

## 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 an online newsletter and have quarterly meetings which feature OCD experts as guest speakers. Visit our website at [www.ocdnj.org](http://www.ocdnj.org) for additional information about our dynamic and growing organization.

## Continuing Education Credits

This program is co-sponsored by NJPA and OCD New Jersey. NJPA is approved by the American Psychological Association to sponsor continuing education for psychologists. NJPA maintains responsibility for the program. 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. The program is intermediate level and for psychologists, social workers, and educators.

## To Contact OCD New Jersey

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

OCDNJ  
PO Box 958  
East Brunswick, NJ 08816



**New Jersey**  
IOCDF affiliate

*presents our*  
**18th Annual Conference...**

**“From the Cradle to the Grave:  
Nuances in CBT Delivery Across  
the Developmental Spectrum”**

*An Interactive Multimedia Presentation*  
**by Dr. Martin Franklin**



plus

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

**Sunday, March 4, 2018**

The Westwood, Garwood, NJ

**[www.ocdnj.org](http://www.ocdnj.org)**

## Program

### Regarding his presentation, Dr. Franklin explains:

Cognitive behavioral therapy's effectiveness in treating OCD is well established in individuals across the developmental spectrum. Even so, it is most powerful when delivered in a developmentally sensitive way. This presentation focuses on the importance of adjusting treatment to fit various moments in the life span, and taking into account the specific challenges faced at these different times of life. Practitioners and members of the OCD community alike are encouraged to consider the many differences between the treatment of individuals of varied ages, such as a child just starting to recognize intrusive thoughts and a 70-year-old who has had a lifelong struggle with OCD. CBT can be made most effective and meaningful when these differences are brought to light within the therapeutic context.

The goals of the presentation are to:

1. Identify key differences in OCD presentation that emerge at various times in the life span.
2. Understand how intrusive thoughts may change due to the specific challenges at different life stages.
3. Recognize difference presentations of OCD in many populations of different ages.
4. Adjust cognitive behavioral therapy to target the needs of individuals depending on their age.

**“Living with OCD” Panel:** Each year, a few people who either have OCD or live with someone who does, spend some time sharing their personal experiences in a panel format. This is followed by a question and answer session and has been a highlight of the conference. The panel allows attendees to “see the face” of people with OCD, and provides the opportunity to understand the emotional experience of struggling with the disorder, as well as recovering and even transcending it. The “Living with OCD” Panel has always proved to be a moving and inspirational experience for conference attendees.

## Our Presenters



**Dr. Martin Franklin** is an Associate Professor of Clinical Psychology in Psychiatry at the University of Pennsylvania, and Director of the Child and Adolescent OCD, Tic, Trich, and Anxiety Group (COTTAGE) in the Department of Psychiatry. Dr. Franklin received his Ph.D. in clinical psychology from the University of Rhode Island. He has devoted his career to the study of anxiety and body-focused repetitive behaviors (such as chronic tic disorders and trichotillomania, TTM) in children and adults. His clinical and research careers have centered on these disorders, with a particular emphasis on developing and disseminating effective treatments. Dr. Franklin has published theoretical, clinical and empirical papers and chapters, as well as treatment manuals. At present, Dr. Franklin is a principal investigator of several multicenter studies including an examination of the effectiveness of cognitive behavioral therapy for very young children with OCD. As the principal investigator on several multicenter studies, Dr. Franklin is a leading member of the Pediatric OCD Study team (POTS). Dr. Franklin is also actively engaged in the training of mental health professionals at the post-degree levels. He is a clinical supervisor at the University of Pennsylvania for psychology interns and for residents and fellows in psychiatry, and continues to maintain a very active clinical practice in which he provides CBT to children, adolescents, and adults suffering from anxiety and related conditions.



**Allen H. Weg, EdD**, is President of OCD New Jersey. Dr. Weg is a New Jersey licensed psychologist and Founder and Executive Director of Stress and Anxiety Services of New Jersey, Inc., an independent group practice with locations in East Brunswick and Florham Park, NJ.

## 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 New Jersey President
10:30am-2:00pm	Dr. Franklin's Presentation (lunch break from 12-12:30pm)
2:00-2:55pm	“Living with OCD” Panel, Dr. Weg, Moderator
2:55-3:00pm	Closing Remarks

## Registration Form

Advance Registration (before 3/1/18) - \$85  
Late/On-Site Registration - \$95  
CE Credits - Advance Registration - \$95  
CE 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](http://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.