



Newsletter

Visit us on the web at www.njocf.org

“Clinical Research Update in Pediatric OCD and Related Conditions”

by *Rachel Strohl, Psy.D.*

On Monday September 14, 2009, Martin Franklin, Ph.D. and Diana Antinoro, Psy.D. presented at the quarterly meeting of the NJ Obsessive Compulsive Foundation. Dr. Franklin is an Assistant Professor of Clinical Psychology in Psychiatry and Clinical Director of the Center for the Treatment and Study of

Anxiety at the University of Pennsylvania School of Medicine. He has published over 30

research articles and over 15 book chapters, reviews, and editorials. Dr. Antinoro is a postdoctoral fellow in Clinical Psychology at the University of Pennsylvania. She received her doctorate in clinical psychology from Rutgers University.

Dr. Franklin began the presentation by reviewing the obsessive compulsive cycle, in which obsessions prompt distress, which leads the individual to do compulsions leading to temporary relief, which further reinforces the OC cycle. The treatment of choice, cognitive behavioral therapy (CBT), “lets the anxiety stay” to reduce it through exposure; specifically, a) in vivo: prolonged confrontation, b) imaginal, c) ritual prevention, and d) cognitive interventions: correcting erroneous thoughts (e.g., harm without rituals). Dr. Franklin sums up the therapy by stating, “do what you’re afraid of, the more you do it, the easier it gets.”

The Pediatric OCD Treatment Study

continued on page 4



Dr. Cindy Haines to Present “Being a Parent with OCD” on December 14th

Our next quarterly meeting will take place on Monday, December 14th at 7:30 p.m. at Robert Wood Johnson Hospital in New Brunswick. Directions may be found on page 11. Our speaker will be Cindy Haines, Psy.D., who earned her doctoral degree from the Graduate School of Applied and Professional Psychology at Rutgers University. She is a NJ licensed psychologist practicing at Stress and Anxiety Services of New Jersey in East Brunswick.

Dr. Haines will be speaking about parents who have OCD and the difficulties they encounter when raising their children. Dr. Haines will present the latest research on how parents can keep their own obsessions and compulsions from affecting their children's behavior. Many parents fear that their children can possibly “catch” their OCD by witnessing various rituals. Parents with OCD who attend this presentation will learn effective strategies aimed at keeping their disorder from affecting the lives of their children.

Hope to see you there!

Fugen Neziroglu, Ph. D. presented at NJ OCF’s 10th Annual Conference on BDD, Hydrochondriasis, Hoarding and other Spectrum Disorders

by *Rachel Strohl, Psy.D.*

On Sunday, October 25, Fugen Neziroglu, Ph. D. was the keynote speaker at the NJOCF tenth annual conference. Dr. Neziroglu is a New York licensed psychologist, and co-founder and Clinical Director of Bio-Behavioral Institute in Great Neck, Long Island, one of the premiere facilities for training, research, and treatment of OCD and OCD Spectrum Disorders in the country. She is presently Clinical Professor in Psychiatry at NYU and an Adjunct Full Professor at Hofstra. She has authored or co-authored over 140 journal articles, 32 books or book chapters, and has made over 200 clinical presentations.

Dr. Neziroglu began by explaining that obsessive compulsive spectrum disorders (OCS) are related to obsessive compulsive disorder (OCD) with similar symptoms of obsessions and/ or compulsions, treatment response, and family history. OCS include OCD, hoarding, BDD,

hypochondriasis, eating disorders, trichotillomania, tourette’s syndrome, and self-mutilation.

Body Dysmorphic Disorder (BDD) is diagnosed when a person has a preoccupation with an imagined defect, or if slight physical anomaly is present, concern is excessive. Longevity and severity distinguish BDD from normal adolescent or adult worries, and risk factors include a history of abuse, teasing, dermatological problems, anxiety, depression, and/ or perfectionism.

Individuals with BDD have faulty beliefs about their appearance that are connected to their identity, such as “if I feel unattractive, it means I look unattractive,” “if I looked better, my life would be better, and “my appearance is defective, so I’m worthless.” Avoidance and safety behaviors maintain and reinforce BDD and these include, for example, mirror gazing

continued on page 3

PRESIDENT'S MESSAGE



Dear Friends:
We trust that everyone who attended our recent Annual Conference gleaned valuable and helpful information from it. Our next conference (for the coming year) will be October 24th, 2010,

so mark your calendars with the date.

