



Quarterly Newsletter

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Katherine Dahlsgaard, Ph.D.
Presented on
“Pediatric presentations of
OCD that are often mistaken
for something else”

by Rachel Strohl, Psy.D.

On Mon., Sept. 8, 2014, Katherine Dahlsgaard, Ph.D. presented at the quarterly meeting of OCD New Jersey (OCDNJ), which was held in Cherry Hill, NJ. Dr. Dahlsgaard is Lead Psychologist at the Anxiety Behaviors Clinic (ABC), Department of Child and Adolescent Psychiatry and Behavioral Sciences at CHOP. She is a licensed clinical psychologist in Pennsylvania and New York with expertise in cognitive-behavioral therapy



for children, adolescents, and young adults. Dr. Dahlsgaard has an extensive background in research. A recipient of a

National Science Foundation Fellowship award, Dr. Dahlsgaard is a frequent lecturer and guest speaker and has published widely in scientific journals and books.

Dr. Dahlsgaard explained the difficulty an adult with "sickening thoughts" had with the experience and getting properly diagnosed with OCD. She said children with OCD have the same thoughts, and "you can only imagine how hard this is for kids." Children can have very "adult" obsessions, regarding sex, violence, or blasphemy. During middle childhood or adolescence, they are going through major developmental tasks of figuring out "what am I good at," or "finding my identity." If a child is figuring out his/her sexual identity, OCD may focus on that to create obsessions regarding sexual orientation. OCD will mess with normal development and try to make the child feel ashamed.

A brief review of OCD was provided:

SAVE THE DATE!

**Our 15th Annual Conference will be held on
March 15, 2015**

Next Quarterly Meeting:

The Role of ASDs in OCD Treatment: Complicating Co-Morbidities

Presented by *Rebecca Sachs, Ph.D.*

Note **New Venue:** Our next quarterly meeting will take place on Monday, December 8 at the Turnpike Plaza Building, 197 Rte 18 South, immediately off of NJ Turnpike Exit 9 - see below for specific location and directions- easy access and easy free parking at our new presentation venue!

This presentation will help professionals and community members better understand the impact of an Autism Spectrum Disorder (ASD) dual diagnosis on an individual with OCD, and how treatment can be effectively modified to maximize success. We will briefly discuss recent changes in DSM 5 regarding both Autism Spectrum Disorders and Obsessive Compulsive Spectrum Disorders and review ways in which the symptoms of ASDs & OCD overlap and differ. While the entire Autism Spectrum will be covered, the presentation talk will mainly focus on individuals with High Functioning Autism (HFA) and Asperger’s Syndrome. We will review why an ASD diagnosis is often missed in individuals with OCD and some different assessment tools that can be used to help screen for or diagnose an ASD. Finally, we will go over both theoretical and practical considerations for CBT and ExRP for an individual with a dual diagnosis, including some case presentations.



Rebecca Sachs PhD, is a licensed clinical psychologist specializing in the assessment and treatment of Autism Spectrum Disorders, Anxiety Disorders, OCD, school adjustment, and problematic home behaviors. She graduated from Hofstra University with her PhD in Clinical & School Psychology. Dr. Sachs received a BA in Psychology & History from New York University. Between her years of schooling, Dr. Sachs taught English in Chile and conducted research in cognitive & language development at Stanford University. After graduate school, Dr. Sachs completed a postdoctoral fellowship at the University of Miami. Formally trained in Cognitive Behavioral Therapy (CBT) and Mindfulness Based Cognitive Therapy, Dr. Sachs is currently the Director of the Midtown Center for CBT in Manhattan and a staff psychologist with the Fay J. Lindner Center for Autism in Brookville, NY. She conducts psychological evaluations & provides individual and family psychotherapy services at each location.

Remember, as always, our quarterly meetings are free and open to the public. Parking is also free.

VENUE: For information, directions, and photos of this building with virtual tour, go to: www.silvertreecommercialrealestate.com and click on the 197 Route 18 South property. The address is 197 Route 18 South, East Brunswick, NJ 08816. We will be meeting on the first floor in the Cafe area of the North Tower. To clarify, this is the Turnpike Plaza on East Brunswick going south. It is not the two giant towers with the Hilton between them further north on Rte 18 North.

