



Quarterly Newsletter

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**Moira Rynn, M.D. Presented on
“Treatment of Pediatric
Obsessive Compulsive Disorder:
Present Approaches and Future
Directions”**

by Rachel Strohl, Psy.D.

On Monday December 9, 2013, Moira Rynn, M.D. presented at the quarterly meeting of OCD New Jersey (OCDNJ). Dr. Rynn is the Director of the Division of Child and Adolescent Psychiatry, Department of Psychiatry at Columbia University (CU)/ New York State Psychiatric Institute (NYSPI). She is the Medical Director of The Columbia University Clinic for Anxiety and Related Disorders (CUCARD) and Director of the Children's Day Unit and the Child and Adolescent Psychiatric Evaluation Service at NYSPI and CU. Dr. Rynn as Co-Principal Investigator worked with Dr. Anne Marie Albano (Principal Investigator) on the largest published study in pediatric anxiety disorders, the Child Child/Adolescent Anxiety Multimodal Treatment Study (CAMS, NEJM, 2008) which showed the treatment efficacy of the combination of cognitive behavioral therapy and medication.

Dr. Rynn explained that OCD in children is similar to OCD in adults, except the obsessions center around "kid issues," such as parents getting hurt. Without treatment, research indicates children with OCD have high comorbidity for another anxiety disorder,

major depression, or disruptive behavior disorders. They are also at greater risk, again without treatment, for adult depression and anxiety, substance abuse/dependence, or



continued on page 9

REGISTER NOW!

**Our 14th Annual Conference will be held on
March 9, 2014. Details are on page 3.**

**March 3 - Next Quarterly Meeting:
“The Role of ASDs in OCD Treatment:
Complicating Co-Morbidities”**

Presented by Rebecca Sachs Ph.D.

Our next quarterly meeting will take place on Monday, March 3, 2014, at 7:30 p.m. at the Robert Wood Johnson Fitness Center in New Brunswick, New Jersey- see page 4 for specific location and directions- easy access and easy parking at our new presentation venue!

PLEASE MAKE A NOTE: Historically, our presentations have been scheduled on the second Monday of the months of March, June, September, and December. However, because our annual conference is March 9th this year, we have pushed up this quarterly meeting to the first Monday in March, March 3rd.

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. Our Speaker:

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. The RWJ Fitness and Wellness Center, RWJUH Community Education Room 100 Kirkpatrick Street, New Brunswick NJ 08901



**For Professionals Interested in
Advertising in 2014, see page 4.**

PRESIDENT'S MESSAGE



Dear Friends:

On March 9, 2014, we will be hosting our Annual Conference and hope that all of you will be able to join us again. Dr. Dean McKay is our guest speaker and he will enlighten us with his presentation, "There Is Nothing To Fear! Making Exposure with Response Prevention "Almost Fun" for both Clients and Clinicians." Details are on page 3.

Please remember that our hotline for assistance is 732-476-4021 and is open from 9 am - 9 pm seven days a week.

OCD NJ is always here to help.

Hope to see everyone at the March 3 quarterly meeting.

Sincerely,
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:

Adrienne Friedman
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.

**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.

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
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OCD New Jersey presents our 14th Annual Conference...
“There Is Nothing To Fear! Making Exposure with Response Prevention “Almost Fun” for both Clients and Clinicians”
 by Dr. Dean McKay

plus “Living with OCD” Panel

Sunday, March 9, 2014 • 10 AM TO 3 PM • Doubletree Hotel Somerset, NJ

This conference is co-sponsored by the Department of Psychology & Counseling at Georgian Court University.

For LAC's and LPC's: This program meets the requirements for 4 hours of continuing education through the Department of Psychology & Counseling at Georgian Court University (NBCC provider number 4510).

Please contact Adrienne Friedman, President, OCD NJ at (732) 476-4021 for information about continuing education credits for social workers.