As the year ends, I want to take this opportunity to wish EVERYONE a Happy and Healthy Holiday Season. We will be selling the Entertainment Books for 2010 at our December meeting, and I just want to remind you they certainly do make a Great Holiday Gift. I and the entire Board look forward to greeting you at our next quarterly meeting at Robert Wood Johnson Hospital on Monday, December 14th at 7:30 p.m.

Sincerely,
President Ina Spero

ATTENTION! ATTENTION!

The NJ OCF telephone hours are
9:00 a.m. to 9:00 p.m.
(732) 828-0099

SPECIAL THANKS!

To all those who sent in a donation with their conference registration forms!

REMINDER!

If you would like to receive the newsletter by e-mail, see page 8 for details on how to sign up and help save trees!

NATIONAL OCD FOUNDATION CONTACTS

International OC Foundation Phone: (617) 973-5801
PO Box 961029
Boston, MA 02196

E-mail: info@ocfoundation.org
Internet: www.ocfoundation.org

\$

YOU CAN HELP..

With production cost and postage rates climbing and our mailing list growing rapidly, we would like to mention that any voluntary contribution would aid us to keep this NJ Affiliate Newsletter going.

- Board of Directors

\$

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, Ina Spero, NJ OCF, 60 MacAfee Road,

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 the New Jersey Affiliate of the Obsessive Compulsion Foundation, 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.

NJ OCF 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.

NJ OCF OFFICERS

- Ina Spero - President
- Allen Weg, Ed.D. - Vice President
- Judy Cohen - Secretary
- Rachel Strohl, Psy.D. - Recording Secretary
- Julian Spero - Treasurer
- Nicole Torella - Newsletter Editor
- Steven I. Dyckman, M.D. - Advisory Board member

PHOTO MONTAGE FROM OUR TENTH ANNUAL CONFERENCE

ON SUNDAY, OCTOBER 25, 2009

Guest Speaker: Dr. Fugen Neziroglu

“Body Dysmorphic Disorder (BDD), Hypochondriasis, Hoarding, and other OCD Spectrum Disorders; Comparing and Contrasting Treatments with OCD”

continued from front page

or avoiding, excessive grooming (e.g., makeup application), reassurance seeking, and repeated checking of body parts.

Hypochondriasis, or health anxiety, is diagnosed when a person has a preoccupation with fears of having a serious disease based on misinterpretation of bodily symptoms. The preoccupation persists despite appropriate medical evaluations and reassurances. The individuals are concerned with the meaning of the pain, not the pain itself; for instance, a headache is a sign of a tumor, versus the focus being on taking medicine for the headache.

Effective treatments for BDD and hypochondriasis include cognitive therapy (CT) and exposure and response prevention (ERP), with CT occurring before ERP for maximum therapy benefit. CT challenges the individuals' overvalued ideations, meaning it helps them not to believe the faulty beliefs so strongly and replace them with realistic appraisals of their perceived defect or fears. In BDD, CT targets the individuals' values on appearance, and in hypochondriasis, CT targets lowering the probability of a symptom indicating a serious illness and increasing coping.

Dr. Neziroglu concluded her presentation with an overview of hoarding, which is a disorder of acquisition and failure to discard. This results in clutter that prevents usage of functional space, and causes individuals to experience significant distress and functional impairment (while family members tend to have high distress as well). Rituals and avoidance behaviors include doubting, checking, and reassurance seeking before discard. Treatment focuses on teaching the individuals with hoarding to organize and make decisions, and engage in exposure to tolerate the discomfort of discard.

The tenth annual conference was completed with an emotional highlight: the Living with OCD panel moderated by Dr. Allen Weg. The panel consisted of a 62 year old woman with contamination obsessions and hand washing rituals, a 23 year old female with intrusive thought OCD, a 17 year old male who proudly reported being “98% OCD free,” an 11 year old girl with repeating compulsions, and a 15 year old female with contamination obsessions and ritual avoidance, as well as this last girl's mother, who discussed issues around having an OCD-afflicted adolescent in the home and the effects on parents and families in general. Each panel member shared his or her courageous experiences living with OCD, and then audience members then asked a wide range of questions. As in previous years, the panel members encouraged, educated, and offered optimism to the individuals with OCD, their loved ones, and the professionals that treat them. DVD's of the entire conference are available through the website, <http://www.njocf.org>.



Barbara Nicholls selling our DVDs.



Dr. Allen Weg, VP, Ina Spero, President, and Julian Spero, Treasurer, of NJ OCF



Dr. Deborah Raviere and Sybil Reid, LCSW



Dr. Rob Zambrano is our video volunteer.