PRESIDENT'S MESSAGE



Welcome to the Fall 2014 newsletter. At this time I would like to inform all of you that due to personal obligations, I must step down as President of OCD NJ. It has been my pleasure and

honor to have associated with all of you, and I hope to continue with the organization on a volunteer basis.

I would like to remind all of you that our next quarterly meeting will take place Monday December 8th 7:30pm. The location has changed to 197 Route 18 South in the TURNPIKE PLAZA OFFICE BUILDING. As a landmark- it's in the same parking lot as the Days Inn and Hooters Restaurant. Please enter the main entrance and the meeting will be held on the 1st floor in their meeting room. Parking is free

As a reminder, mark your calendars for our annual conference which will be taking place on March 15, 2015.

Show your support for OCDNJ by joining the OCD Foundation – visit the International OCD Foundation at www.ocfoundation.org.

Don't forget to visit us on Facebook and Twitter.

Thank you,
Adrienne Friedman

NATIONAL OCD FOUNDATION CONTACTS

International OCD Foundation Phone: (617) 973-5801
PO Box 961029
Boston, MA 02196
E-mail: info@ocfoundation.org
Internet: www.ocfoundation.org

Any Comments?????

The staff of the Newsletter encourages all comments on our published articles. Also, any letters and articles, which you wish to submit for our quarterly publications, are welcome. Please submit them to:

OCD NJ
PO Box 958
East Brunswick, NJ 08816

Disclaimer

The information presented in this Newsletter should not be taken in lieu of proper medical and/or mental health professional services. The Board of Directors of OCD New Jersey, as well as all other volunteers involved in the development and distribution of this Newsletter, do not endorse any particular viewpoint or information presented here, and are not liable for any damages resulting from any misrepresentations made by the readership of this newsletter or treatment by any organization member, newsletter advertiser, or article author.

OCD New Jersey MISSION

The Affiliate is a community of those who have an interest in Obsessive Compulsive Disorder and whose goals are:

- To educate the public and professional communities about the disorder.
- To support individuals afflicted and their significant others.
- To support research into the causes and treatments of this disorder.

OCD New Jersey OFFICERS

Adrienne Friedman - President
Allen H. Weg, Ed.D. - Vice President
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**The OCD New Jersey telephone hours
are 9:00 a.m. to 9:00 p.m.
Feel free to call (732) 476-4021**

CALL FOR VOLUNTEERS!

OCD NJ is always looking for volunteers to help with distributing information about the organization, help with planning our annual conference, and just spreading the word on OCD. If you would like to get involved, please email Adrienne at listeningears123@aol.com.

Save the Date!

The 15th Annual OCD New Jersey Conference

Sunday, March 15, 2015, 10 a.m. to 3 p.m.
The Westwood, Garwood, NJ

Treatment of OCD in Adolescents and Young Adults: What To Do with Parents?

By Anne Marie Albano, PhD, ABPP

plus

"Living with OCD" Panel

with those who deal with OCD every day moderated by Allen H. Weg, EdD

Anne Marie Albano is Associate Professor of Clinical Psychology in Psychiatry at Columbia University and Director of the Columbia University Clinic for Anxiety and Related Disorders. She received her Ph.D. from the University of Mississippi. Dr. Albano is a Fellow of the American Psychological Association, Founding Fellow of the Academy of Cognitive Therapy, a Beck Institute Scholar, and is Board Certified in Clinical Child and Adolescent Psychology. In 2008, Dr. Albano received the Rosenberry Award for service to children, adolescents and families from the University of Colorado at Denver. Dr. Albano is Past President of the Society for Clinical Child and Adolescent Psychology of the American Psychological Association and also past-president of the Association for Behavioral and Cognitive Therapies.

She is past editor of *Cognitive and Behavioral Practice* and currently is an Associate Editor of the *Journal of Consulting and Clinical Psychology*. She has published more than 90 articles and chapters and is the co-author of several cognitive behavioral treatment manuals and of the *Anxiety Disorders Interview Schedule for Children*, all published by Oxford University Press.

Dr. Albano served as a Principal Investigator of a 6-site, National Institute of Mental Health-sponsored study entitled "Child/Adolescent Anxiety Multimodal Treatment Study" (CAMS) and also was a PI for the Treatments for Adolescents with Depression Study (TADS). Both trials examined the relative efficacy of CBT, medication, combination treatment, and pill placebo in youth. Her book with Leslie Pepper, *Helping Your Anxious Child: Free Your Child from Fears and Worries and Create a Joyful Family Life*, was the 2014 Self-Help Book Award winner from the American Society of Journalists and Authors.