OUR PRESENTERS

Dean McKay, Ph.D., ABPP, is Professor, Department of Psychology, Fordham University, and President (2013-2014) of the Association for Behavioral and Cognitive Therapies (ABCT). He currently serves on the editorial boards of Behaviour Research and Therapy, Behavior Modification, Behavior Therapy, and Journal of Anxiety Disorders and is Editor-in-Chief of Journal of Cognitive Psychotherapy. Dr. McKay is a member of the Scientific Advisory Board of the International OCD Foundation, the Scientific Council of the Anxiety and Depression Association of America, and is on the board of directors for the American Board of Cognitive-Behavioral Psychology (of the American Board of Professional Psychology, ABPP). He has published more than 150 journal articles and book chapters and has more than 200 conference presentations. He is Board Certified in both Cognitive-Behavioral and Clinical Psychology of the American Board of Professional Psychology (ABPP). Dr. McKay is also a Fellow the Association for Psychological Science (APS). Dr. McKay has edited or co-edited eleven books dealing with treatment of complex cases in children and adults, obsessive-compulsive disorder, disgust in psychopathology, and research methodology. His research has focused primarily on Obsessive-Compulsive Disorder (OCD) across the age span, body dysmorphic disorder, as well as the role of disgust in psychopathology. Dr. McKay is also director and founder of Institute for Cognitive Behavior Therapy and Research, a private treatment and research center in Westchester County, New York.

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.

SCHEDULE

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

PROGRAM

This program is designed for both professionals and non-professionals. During a full brunch, Dr. McKay will present his lecture of he explained, “The research is extensive and conclusive - exposure with response prevention is highly efficacious in the treatment of OCD. This finding has been replicated many times, in numerous settings, over several decades, with different symptom types of OCD. Not only is this form of treatment effective for symptoms, it has indirect impact on other associated symptoms and cognitions, earning exposure based therapy the rare but highly sought after label of being multiply efficacious. This kind of news should be greeted with great enthusiasm given the debilitating nature of OCD. And yet, clients are reluctant to initiate this form of treatment, and many clinicians express hesitancy in development treatment plans that feature this approach. There are two aims of this talk. One is to highlight ways in which clinicians may re-conceptualize the basis of exposure with response prevention in order to fully appreciate and even enjoy the implementation of the approach. The second is to highlight for clients how, with the proper approach to engaging in treatment, the anticipated fear of exposure with response prevention may be minimized while at the same time enjoying success and symptom improvement.

The second part of the program, entitled, “Living with OCD,” will consist of a panel of those affected by OCD, who will each briefly speak about their experiences and then take questions from the audience attendees. This will be moderated by Dr. Weg.

REGISTRATION FORM

Advance Registration (before 3/1/14) - \$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
 Includes full brunch • kosher meals available with advance registration only
 No confirmation of registration will be sent

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Organization _____

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City/State/Zip _____

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E-mail Address: _____

Mail checks payable to: OCD NJ
 401 Rt. 22 Unit 15C, N. Plainfield, NJ 07060

Or register with credit card payment at www.ocdnj.org.

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 all of 2014 is \$200. This fee includes the inclusion of your your business card in all four editions of the newsletter 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
c/o Nicole Torella
401 Rt. 22 Unit 15C
N. Plainfield, NJ 07060

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.

Directions to RWJ Fitness and Wellness Center

The RWJ Fitness and Wellness Center, RWJUH Community Education Room 100 Kirkpatrick Street, New Brunswick NJ 08901. (Entrance to the parking deck is on Paterson Street, immediately at the corner of Joyce Kilmer Ave. and Paterson St.)

Directions From New Jersey Turnpike:

Take Exit 9 (New Brunswick) and proceed on Route 18 North about two miles to exit "Route 27 South—Princeton", proceed on Rt 27 to Joyce Kilmer Ave (the traffic light immediately past the railroad station). Turn left onto Joyce Kilmer Avenue. Go one block and turn left onto Paterson Street. The entrance to the parking deck is immediately on your left. Proceed to any parking deck level and take the elevator to floor 2. Bring your parking ticket with you. On floor 2 you will see the entrance to the Fitness and Wellness Center. The staff at the front desk will ask you to sign in and will validate your parking ticket for free 3-hour parking. The Community Room is halfway down the hall on the right.

From Route 1:

Take Route 18 North and follow above directions.