Drs. Bernie Belick & Anna Marie Resnikoff



Drs. Cindy Haines & Rachel Strohl



Drs. Rachel Strohl, Allen Weg, & Fugen Neziroglu, and Ina and Julian Spero



Jason Bruner is our audio expert.



Nikki Torella & Judy Cohen at the registration desk.



Rayza Munoz is one of our volunteers.



Living with OCD Panel

Clinical Research Update - continued

by Rachel Strohl, Psy.D.

(POTS I) and UCLA was a treatment study published in 2004. The outcome was the following: 54% of the participants were significantly better at the end of 12 weeks who received a combined treatment of CBT and sertraline (Zoloft). 39-40% improved with CBT alone, 21% improved with sertraline alone, and 3% improved with placebo (inactive treatment). POTS II is currently comparing medicine maintenance (MM) + CBT, MM + 7 sessions with instructions from a psychiatrist (I-CBT), and MM alone. The first two conditions maintained gains, meaning the kids and adolescents had a reduction of symptoms. The question remains whether I-CBT + MM is equal to CBT + MM.

Dr. Franklin also discussed research efficacy of CBT for young children (ages 4-8) with OCD. The therapy occurs in a family based context with "concrete, specific, child-friendly" interventions acknowledging the kids developmental differences and unique symptoms. The goal of the family process is to reduce accommodations to the OCD, reduce criticism, increase positive family problem solving, and increase parents own modeling of anxiety.

Dr. Antinoro continued the presentation with pediatric research on CBT for OCD spectrum disorders, specifically Trichotillomania (TTM, recurrent hair pulling). The treatment of choice for TTM is behavior therapy (BT): specifically, a) psychoeducation: normalizing, b) self monitoring / awareness training: conducting functional analysis of antecedents and consequences, c) stimulus control: modify environmental cues to decrease urges, d) habit reversal / competing response, and e) relaxation training and cognitive restructuring if needed. The research indicates that BT is significantly more effective than the mild attention condition. BT is also significantly more effective than supportive counseling for adults, but currently being researched for children.



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 NJOCF. She may be reached at 732-390-6694.

SAVE THE DATE! LAST MEETING IN 2009!

The NJ OCF will have its our final quarterly meeting for 2009 on Monday, December 14, 2009. Please plan to join us! Our meetings begin at 7:30 p.m. and will be held at Robert Wood Johnson Hospital in New Brunswick, NJ.

Chocolate Cake

(What is meant by "passive-aggressive compliance?")

by Allen H. Weg, Ed.D.

Ronald, a four year old, comes into the kitchen, and sees his mom putting frosting on a chocolate cake she baked earlier in the day. He asks if he can have some, and Mom says he may not, as the cake is for Daddy's birthday celebration later that night, after dinner.

Ronald insists, "But I want it now!"

"You will ruin Daddy's surprise if I cut you a piece, and you will also ruin your appetite for dinner," Mom calmly retorts. Ronald insists Daddy won't mind if there is just one piece missing from the cake, offers to pass on having a piece later if he could have one now, and promises he will eat all his dinner later and that the cake won't spoil his appetite. Mom stands firm, offers him a few small snacks instead of the cake, but Ronald is not interested and storms out of the kitchen.

A bit later, Mom is in the basement looking for some party decorations, and Ronald sees his opportunity to get what he wants. He walks quietly into the kitchen, climbs up on a chair that he has positioned next to the countertop where the cake is sitting, and removes the plastic cover from the cake holder. He takes his hand, grabs a fistful of chocolate cake, and is about to take his first delicious bite when Mom yells from the other side of the kitchen, "Put that cake down!"

Ronald is startled in response to this surprise, but recovers in a matter of seconds. A frown forms on his face and with a scowl at his mother he shouts back, "NO! I won't!"

"You put that cake down right now, young man, or you will go right to bed for the rest of the night!" comes the parental response.

Exasperated and frustrated with the lack of power over his life's conditions, Ronald screams, "Fine!" and throws the cake in his hand down on the floor. He did as he was told, but with a twinkle in his eye, and just a touch of smirk on his face, he essentially communicates to Mom, "Gotcha!...I might have done what you demanded of me, but I did it my way, so that you really didn't get what you wanted in the way that you wanted it!"

When one is being told what to do, wants to say, "no" but is not in a position of power to do so, one can choose to comply in a way that communicates to the one in power that he, the less powerful, can still exercise some degree of control over the situation. Because the person is being compliant, but at the same time is, in some way, being passive-aggressive, we might call this kind of response, "passive-aggressive compliance." It is a "Yes, Sir!" response with a "Go to Hell!" as a subtitle.