Dr. Albano Summarizes Her Presentation:

The transition from adolescence to adulthood holds the promise of independence while ushering in the new anxieties that accompany increasing responsibility, freedom and greater expectations for independent functioning. Youth with OCD may be particularly challenged in launching into adulthood, as the disorder keeps the emerging young adult dependent on family members and lagging same-age peers in achievement of age-appropriate tasks.

The nature of OCD symptoms, along with anxiety disorders in general, are associated with overprotective parenting styles, that can also hinder the youth in meeting developmental milestones. Parental overprotection comes honestly and is often fueled by beliefs that the adolescent/emerging adult will miss out on opportunities that are "too big to fail" due to the OCD and related anxieties. The parents' ongoing involvement in age-expected tasks then interferes with skill development, resolution or management of clinical symptoms, and successful transition to adulthood.

Dr. Albano will discuss the background and model for the the new "Launching Emerging Adult Program" (LEAP). LEAP is implemented as an age- and developmentally-appropriate treatment for OCD and anxiety disorders, involving individual, group and family sessions. Specific examples of the LEAP modules to engage parents and adolescents/young adults to address anxiety, reduce parent overprotection, and meet developmental goals will be presented. Case examples with emphasis on developmental issues, including confidentiality, parent-adolescent engagement, and methods for breaking the cycle of overprotection will be presented and audience participation encouraged.

Allen H. Weg, EdD - Vice President, OCD New Jersey: Presenter

Dr. Allen Weg is a New Jersey licensed psychologist. His independent practice, Stress and Anxiety Services of New Jersey, LLC, is located in East Brunswick. He and his associates specialize in the cognitive behavioral treatment of anxiety disorders for children, adolescents and adults. He is on the Scientific Advisory Board of the International OCD Foundation, is VP on the Board of Directors and co-founder of OCD New Jersey, is a graduate and a faculty member of the Behavioral Therapy Training Institute, the training arm of the International OCD Foundation, and is author of "OCD Treatment Through Storytelling; A Strategy for Successful Therapy," published by Oxford University Press.



FULL CONFERENCE BROCHURE, DIRECTIONS, AND ONLINE REGISTRATION WILL BE MADE AVAILABLE IN EARLY 2015.

For complaints or grievances, please call Adrienne Friedman at (732) 476-4021 or write to OCD NJ, Attn: Adrienne Friedman, PO Box 958, East Brunswick, NJ 08816.

CALL FOR PROFESSIONALS TO ADVERTISE IN 2014

If you are a professional wishing to advertise in the newsletter and on the OCD NJ website, the cost for the rest of 2014 is \$50. This fee includes the inclusion of your your business card in the last edition of the newsletter in 2014 and inclusion in the professional listing on our website.

To participate, please make a check payable to OCD NJ and mail it with your current business card to:

OCD NJ
PO Box 958
East Brunswick, NJ 08816

or you can email a scan of your business card, scanned and saved as a pdf or in jpeg format to torellani@aol.com.

OCD NJ SELLS DVDs

For the past 10 or more years, OCD NJ has been videotaping each lecture as part of the organization's mission. Our goal is to provide information to the public about obsessive compulsive disorder. One way in which we can achieve this goal is to provide previous lectures to the public for their use.

This most recent list of DVDs can be found on our website at www.ocdnj.org. If you are interested in purchasing DVDs, you can call Adrienne Friedman at (732) 476-4021 between the hours of 9 a.m. and 9 p.m. Here are some sample titles:

- "The Enemy Within: Getting Aggressive with OCD," Allen Weg, Ed.D.
- "Being a Parent with OCD," Cynthia Haines, Psy.D.
- NJ OCF - 10th Annual Conference, "Body Dysmorphic Disorder (BDD), Hypochondriasis, Hoarding, and other OCD Spectrum Disorders; Comparing and Contrasting Treatments with OCD," Dr. Fugen Neziroglu.
- "The Latest Research on Pediatric OCD and Trichotillomania," Dr. Marty Franklin & Dr. Diana Antinoro.
- "Medications & OCD," Dr. Steven Dyckman.

We hope to update the website soon so that the DVDs can be purchased online.

GREETING CARDS FOR SALE!

