources for Marriage & Family, LLC**. At the moment, our counseling/coaching load is full, but because of this, I have created resources to help couples get started on their journey.

Often, couples want to jump into counseling/coaching without first understanding who they are now as a couple and what the challenges and realistic expectations are to be targeted. They know things are hard and stressful, but they do not understand *why* things are hard.

So, for those on my waitlist (which is also full), I encourage you to start with these free and paid resources through our other site, **NeuroDiverse Christian Couples**. I have a few coaches and counselors in my training program, so I may have a coach or counselor I can recommend for you soon.

Getting Started While You Wait:



I have my couples start with 3 classes:

- AS-Nt Struggling to Connect
- Interviews from couples on what helped them (set expectations; this is a LONG process and can take years)
- Basics of Autism

You can find these classes at: courses.christianneurodiversemarriage.com. You might also find this course helpful:

- Lessons from Those Divorced: This is not about getting divorced; this is about what happened that led to divorce. Many women and one AS/ND man contributed to this to share why you want to repair things and the pain that led to divorce.



We have a free resource: our podcast. There are over 70 episodes! Sometimes, it is my husband and I discussing our ND relationship, and sometimes it is an interview with another expert in the field abroad (Attwood, Vermeulen, Grandin, Morrow, etc.)

Listen to the show here: www.spreaker.com/show/neurodiverse-christian-couples
I suggest you listen in this order:

- Start at episode 1 and do 1-7
- Then, skip to Season 5 on Attachment with Gill and Attwood's *what can we expect to change*
- Any episode we did on communication also works

You will find many topics in the podcast:

- Theology of Marriage: Bad teaching and faulty expectations set up by religious rules over Covenant Love
- Challenges ND Couples face
- Communication Strategies
- How to select a coach/counselor
- What has helped us and others



Group Coaching:

Often we will have groups that mentor couples we have coached for free. Dan and I offer group coaching for men and women for \$50 each session for 8 weeks. These sessions fill up quickly and might be currently full for the semester. Keep checking back for more options.

Our Method:

- Education
- Equip
- Effective Strategies

Education *does not involve counseling*; it involves intentional reading and podcasts to understand autism and the neurodiverse relationship FIRST so you can target what you need to be equipped, and then stage 3 (effective strategies) is really where coaching or counseling begins.

Education is the place to start.



Browse our full catalog of resources at:

www.christianneurodiversemarriage.com