When challenging OCD within the context of an Exposure and Response Prevention exercise, there are times when the person with OCD does not feel capable of refusing to listen to the OCD voice in his head and refrain completely from engaging in the compulsive ritual. Say, after touching a contaminated object, the person feels compelled to wash his hands and does not feel capable of putting off this activity for even a short period of time. He feels

continued on page 5

Chocolate Cake

(What is meant by “passive-aggressive compliance?”)

continued

by Allen H. Weg, Ed.D.

powerless against the OCD, acquiesces, and prepares himself to engage in the ritual as dictated by his disorder.

The skilled professional working with such a client would challenge him by saying, “OK, so you can’t postpone engaging in this ritual, and you don’t feel that you can refrain from washing your hands, but what can you do? How can you fight back?” The challenge here is to comply with the demands of the OCD, but to do so in a way that allows for the demonstration of some vestige of self-determination on the part of the client. The possibilities are infinite, and the client can choose from a myriad of ways to exercise greater control over the situation. He can turn the faucet on and pump the soap with the hand that does not usually initiate those behaviors. He can use no soap, or pump the dispenser a fewer number of times than he usually does. He can wash in the kitchen sink instead of the bathroom. He can wash the hand he usually washes first, second. If he has to rub his fingers up and down, one at a time, from the thumb to the pinky, he can do it in reverse order, or skip a finger. He can choose to leave one square inch of the back of one of his hands as “unscrubbed.” Or he could do a combination of several of these.

In this way, the client is essentially saying to the OCD, “Fine! You win! I will wash my hands as you say, but I will do it on my terms, in my way!” By doing this, he begins to break down the habitual nature of the particular sequence of behaviors, paving the way for him to be able to completely abandon it in the future. In addition, he also redefines his relationship with his OCD, from one of mere compliance, to one of passive-aggressive compliance. The “Go to Hell!” nature of this attitude shift becomes the bedrock, the foundation from which he is ultimately able to engage in a complete revolt against the OCD.

Someday, Ronald will become a teenager. As angry as Mom is about the chocolate cake on the floor, it may be only a prelude to what lies ahead a decade or so down the road. Good luck to you, Mom.



Dr. Allen Weg, Vice President of NJOCF, runs an independent practice in East Brunswick called Stress and Anxiety Services of New Jersey. He is presently completing a book for Oxford University Press which is a collection of stories reflecting the experience and treatment of OCD. This story is one of them. Dr. Weg's website is www.StressAndAnxiety.com.

Do you suffer from OCD?

If you are on medication but still have symptoms, you may be eligible for a treatment study at Columbia University/NYSPI that would provide medication or cognitive-behavioral therapy at no cost to you (IRB#5188). If you are not on medication, you may be eligible for a brain scan study that will provide payment for your time and treatment at no cost to you (IRB#5494R).

For more information, visit www.columbia-ocd.org or call us for a confidential screening at (212) 543-5367.

Family Genetic Study of Tourette Syndrome (TS), Attention Deficit Hyperactivity Disorder (ADHD), & Obsessive Compulsive Disorder (OCD)

We are conducting a research study that focuses on families affected by Tourette Syndrome (TS), Attention Deficit Hyperactivity Disorder (ADHD), and/or Obsessive Compulsive Disorder (OCD). We are looking for common behavioral traits, such as attentional difficulties and impulsivity, which may be shared by these conditions. If found, we want to determine whether these traits are heritable, that is, can be passed down from parents to children. We hope that the information we learn will eventually help researchers to develop better treatments for these conditions.

We are enrolling families in which there is at least one child, 6 years of age or older, who has TS, ADHD and/or OCD, or any combination of these conditions. We would like the whole family (both parents, brothers and sisters) to participate. Subjects will complete interviews, questionnaires and assessments examining areas such as attention, impulsivity, problem-solving, and visual-spatial skills. We will also collect a blood or saliva sample for DNA testing. Study participation is strictly voluntary and may require 3-6 hours per person for the completion of all study tasks. Study visits can be at MGH or in your own home. Families coming to MGH will have parking and meal expenses paid for them. Upon completion of all study tasks, families will be paid \$100 for their participation.

If your family meets these criteria and you are interested in learning more about this study, please call the Genetic Family Study at 1-800-471-2730, option 2 or email cillmann@partners.org. Please visit our website at www.ts-adhd-ocd.org.