Two Designs:

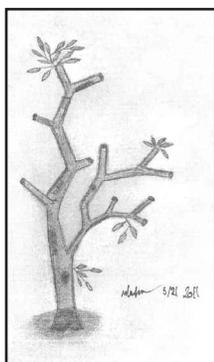
Design A: "Crabs vs. Dan" by Daniel Lumsden - age 11

Design B: "Growing Again" by Michael N. Levine - age 14

Sold 10 cards per pack for \$8. Please add \$3 to the order to help cover the shipping costs. To purchase, please mail a check or money order to: OCD NJ, PO Box 958, East Brunswick, NJ 08816. Be sure to include your name, address, city, state, zip, phone number, and email address. Be sure to indicate the design and how many packs per design.

Design A

Design B



Be sure to look for the directions to our new meeting location for our December Meeting. We will be moving from the Robert Wood Johnson Hospital location, to Turnpike Plaza Building, 197 Rte 18 South, immediately off of NJ Turnpike Exit 9. See specific directions in the review of our upcoming quarterly presentation on Page 1.

Professional Directory (continued on pages 5 & 6)

The professionals included in this Directory have expressed an interest in treating individuals with OCD. This Affiliate has not investigated these individuals, nor does it have the facilities to evaluate their competence in treating OCD. This Affiliate does not recommend or endorse the competence or expertise of anyone listed. This Directory of treatment providers is not an endorsement, but merely a source of individuals who have indicated that they treat OCD. If you are interested in advertising in our Professional Directory, please contact Adrienne Friedman at (732) 476-4021 from 9 a.m. to 9 p.m.

TAMSEN THORPE, Ph.D.

Directions CLS, LLC
Psychologist

NJ License #3826

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www.directions-cls.com



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Anna Marie Resnikoff, Ph.D.

LICENSED PSYCHOLOGIST

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G9 BRIER HILL COURT
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Barbara J. Nicholls MSW LCSW

Individual, Couples, and Family Therapy

467 Springfield Ave. Summit, NJ 07902

314 Dorn Ave. Middlesex, NJ 08846

Phone: (732) 271-2537

Cognitive Therapy & Consultation, LLC

Sue Schonberg, Ph.D., ABPP, ACT

Board Certified - Cognitive & Behavioral Psychology
Fellow, Academy of Cognitive & Behavioral Psychology
Diplomate, Academy of Cognitive Therapy

Clinical Psychologist Specializing in Cognitive Behavioral Therapy

597 Springfield Ave.
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Clinical Psychologist

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Specializing in Cognitive-Behavioral Therapy

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www.bergencognitivetherapy.com

Stress and Anxiety Services of New Jersey, LLC

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DAVID A. RAUSH, Ph.D.

Licensed Psychologist

215 East Laurel Road
Suite 201
Stratford, NJ 08084

NJ License: 35SI00367600
PA License: PS008440L

The above is a paid advertisement.

Karen J. Landsman, Ph.D.
 CLINICAL PSYCHOLOGIST
 (973) 895-2442

68 Essex Street, Suite 1A
 Millburn, NJ 07041

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 Chatham, NJ 07935

www.anxietyandocd.com

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Rebecca Sachs, PhD, is a licensed clinical psychologist specializing in the assessment and treatment of OCD, Autism Spectrum Disorders, Anxiety Disorders, school adjustment, and problematic home behaviors. Graduating from Hofstra University with her PhD in Clinical & School Psychology, Dr. Sachs completed a postdoctoral fellowship at the University of Miami and was a licensed clinical psychologist at NeuroBehavioral Institute and Director of Psychoeducational Services at Academic Options in Weston, Florida. Formally trained in Cognitive Behavioral Therapy (CBT) and Mindfulness Based Cognitive Therapy, Dr. Sachs is currently the Director of the Midtown CBT with locations in Park Slope, Brooklyn and midtown Manhattan and a staff psychologist with the Fay J. Lindner Center for Autism in Brookville, NY.

Located in Midtown Manhattan & Park Slope, Brooklyn
 For additional information, visit me at MidtownCBT.com
 or call 347.886.0356

NEUROBEHAVIORAL TASKS IN OCD

Do you have OCD? Are you currently not taking any psychiatric medications?

We are looking for individuals with OCD to participate in a research study comparing patients with OCD to patients with several other disorders to help us understand the differences in the neurocircuitry of the brain across disorders.

