
OCD New Jersey (OCD NJ) is
committed to the
International OCD Foundation's
(IOCDF)
goals of educating the
community about
Obsessive Compulsive Disorder
(OCD),
offering support to sufferers
and their families, and
supporting research.

Continuing Education Credits

This program is approved for 4 CE credits by the State Board of Psychological Examiners, by the State Board of Social Work Examiners, and for educators.

To Contact OCD NJ

For more information, or for complaints or grievances, please call OCD NJ at (732) 476-4021 or write to OCD NJ, PO Box 958, East Brunswick, NJ 08816.

OCD NJ
PO Box 958
East Brunswick, NJ 08816



New Jersey
IOCDF affiliate

presents our
17th Annual Conference...

**“Killing your mom, going to hell,
sex with a camel, and more:
Treating OCD obsessions that
generate guilt, shame and disgust”**

An Interactive Multimedia Presentation
by Dr. Carol Hevia



plus
“Living with OCD” Panel
with those who deal with OCD every day
moderated by Allen H. Weg, EdD

Sunday, March 5, 2017
The Westwood, Garwood, NJ

OCD New Jersey

OCD New Jersey is a nonprofit organization sanctioned by the International OCD Foundation (IOCDF). We offer support to sufferers and their families, and supporting research. Members include mental health professionals as well as OCD sufferers, their families, and friends.

We publish a quarterly newsletter and have quarterly meetings which feature OCD experts as guest speakers. Visit our website at www.ocdnj.org for additional information about our dynamic and growing organization.

Program

Regarding Her Presentation, Dr. Hevia Explains:

Harm and sexual obsessions are difficult to treat due to the extreme shame and disgust that sufferers feel about merely having these thoughts. It is challenging to get patients to even disclose the details of their obsessions, let alone get them to engage in the aversive ERPs. This talk will give strategies to decrease shame and increase self-disclosure, motivational strategies to get patients willing to take necessary risks to improve, cover psycho-educational talking points to move the patient through treatment, imaginal script writing, integrating "in vivo" components with imaginal consequences, cognitive strategies and experiential exercises to help address pathological guilt, obsessions about malevolent intent, "the evil meter", possibilities versus probabilities, and "killing off the therapist". Other related issues include; behavioral urges and sexual responsiveness in intrusive thoughts, moral disgust, the effect on relationships, and interruption of developmental tasks in OCD.

Every year at our annual conference, we collect a handful of people who either have OCD or live with someone who does, and they each spend a little bit of time sharing their personal experiences and then take questions from the audience. This has always been a highlight of our conference, and allows participants to "see the face" of people with OCD, and gives them the opportunity to more fully understand the emotional experience of struggling with the disorder, as well as recovering and even transcending it. The Living with OCD Panel has never failed to be moving and inspirational to our conference attendees, whether they be professionals or lay people.

Our Presenters

Carol Hevia, Psy.D., has been working for 20 years with children, teens and adults who suffer from OCD. She received her first Master's degree from the counseling psychology department at UW-Madison. She then did a post-graduate one year training certification program at the Boston Institute of Cognitive-Behavioral Therapies. Her second Master's degree, in psychology, and her Doctorate in Psychology were both from the Florida Institute of Technology in Melbourne, Florida. She did her Fellowship in Clinical Psychology at Harvard Medical School. She is a licensed psychologist in



Massachusetts, Florida, and Arizona.

Since 2005 Dr. Hevia has served as an Assistant Psychologist on the clinical staff of the OCD Institute at Mclean Hospital, part of Massachusetts General Hospital, considered by many to be one of the top inpatient OCD treatment centers in the world. She has made dozens of presentations over the years specifically on the topic which she will be covering at our annual conference.

Allen H. Weg, EdD, is President of OCD New Jersey, an Affiliate of the International OCD Foundation. Dr. Weg is a New Jersey licensed psychologist and Founder and Executive Director of Stress and Anxiety Services of New Jersey, LLC, an independent clinic with locations in East Brunswick and Springfield, New Jersey. He and his associates specialize in the cognitive behavioral treatment of anxiety disorders and OCD-related spectrum disorders for children, adolescents and adults.



Schedule

9:45-10:15 am	Registration
10:00-10:30 am	Continental Breakfast Available
10:15-10:30 am	Welcoming Remarks, Allen Weg, OCD NJ President
10:30am-2:00pm	Dr. Carol Hevia's Presentation (lunch break from 12-12:30pm)
2:00-2:55pm	"Living with OCD" Panel, Dr. Allen H. Weg, Moderator
2:55-3:00pm	Closing Remarks

Registration Form

Advance Registration (before 3/1/16) - \$85

Late/On-Site Registration - \$95

CEU Credits - Advance Registration - \$95

CEU Credits - Late/On-Site Registration - \$105

Student Fee (full-time with proper I.D.) - \$50

Kosher meals available with advance registration only

No confirmation of registration will be sent

Name _____

Organization _____

Address _____

City/State/Zip _____

Daytime phone: () _____

E-mail _____

Mail checks payable to:

OCD NJ

PO Box 958

East Brunswick, NJ 08816

Or register online: www.ocdnj.org

Directions to the Hotel

The Westwood, 438 North Avenue, Garwood, NJ 07027

Telephone: (908) 789-0808

Handicap accessible facility

TRAVELING NEW JERSEY TURNPIKE NORTH:

Take NJ Turnpike North to Exit 11. Follow signs to Garden State Parkway North. Follow Directions as in Traveling Garden State Parkway North

TRAVELING NEW JERSEY TURNPIKE SOUTH:

Take NJ Turnpike South to Exit 14. Follow signs to I-78 west towards US-22/US9/US1. Merge onto 1-78W. Take The Garden State Parkway Exit 52. Keep right at the fork, follow signs to Garden State Parkway and merge onto Garden State Parkway South. Take Exit 137 and bear right for State Highway 28 towards Cranford. The Westwood is 2.2 miles on the right side.

TRAVELING GARDEN STATE PARKWAY NORTH:

Parkway North to Exit 135. Bear left and proceed straight through first traffic light. Make a left at a second traffic light. Stay in right lane through tunnel, proceeding straight thru the next traffic light. You will be on Central Avenue. Follow Central Avenue for approximately 3.5 miles to North Avenue. Turn right onto North Avenue (the intersection after you've gone under the railroad tracks). The Westwood is approximately .5 miles on the left.

TRAVELING GARDEN STATE PARKWAY SOUTH:

Take Parkway South to Exit 137. Bear right onto Westfield Avenue (also called route 28 West and North Avenue). The Westwood is located 2.2 miles on the right.