Professional Directory (See 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 Ina Spero at (732) 828-0099 from 9 a.m. to 9 p.m.**



TAMSEN THORPE, Ph.D.

914 Mt. Kemble Ave., Suite 310
Morristown, NJ 07960

Psychologist
License #3826

Office: (973) 425-8868
Fax: (973) 425-8869
Cell: (973) 886-5144

Web: www.drtamthorpe.com Email: drtamthorpe@gmail.com



ADHD, Mood & Behavior Center
for Child, Adolescent & Family Therapy

Merritt Hubsher, MD
Child, Adolescent & Adult Psychiatrist

210 Malapardis Road Cedar Knolls, NJ 07927
mhubsher@adhdmoodandbehaviorcenter.com
www.adhdmoodandbehaviorcenter.com

(973) 605-5000

Stress and Anxiety Services of NJ, PA

Allen H. Weg, EdD
NJ Lic. Psychologist #2720

A-1 Brier Hill Court East Brunswick, NJ 08816
www.StressAndAnxiety.com
(732) 390-6694
Fax (732) 432-7206

TOMMY KOT, PH.D.

Clinical Psychologist
New Jersey License #4160 New York License #15755

261 James Street Suite 2C Morristown, New Jersey 07960
Office 973.538.2029
Fax 973.538.2302
www.drkot.com



Kevin J. Miller, PhD
Licensed Clinical Psychologist
135 Columbia Tpke. Suite 101
Florham Park, NJ 07932
NJ #3630

email: kjm@drkevinmiller.com
website: www.drkevinmiller.com
Phone: (973) 560-0595

Telephone
732-238-7711

STEVEN I. DYCKMAN, M.D.
CHILD, ADOLESCENT AND ADULT PSYCHIATRY

137 PAVILION AVENUE LONG BRANCH, N.J. 07740
G-9 BRIER HILL COURT EAST BRUNSWICK, N.J. 08816

Telephone: (856) 482-5860
e-mail: daraush@aol.com

DAVID A. RAUSH, Ph.D.
Licensed Psychologist

215 East Laurel Road Suite 201 Stratford, NJ 08084
NJ License: 35SI0036760C

Shawlom Francis MSW, LCSW
Licensed Clinical Psychotherapist



Individual, Marriage, & Family Therapy
908.783.5500

Offices in
Lakewood, NJ
Elizabeth, NJ

35 DeForest Ave. Summit, NJ 07901
(908) 273-5756
By Appointment

Trina Zilla, Psy.D.

Licensed Psychologist
NJ License No. 3962

Lynn Mollick, Ph.D. License # 1832
Milton Spett, Ph.D. License # 1830

PSYCHOLOGY ASSOCIATES
of Cranford & Westfield

1150 Raritan Road Cranford (908) 276-3888
Westfield Phone: (908) 654-0122

MICHAEL ZORNITZER, M.D., F.A.P.A., P.A.

Diplomate, American Board of Psychiatry and Neurology

Psychiatry
2 W. Northfield Rd., Suite 305
Livingston, New Jersey 07039

Tel. (973) 992-6090
Fax (973) 992-1383
mzornitzer@aol.com

N.J. License #4067

Karen J. Landsman, Ph.D.

CLINICAL PSYCHOLOGIST

(973) 895-2442

Author of "Loving Someone with OCD"

128 St. Paul Street
Westfield, NJ 07090

268 Green Village Road
Chatham, NJ 07935

Phone (973) 744-8791
Email ocdnjnorth@aol.com
NJ Licensed Psychologist 1228

224 Lorraine Ave.
Upper Montclair, NJ 07043

WILLIAM M. GORDON, PH.D.

SPECIALTY PRACTICE: TREATMENT OF OCD

CBT, EXPOSURE-RESPONSE PREVENTION

Joseph M. Springer, Ph.D.