This study uses different behavioral tasks and questionnaires to measure participants' stress reactivity, startle reflexes, and preferences. All information will be kept completely confidential.

WHO CAN PARTICIPATE:

* You may be eligible to participate if OCD is your primary problem, if you are between the ages of 18 to 50 and are not currently on any psychiatric medications or currently on hormonal birth control, and if you are not pregnant.

* Subjects must be able to travel to New York State Psychiatric Institute /Columbia University at 1051 Riverside Drive (at 168th Street) in Manhattan.

COMPENSATION FOR PARTICIPATION:

Participants will be compensated \$200 for completing all study procedures, consisting of approximately 6 hours of testing over 2 consecutive days. Additional payment of up to \$85 will also be provided based on performance on one of the tasks.

PROCEDURES:

1. Screening by phone.
2. If potentially eligible, a psychiatric evaluation (and urine test) and clinical assessments to confirm eligibility (time estimate) of 2 hours.
3. If eligible, up to 6 hours of testing over 2 consecutive days (4 hours on day 2 and 2 hours on day 2.)

FOR MORE INFORMATION, PLEASE CONTACT:

Anxiety Disorders Clinic, Columbia University Medical Center:

(212) 543-5367

or e-mail persaud@nyspi.columbia.edu

or greencas@nyspi.columbia.edu

OBSESSIVE COMPULSIVE DISORDER

- Do you feel the need to check and re-check things over and over?
- Do you have the same thoughts constantly?
- Do you feel a very strong need to perform certain rituals repeatedly & feel like you have no control over what you are doing?

If so, you may qualify to participate in an investigational medication research study.

Volunteers may be eligible to participate in the study if they are:

- * Between the ages of 18-65 and,
- * Currently taking medications for OCD
- * Continue to have symptoms of OCD while on medication

Eligible participants will receive study related procedures and study medication at no charge.

They will also be compensated for travel to each completed study visit.

KEYSTONE CLINICAL STUDIES, LLC
Norristown, PA 19403
(610) 277-8073
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Understanding Obsessive Compulsive Personality Features

Principal Investigator: Anthony Pinto, Ph.D.

- Is perfectionism causing problems for you?
- Do others complain about your rigidity?
- Do you worry too much about order and details?
- Do you find it difficult to relax and enjoy free time?
- Are you constantly trying to control things?
- Do you plan out every minute of your day?

Researchers at Columbia University Medical Center/NYSPI in Manhattan are seeking participants (age 18-60) in the NY metro area with several of these features. Participants will receive a confidential evaluation at no cost and payment upon completion of an interview, questionnaires, and computer tasks.

For more information about the study, contact Ashley at (212) 543-5938.

To learn more, visit www.columbia-ocd.org

Dr. Dahlsgaard - continued from page 1

the OCD cycle includes obsessions, which leads to anxiety, which leads to compulsions, which leads to temporary relief ("feeling less bad"), and the cycle continues. OCD is very prevalent with one in fifty children being affected. Cognitive behavioral therapy (CBT), specifically exposure and response prevention (ERP), is the first line of treatment for OCD and the only recommended therapy. Other first line interventions include the SSRI medications.

Dr. Dahlsgaard reported the most common phobia for children is emetophobia, while the most common type of OCD for children is contamination, followed by "gay OCD." Gay OCD obsessions include "how do I know I'm not gay" because OCD wants certainty. A girl may think another girl is pretty, so OCD obsessions say "you're gay." Compulsions include children avoiding same sex pictures, avoiding hanging out with same sex friends, seeking reassurance from parents, or "proving" rituals, such as looking at homosexual material to "make sure I'm not gay."

Dr. Dahlsgaard emphasized gay OCD is not a struggle about being gay, but a struggle against uncertainty. It is very important for therapists to understand it does not matter if the child is gay or not, this is about OCD's quest for certainty. Exposure includes acceptance of thoughts, positive gay role models, imaginal exposure "waking up gay," and exposure to LGBT materials.

Another type of OCD for children is self harm, with obsessions including "how do I know I won't hurt myself," or "if I think about it, that means I'll do it." Compulsions include staying away from knives, ropes, pills, etc., replacing thoughts about suicide with "good thoughts," or seeking reassurance. If you ask a child if they want to kill him/herself, the answer is no, so the thoughts are OCD. Exposure therapy involves imaginal exposure, staying near dangerous things, and when asking a reassurance question, the answer is "maybe, I don't know."