From Route 287:

Exit onto Route 527 (New Brunswick Exit). Follow Route 527 (Easton Avenue) for about six miles to Rt 27 (527 ends at Easton Ave). Turn right onto Rt 27, proceed one block to Joyce Kilmer Avenue. Turn left onto Joyce Kilmer Avenue. Go one block and turn left onto Paterson Street. The entrance to the parking deck is immediately on your left. Proceed to any parking deck level and take the elevator to floor 2. Bring your parking ticket with you. On floor 2 you will see the entrance to the Fitness and Wellness Center. The staff at the front desk will ask you to sign in and will validate your parking ticket for free 3-hour parking. The Community Room is halfway down the hall on the right.

Splunking (What role does humor play in treatment?)

by Allen H. Weg, Ed.D.

When I was in graduate school, I worked as a mental health aid at an inpatient psychiatric hospital in Central New Jersey. I, together with several dozen other “twenty-somethings” worked at different units in the hospital and across three different time shifts. Being around the same age and having the same interests (most of us were in school for psychology or clinical social work), we would also tend to socialize outside of work. On one occasion, a whole bunch of us went camping and hiking together for a weekend. There were about 22 of us, mostly mental health aids, but there were a few psychiatric nurses and psychiatrists who came along.

Unbeknownst to the rest of us, the two people who planned the trip worked it out so that we would be camping near an old cave, and the plan was for us to all go “splunking,” a term used to describe cave exploration. Splunking is not about going into those caves that are fully lighted and have steps built into them. It does not refer to those caves that have walkways and tour guides and protective barriers. Splunking is about putting on a hard hat with a light on it, strapping yourself to a rope and being lowered into a deep hole where you then find yourself walking, squeezing yourself through, and sometimes even crawling on your belly through narrow passages of complete and utter darkness. The air is thick, still and humid. Sharp shards of rock stick out from everywhere waiting to cut into your leg or shoulder. The ground is littered with stones of all shapes and sizes, just waiting to grab your ankle and twist it.

This was not my idea of fun, but it was sprung on all of us by surprise once we were already at the campsite, and the peer pressure to not “chicken out” was intense. We all got up in the morning, went to this local place where you can rent all the equipment we needed, and began our adventure. Once we all got down into the cave entrance and we started to walk deeper into the cave, it was clear that many, if not all of us, were very nervous.

And then it started. Someone started joking about how, if you are going to get a major panic attack, what better place than when you are surrounded by 21 other mental health professionals? And then there was talk of the intense embarrassment of “losing it” in front of all these professionals who you work with, and having to then see everyone the next day when we would be back at work at the hospital. Everyone laughed. A lot. In fact, we laughed about a lot of things. I cannot remember the specific lines that people were throwing out as we made our way through the cave passageways, but everything was funny. Everything. I remember thinking that I could not remember ever laughing so hard and for so long.

In retrospect, although many of the people that I worked with were truly funny, clever people, I expect that things seemed more funny than they normally would because we were all so

terrified down there. The humor and the laughter helped tremendously to ward off any real feelings of panic. It seemed to me, in thinking about it afterwards, that laughter and terror were to some degree mutually exclusive experiences; when you feel one strongly, it is very hard to feel the other. Also, it seemed that in specifically making fun of ourselves, in this case our own anxiety about being down in the cave, we provided for ourselves a kind of wider perspective, and objectivity, a distance from the anxiety that served to “ground” us.

There have been many comments written in books about OCD which support the use of humor in treatment. I have heard on more than one occasion a presenter on the topic of OCD stating that when a client has a good sense of humor, it is a good indicator for the possibility of treatment success. When I first joined the International OCD Foundation, I remember receiving, among other things in the mail, a few buttons with humorous statements on them. “OCF: Every Member Counts,” was one of them. I remember having a very positive reaction to those buttons. It seemed like a very healthy thing to do, to poke fun at oneself in this way. Not in a self-disparaging way, mind you, as you can make fun of yourself without necessarily putting yourself down.

Not everybody is in the same place when it comes to the use of humor. Some are too overcome by their co-morbid depression and others are just more serious by nature. Still others just aren’t quite ready yet, as they try to cope with understanding the nature of their disorder, how it affects them, and how to fight back. But in general, most people find it therapeutic to find humor in their situation, and appreciate the opportunity to laugh with others about the bizarre quality of their lives with OCD.



Dr. Allen Weg, Vice President of OCD New Jersey, is executive director of Stress and Anxiety Services of New Jersey 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.

Professional Directory (continued on pages 6 & 7)

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

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The above is a paid advertisement.