Licensed Psychologist #2847

2130 Hwy. 35, Bldg. A, Suite 114

Sea Girt, N.J. 08750

Phone: (732) 974-8883 Fax: (732) 449-7803

Tamara Bryan, Ph.D.
Clinical Psychologist

Individual & Couples Therapy
917-532-4655

875 Sixth Avenue, Ste. 1705
New York, NY 10001
NY Lic. #015230

28 Millburn Avenue, Ste. 4
Springfield, NJ 07081
NJ Lic. #4533

AAMFT Approved Supervisor

State Licensed

Harriet Raynes Thaler, MSW, LCSW

Individual, Couple, Family & Group Therapy

3461 Rt. 22 E. Bldg. 5
Branchburg, NJ 08876
Ph: (908) 704-9434
Fax: (908) 253-0141

5 Pleasant View Way
Flemington, NJ 08822
Ph: (908) 788-5136
Fax: (908) 782-8930

(732) 254-2222
NJ LIC. # 3182

Anna Marie Resnikoff, Ph.D.
LICENSED PSYCHOLOGIST

G9 BRIER HILL COURT
EAST BRUNSWICK, NJ 08816

Barbara J. Nicholls MSW LCSW

Individual, Family,
and Group Therapy

458 Springfield Ave.
Summit, NJ 07902

314 Dorn Ave.
Middlesex, NJ 08846

Phone: (732) 271-2537

Cognitive Therapy & Consultation, LLC

Sue Schonberg, Ph.D.

*Clinical Psychologist Specializing in
Cognitive Behavioral Therapy*

NJ License #4478

(908) 273-3133

35 DeForest Ave.
Summit, NJ 07901

28 Millburn Ave.
Springfield, NJ 07081



COLUMBIA UNIVERSITY
DEPARTMENT OF PSYCHIATRY



NEW YORK STATE
PSYCHIATRIC INSTITUTE

**OCD RESEARCH CLINIC
IF ELIGIBLE, COST-FREE TREATMENT STUDIES**

1051 RIVERSIDE DRIVE, UNIT 69
ROOM 2702, NEW YORK, NY 10032

TEL: 212-543-5462
FAX: 212-543-5085

BENDERJ@NYSPI.CPMC.COLUMBIA.EDU

2010 ENTERTAINMENT BOOKS
ON SALE NOW!

The NJ OCF is now taking orders for the new 2010 Entertainment Books. This is our major fundraiser for the year and part of the proceeds go to the NJ OCF. You will save with **“Two-for-One”** and 50% off discounts at hundreds of great names you know in your area on restaurants, travel, shopping, hotels, attractions, golf, movies, and car rentals.

UP TO 50% SAVINGS on all the things you do!
To purchase one right now, please contact Ina Spero at (732) 828-0099 (9 a.m. to 9 p.m).

No matter where you live in NJ, there is an Entertainment Book just for you!

#52 - NORTH/BERGEN - \$30

Bergen and Passaic Counties, the Hudson County and Waterfront, and surrounding areas.

#26 - NORTH/ESSEX - \$30

Essex, Hudson, and Union Counties, highlighting eastern Morris County and surrounding areas.

#93 - NORTH/MORRIS - \$30

Morris, Sussex, Warren, Northern Hunterdon, Northern Somerset Counties and surrounding areas.

#48 - CENTRAL/MIDDLESEX - \$30

Middlesex, Somerset, Hunterdon, and Southern Union Counties and surrounding areas.

#94 - CENTRAL/MONMOUTH - \$30

Monmouth, Ocean, Mercer, Southern Middlesex Counties and surrounding areas.

#76 - NJ SOUTH - \$30

Cape May, Atlantic, Burlington, Camden, Gloucester, Salem, and Cumberland counties.

Send check or money order, made out NJ OCF, and mail to:
NJ OCF, 60 Mac Afee Rd, Somerset, New Jersey 08873
Questions? Call Ina Spero at 732-828-0099

Book #: _____ Qty: _____ Book #: _____ Qty: _____
Include \$3.50 per book for shipping fee.
Total Enclosed: _____
Name _____
Address: _____

City _____
State _____ Zip Code _____

**Therapy Groups for OCD,
Panic Disorder, & Social Phobia**

**Short-term, intensive learning,
change-focused experiences**
Groups for Children as well as Adults

Monday or Tuesday evenings in East Brunswick
Dates to be announced

GO TO www.StressAndAnxiety.com
for more information

Call: 732-390-6694 ext. 1
Or email us your information as instructed on our website

This is a paid advertisement

**NJ OCF Newsletter Has a
Subscription Fee!**

After careful budget review, the NJ OCF has come to realize that in order to continue the production and mailing of the quarterly newsletter, we are going to need to charge a minimal annual Subscription Fee. This fee will directly cover the printing and mailing of each quarterly newsletter.

The Subscription Fee for 2010 is \$7.00.

In order to continue receiving the newsletter, please either bring payment to the next meeting or return the form below with payment by cash, check, or money order to: NJ OCF, 60 MacAfee Road, Somerset, NJ 08873-2951

However, if you would like to receive the newsletter by e-mail for FREE, please e-mail Nicole Torella at torellani@aol.com and you will receive a pdf file each time we produce the newsletter!