Dr. Dahlsgaard also discussed loss of essence OCD, with obsessions including "if I have contact with someone (less desirable), I'll turn into them," "I'll get contaminated by another person," or a star athlete may have the OCD thought, "I'm afraid of handicap people because if I breathe their air, I'll turn into them." Compulsions include no physical contact with "undesirables," breathing out/ spitting if feel contaminated, or checking that nothing has been lost. Exposure therapy involves imaginal exposure with a story about lost essence (e.g., I want to turn into a slutty person), bumping into the feared others, and not spitting or washing.

Dr. Dahlsgaard concluded the informative presentation by recommending a book for parents, "Freeing your child from OCD," by Dr. Tamar Chansky, and a workbook for kids, "What to do when your brain gets stuck," by Dr. Dawn Huebner.

Pictured in the photo are Dr. Allen Weg, Dr. Dahlsgaard, and Dr. Marla Deibler. DVDs of this presentation are available through the OCDNJ website.



Dr. Rachel Strohl is a licensed psychologist at Stress and Anxiety Services of NJ in East Brunswick. She is on the Board of Directors at OCD New Jersey. She may be reached at 732-390-6694.

Child/Adolescent OCD, Tic, Trich, & Anxiety Group (COTTAGE) at the University of Pennsylvania

Pediatric OCD Treatment Study:

Does your little child have to have things "just right?" Does he have to do something over and over again? Does she have intrusive thoughts? Our center is looking for kids ages 5-8 with OCD to participate in a research study at the University of Pennsylvania. Those eligible receive a full assessment of symptoms and 12 weeks of behavioral therapy at no cost. Call Aubrey Edson at 215-746-3327 if interested.

Pediatric Trichotillomania Treatment Study:

Does your adolescent or teen pull their hair? If so, it may be Trichotillomania. Our group is conducting a research study to assess different treatments for children and teens between 10-17 years old with Trichotillomania. Those eligible receive a full assessment of symptoms and 16 weeks of behavioral therapy at no cost. Call Michelle Wilson at 215-746-3327 if interested.

If you are interested in advertising in our newsletter or being listed in the professional directory on our website:

Call (732) 476-4021

Please support the International OCD Foundation. For each person that joins with a membership, OCD NJ receives financial support. Go to <http://iocdf.org/> to join TODAY!

THE ANDY GRIFFITH SHOW (What if the OCD is taking over the whole family?)

by Allen H. Weg, EdD

Remember the Andy Griffith Show that was aired during the 1960s? The black and white TV fantasy of small town middle America was funny and endearing, but mostly, it was comforting. International tensions, drug abuse, the Vietnam War, the generation gap, student riots, and all the other scary and stressful realities of the world at that time did not exist in the little town of Mayberry. For kids of a certain age particularly, the stress of school and other such concerns of a pre-adolescence slipped away whenever one turned on the TV and entered the world of this quiet little town and the people that lived there.

For those of you who might be unfamiliar with the characters, or might have just forgotten them, a very brief review: Andy Taylor, played by the singer/actor Andy Griffith, is the town sheriff and a widower who lives with his elderly Aunt Bea, and his young son, Opie (played by Ron Howard who was later to be known as Richie Cunningham of Happy Days fame, and later still to be known as one of the top movie directors in Hollywood). Opie, Andy, and Aunt Bea make up a kind, warm, and friendly family, and any stresses among them tended to be relatively minor, amusing, and short lived. Their lifestyles exemplified the values of charity, community and godliness, and, of course, the American way. While there were other central characters in the TV series (most notably, Deputy Barney Fife, played by Don Knotts), the main storyline in one particular episode revolved around the three characters mentioned. The details of this story might not exactly mirror the original broadcast, but the main theme of the episode is our focus here...

A drifter into town, an older man with a gentle and charismatic personality has somehow come to the attention of Aunt Bea (the details of how she meets him are nonessential). This visitor was played by Edgar Buchanan who, for you TV Land aficionados, or those old enough to remember, later played the role of Uncle Joe in another black and white TV family comedy, Petticoat Junction. Back to our story in Mayberry, Aunt Bea is charmed by this gentleman, as he makes small talk with her and politely compliments her about such things as her beauty and femininity. He seems pleasant enough, and so when he asks Aunt Bea if he could stay in the guest room of her home in exchange for mending and painting her fence, she checks with Andy, and they all agree to this barter arrangement.