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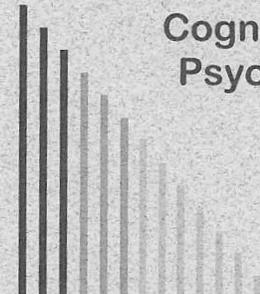
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NEUROBEHAVIORAL TASKS IN OCD

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 greenecas@nyspi.columbia.edu

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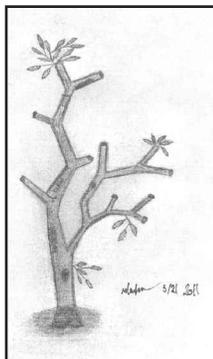
- Design A: "Crabs vs. Dan" by Daniel Lumsden - age 11
Design B: "Growing Again" by Michael N. Levine - age 14

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



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.

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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

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.

suicidal behaviors. OCD symptoms can cause the following impairments: 1) peer relationships, 2) academic decline/ school refusal, 3) lower self-efficacy/ esteem, 4) limited independent functioning, and 5) failure to achieve developmental milestones.

She stated that the first-line treatment options for OCD in children and adolescents are cognitive behavioral therapy (CBT), selective serotonin reuptake inhibitors (SSRIs), and CBT + SSRIs (combined). The Pediatric OCD Study (POTS, 2004) found COMB > CBT = Sertraline (Zoloft) > placebo (PBO). Children whose outcome on the YBOCS (<10) was considered excellent experienced the following treatment outcomes: COMB = CBT > SER = PBO. Children with comorbid tic disorders appeared to be adversely impacted by the outcome of medication (e.g., SER = PBO, COMB > CBT, CBT > PBO).

Dr. Rynn described the current dosing for pediatric and adult OCD, and emphasized wanting to see a therapeutic dose for "at least 16 weeks to rule it in or out." She reviewed the safety concerns of the medications, and presented the following "systematic and logical approach" if there is no response to a first line SSRI. 1) Increase dose or switch to another SSRI, 2) add a second SSRI, 3) third line medication choice: Clomipramine (Anafranil), and then 4) add an atypical antipsychotic. Dr. Rynn said in tic related pediatric OCD, augmentation of SSRIs with antipsychotics was effective in about half of the patients who were non responders to an SSRI.

The lecture concluded with a brief description of the newer medications being used to treat pediatric OCD, such as Riluzole (reduces glutamatergic neurotransmission), Memantine, N-Acetylcysteine, D-cycloserine, and Minocycline. She stated that the first line treatments for anxiety disorders are CBT and

SSRIs individually or combination, most children are not on an adequate SSRI trial, and despite adequate treatment some patients still experience significant symptoms.

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.

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 #)

Interested in a Natural Way to Help your Child's Obsessive Compulsive Disorder?

The Yale Child Study Center is conducting a survey on N-acetylcysteine (a natural supplement) in children with OCD. Subjects will receive either active N-acetylcysteine or a placebo for 12 weeks and remain on current medications.

The study is open to children ages 8 to 17 with chronic OCD. Participants will be compensated up to \$150 for their participation.

If you have any questions or would like to learn more about the study, please contact Jillian Mulqueen at Yale Child Study Center TS/OCD clinic (203) 737-4809 or jilian.mulqueen@yale.edu.

HIC #1004006623.

DOES YOUR CHILD HAVE OCD? TREATMENT MAY BE AVAILABLE. PLEASE CALL FOR MORE INFORMATION: (212) 543-5592

- Does your child have OCD?
- Is he or she currently taking medication for OCD symptoms?
- Is your child still having symptoms despite treatment?

New York State Psychiatric Institute/Columbia University is looking for research volunteers (ages 8-20) to help learn about the brains of people suffering from OCD, and whether a new medication treatment may help lessen the symptoms of OCD. You/your child may be eligible for a research study that includes a clinical evaluation, medical exam, brain scan, and possible medication treatment. Participants will be compensated for their participation. After the study period, follow-up care including medication management will be provided for three additional months at no cost to you.

**PLEASE CALL FOR MORE INFORMATION:
(212) 543-5592**

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 parent's of adolescents is forming in Randolph. For more information, please call Terry or Claire at (973) 366-3564

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 is in the process of being formed in Howell. It will be held 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.

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.

NEW 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 Bello 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.