We at the NJ OCF appreciate your continued support and interest in OCD.

Name _____
Address _____

City _____ State _____ Zip _____
Home Phone _____ E-mail _____

WANT TO START A SUPPORT GROUP? WE CAN HELP!

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 NJ OCF 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. Local churches, synagogues, libraries, high schools, hospitals, and community mental health centers are good places to find free rooms. If you say you will be working with the NJ Affiliate of the OC Foundation, it might also give you some "clout."

2) Determine the day and time- which may be determined by room space availability- no more than twice a month is needed, and once a month is often a good place to start. An hour and 15 minutes or an hour and a half is usually the length.

3) Contact us. Call Ina Spero at 732-828-0099 (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. Let local mental health professionals and facilities know about the group. 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.- Don't worry if you've never done anything like this before. We will "hold your hand" in the early phases of the group until you feel more comfortable. 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.

TEENS GROUP IN GLEN RIDGE

An OCD Support Group has formed for Teens in Glen Ridge, NJ. Meetings will be held on the first Sunday of each month at 6:30 p.m. at the Glen Ridge Women's Club, 219 Ridgewood Avenue. For information, please call Julie at (973) 508-8719.

NEW TRICHOTILLOMANIA GROUP FORMING IN MERCER CTY/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 mercetrich@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! NEW WOMEN'S ONLY GROUP IN JACKSON

A Women's only support group is being held in Jackson, NJ. This group meets on the first Sunday of each month, from 8:00 to 9:30 p.m. at the Debows United Methodist Church at 509 Monmouth Road in Jackson. For more information, please contact Kathy at (732) 644-3291.

NEW GROUP IN BRICK TOWNSHIP

The NJ OCF is pleased to announce that there is a group in Brick Township. The group meets every Friday evening from 8:00 p.m. to 9:30 p.m. at St. Paul's United Methodist Church, 714 Herbertsville Road, Room # 6, Brick, NJ 08724. For more information on the group, call Mary F. at (908) 675-2627. If you live in the area and are looking for some OCD support, be sure to stop by and check it out!

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.

NEW GROUP IN EAST BRUNSWICK

A new group will meet on Aug. 20, 2009 at 7:30 p.m. at the East Brunswick Library on Civic Drive (off Ryders Lane). Please call Adrienne at (908) 672-1927 or e-mail listeningears123@aol.com. The group plans to meet the third Thursday of every month at the East Brunswick Library.

NEW GROUP IN WARREN COUNTY

Margaret DeCorso, who was on our "Living with OCD" Panel at our last annual conference, is trying to put together a Children Support Group in Warren County for children and adolescents. For more information, call Margaret at (908) 637-8806 or email m.decorso1@comcast.net.

NEW GROUP FORMING IN ROXBURY

A new support group is trying to get underway in Roxbury, NJ. It will meet on Tuesday evenings, once a month, from 7:30 to 9:00 p.m. at the Roxbury Public Library in Succasunna. Jenna Yiu is forming the group and can be reached at (201) 323-6204 from 8:00 a.m. to 9:00 p.m.

NEW GROUP FORMING IN TEANECK

A new support group is forming in Teaneck. It will meet every Wednesday at 7:00 p.m. at the "Veggie Heaven" restaurant at 473 Cedar Lane, Teaneck, NJ (201-836-0887). For more information on the group, please call Gregory at (917) 318-3003.

**Starting a group? Want it included here?
Call Ina at (732) 828-0099 (9 a.m. - 9 p.m.)
and let her know the details so it
can be added to the newsletter!**

NJ OCF DVDS NOW AVAILABLE!

We videotape our annual conferences and the speakers from our quarterly meetings, and provide copies of them to anyone interested. All moneys charged are put back into NJ OCF to help defray the costs of the organization. The following are now available in DVD format. Also note that on our website, www.njocf.org, a full description of each DVD is available.