As it turns out, the fence gets mended and painted, but not by the visiting gentleman. Instead, the man convinces Opie that he is suffering with some back difficulties and ends up enlisting Opie to do the work for him. He then offers Aunt Bea a further arrangement to continue to stay on as a guest in exchange for painting the porch. Over the next couple of days he takes Aunt Bea out for a picnic (which she cooks and prepares), takes her to the movies (which she actually pays for), goes for walks with her, and plays cards with her. She is enjoying herself, but the porch remains unpainted.

This continues day after day for a couple of weeks. Each time, the visitor promises to complete a project in exchange for room and board, and each time, either someone else ends up doing the project for him, or it remains undone because he is too busy engaged in social activities with Aunt Bea. All the while, he has Aunt Bea doing his laundry, cleaning his room, and washing his dishes, as he sleeps late in the morning, takes afternoon naps in the living room so that everyone has to keep quiet, and eats up all of Andy's favorite Aunt Bea pies for his midnight snacks.

After two weeks, Andy has had enough. At first, Aunt Bea insists that Andy is over-reacting, and that the visitor is sincere and honest, and will be moving on within the next couple of days. When this doesn't happen, she again makes excuses for the man, saying that since his back had "gone out" on him earlier that day they could not insist that he leave in such a poor condition. The TV audience is witness to the man's staging this back attack in such a way so that poor Aunt Bea would witness his feigned injury, and

thus feel guilty kicking him out of the house.

With the visitor still living in the Taylors' house several days later, Aunt Bea finally gives in to Andy. While she is still smitten with the man, she begrudgingly admits that things have gotten out of hand, and gives permission for Andy to confront the visitor. The episode ends with the man leaving town, followed by news which comes to Andy via his police connections that this visiting gentleman has played out a similar scenario with several unsuspecting and vulnerable older women in other towns and in other counties.

The epilogue scene, which was often used in the series, was one in which Andy has one of his "father and son" talks with Opie. He explains to little Opie the importance of balancing hospitality to strangers with the need for setting boundaries and using a little common sense when it comes to dealing with people who might take advantage of one's kindness. He emphasizes in this heart to heart to be careful not to make someone too comfortable in your home if you want him to leave.

Don't make someone too comfortable in your home if you want him to leave. This is the lesson that is often lacking in families who deal with OCD when it afflicts one of their own family members. In their attempts to honor the wishes of the family member with OCD, in an effort to reduce his anxiety and to "help" him, well-meaning family members will engage in OCD rituals on behalf of that family member. Parents will say certain words at bedtime in response to the demands of their OCD-afflicted children who say that they cannot go to sleep until those words are spoken. Wives will wash what they know is already clean, husbands will check what they know has already been checked. In so doing all these family members become extensions of the OCD cycle. They, too, are now caught in the web of thought and activity with no evident means of escape. They have in fact aided and abetted, not the family member, but the OCD itself, making it stronger by giving into its demands. Rather than challenging it, rather than setting limits with it, they have welcomed it and they have made it comfortable in their home, and so it stays, it digs its heels in, and it sets roots in their family as it exercises control over everyone.

Like the kindly gentleman on The Andy Griffith Show, OCD knows no boundaries when it comes to hospitality. It knows only to seek out opportunities and exploit them for its own survival. Family members need to learn how to properly challenge the OCD in their home by setting limits with the OCD afflicted member. In so doing, they help to reduce the influence of the disorder on family life, and, in the long run, are doing the best thing that can be done to help not only themselves, but the person who has the OCD. It is the first step in opening up the front door (or the back one) and showing OCD the way out.



Dr. Allen Weg, Vice President of OCD New Jersey, the executive director and founder of Stress and Anxiety Services of New Jersey, is in East Brunswick. This story is included in Dr. Weg's book entitled, "OCD Treatment Through Storytelling: A strategy for successful therapy," published by Oxford University Press.

HOW TO START A SUPPORT GROUP

If you look at the back of this Newsletter, you will see that there is only a small handful of support groups for OCD around the state. It is one of the goals of OCD New Jersey to help create more of these groups. If you are interested in having a group in your area, we can help. Here's how:

1) If you want to have a group, you need to find a place to meet such as at local churches, synagogues, libraries, and high schools, are good places to find free rooms. If you say you will be working with OCD New Jersey, it might also give you some "clout."

2) Determine the day and time- which may be determined by room space availability and once a month is a good place to start. An hour and 15 minutes or an hour and a half is usually the length.

3) Contact us. Call Adrienne Friedman at (732) 476-4021 (9 a.m. - 9 p.m.). We can put your name and contact number on our website and in our Newsletter. We will announce the formation of your group at our quarterly meetings. Decide if the group is only for adults, only for sufferers, or open to everybody-we recommend the latter- friends, family, and children with OCD.

4) Once you have a few people- 5 is enough to get started, let us know. We will give you some guidelines about how to run the group, provide you with handouts that you can give to members of the group, and answer questions that you may have regarding the mechanics of how to facilitate group discussion. WE ARE HERE TO HELP!

5) If you have any questions of a clinical nature regarding running or forming a group, you can phone Dr. Allen Weg at 732-390-6694.

PARENT SUPPORT GROUP IN WEST WINDSOR

A Parent Support Group has been started in West Windsor. The group meets the first Tuesday of each month at the West Windsor Library from 12:00 to 1:30 p.m. For more information, please contact Carey Bloom at 609-275-5487.

NEW TRICHOTILLOMANIA GROUP FORMING IN MERCER COUNTY/CENTRAL NJ

Looking for women of all ages to participate in a self-led support group. I recently moved from the Boston area, where I was in a support group for fifteen years. The group was immeasurably helpful to me on many levels, and gave all members the rare and wonderful opportunity to help each other live with this challenging disorder. I can't overestimate the benefits of peer support and the freedom to discuss personal issues with women who share them. Please contact me at mercertrich@yahoo.com.

PARENT SUPPORT GROUP IN RANDOLPH

A new support group for the parents of adolescents is forming in Randolph. For more information, please call Terry or Claire at (973) 366-3564

GROUP IN EAST BRUNSWICK

A group will be meeting in the East Brunswick area. Please email Adrienne at listeningears123@aol.com for the time and location of the next meeting.

FIND A GROUP FOR YOU!

BDD GROUP IN ROSELLE PARK

A support group for body dysmorphic disorder (BDD) is in the Roselle Park area. If you are interested in participating in this group, please call Bob at home at (908) 298-1777 or on his cell at (908) 247-8282.

GROUP IN HOWELL

A support group in Howell meets every Wednesday from 8:15 to 9:45 p.m. at Southard Grange #218, 4860 Hwy 9 South, Howell. For questions, call Ron L. at (848) 702-5044.

S. JERSEY/PHILADELPHIA TRICHOTILLOMANIA

The South Jersey/Philadelphia Trichotillomania support group is a free meeting for children, adolescents, and adults living with trichotillomania. Family members are also welcome. This therapist-assisted group is led by members of the Trichotillomania community. This is not a therapy group, but a venue to share experiences and connect with others. Dr. Deibler will be present at meetings as a facilitator and to answer questions. If you are interested in learning more about the group, please contact Dr. Deibler at (856) 220-9672. Meetings are held on the first Saturday of each month from 10:00 to 11:00 a.m. in Cherry Hill.

TEEN GROUP IN ROBBINSVILLE

Teen Support Group in Mercer County will meet at the Robbinsville Branch of the Mercer County Library. This group is for teens and young adults and their parents. If you are interested in learning more about the group and when it will meet, please call Mike Bellerio at (609) 259-2004 or e-mail ocdteenmercer@verizon.net.

NIT-PICKING

Let's Talk....If that is what you are doing, then let's get together and talk about it. We can support one another : Looking to start a support group for Dermatillomania (skin picking), in the East Brunswick area. We could meet once a month and share our experiences with each other. Let's try and make this work, so maybe we can help one another toward a healthier lifestyle. Please feel free to contact me: Deborah Frost...732-613-8538.

Obsessive Compulsive Disorder Support Groups

| | |
|----------------|--------------------------|
| Boonton | (862) 268-6397 |
| East Brunswick | listeningears123@aol.com |
| Howell | (848) 702-5044 |
| Montclair | (973) 472-8215 |
| Piscataway | (732) 445-5384 |
| Randolph | (973) 366-3564 |
| Robbinsville | (609) 259-2004 |
| Somerville | (908) 725-5595 |
| West Windsor | (609) 275-5487 |
| Woodbury | (856) 853-2011 (day #) |