NJ OCF - 10th Annual Conference, Parts I, II, III	\$35.00
“Living with OCD” Panel, Part III - NJ OCF 10th Annual Conference	\$15.00
“Body Dysmorphic Disorder (BDD), Hypochondriasis, Hoarding, and other OCD Spectrum Disorders; Comparing and Contrasting Treatments with OCD”, Dr. Fugen Neziroglu, Part 2 NJ OCF 10th Conference	\$15.00
“Body Dysmorphic Disorder (BDD), Hypochondriasis, Hoarding, and other OCD Spectrum Disorders; Comparing and Contrasting Treatments with OCD”, Dr. Fugen Neziroglu, Part I NJ OCF 10th Conference	\$15.00
“The Latest Research on Pediatric OCD and Trichotillomania”, Dr. Marty Franklin & Dr. Diana Antinoro	\$15.00
“All Tangled Up: When OCD has Multiple Layers”, Dr. David Rausch	
“OCD, Safety and Self-Esteem: Hitting You Where it Hurts”, William Gordon, Ph.D.	\$15.00
NJ OCF - 9th Annual Conference, Parts I and II	\$25.00
Medications & OCD” Dr. Steven Dyckman	\$15.00
“Living with OCD Panel: Featuring Mothers of Children with OCD”	\$15.00
“OCD in the Classroom”, Rachel Strohl, Psy.D.	\$15.00
NJ OCF - 8th Annual Conference, Parts I and II	\$25.00
“Parenting Children and Adolescents with OCD: A Four Step Approach” Allen H. Weg, Ed.D.	\$15.00
“NAMI” Mr. Philip Lubitz	\$15.00
NJ OCF - 7th Annual Conference, Parts I and II	\$25.00
“Living with OCD” Panel, Part II - NJ OCF 7th Annual Conference	\$15.00
“Cognitive Behavioral Therapy for OCD & Related Disorders...” Dr. Martin Franklin (7th Conference)	\$15.00
“New and Experimental Pharmacological Treatments for OCD.” William Greenberg, MD.	\$15.00
“Obsessive Compulsive Disorder, A Survival Guide for Family and Friends.” Roy C.	\$15.00
NJ OCF - 6th Annual Conference - Parts I and II	\$25.00
“Living with OCD” Panel, Part II - NJ OCF 6th Annual Conference	\$15.00
“Potholes in the Road to Recovery...”, Fred Penzel, Ph.D. - Part I - NJ OCF 6th Annual Conference	\$15.00
“Incorporating Mindfulness Into Treatment of OCD”, Jessica Page, Psy.D.	\$15.00
“Beyond Exposure and Response Prevention”, Milton Spett, Ph.D.	\$15.00
NJ OCF - 5th Annual Conference, Parts I and II	\$25.00
“Panels of Drs. Grayson, Springer, & Weg” Part II - NJ OCF 5th Annual Conference	\$15.00
“Using Scripts to Counter the Voice of OCD” Jonathan Grayson, Ph.D., Part I - 5th Annual Conference	\$15.00
“Improving Outcomes in Treatment for OCD”, Deborah Roth Ledley, Ph.D.	\$15.00
“Hoarding”, Dr. Dena Rabinowitz	\$15.00
“Getting Past Go,” Dr. Allen H. Weg, Ed.D.	\$15.00
“Neurobiology of OCD,” Dr. Jessica Page	\$15.00
NJ OCF - 3rd Annual Conference, Parts I and II	\$25.00
“The Parents Panel of Kids with OCD” Part II - NJ OCF 3rd Annual Conference	\$15.00
“Freeing Your Child from OCD”, Dr. Tamar Chansky, Part I - NJ OCF 3rd Annual Conference	\$15.00
“You, Me, and OCD: Improving Couple Relationships.”, Harriet Raynes Thaler, MSW, ACSW	\$15.00
“Medications” Dr. William Hayes	\$15.00
“OCD”, Dr. William Gordon	\$15.00
“Medications and OCD”, Dr. Rita Newman	\$15.00
“Panic and OCD”, Allen H. Weg, Ed.D.	\$15.00
NJ OCF- 2nd Annual Conference, Parts I and II (combined discount price)	\$25.00
"The OCD Kids Panel", Part II- NJ COF 2nd Annual Conference	\$15.00
"Living With Someone With OCD...", Fred Penzel, Ph.D., Part I - NJ OCF 2nd Annual Conference	\$15.00
“OCD Spectrum Disorders”, Nancy Soleymani, Ph.D.	\$15.00
“Generalized Anxiety Disorder and OCD”, David Raush, Ph.D.	\$15.00
"Flying Towards the Darkness", NJ OCF First Annual Conference:Parts 1 & 2	\$25.00
"Flying Towards the Darkness"- Part 1 only, Allen H. Weg, Ed.D. NJ OCF 1st Annual Conference	\$15.00
"Flying Towards the Darkness"- Part 2 only: The OCD Panel, NJ OCF 1st Annual Conference	\$15.00
Families and OCD: How to Coexist," Elna Yadin, PhD	\$15.00

Add \$4.95 each for S & H: _____ @\$4.95 ea _____ Your Total cost: _____

Send check or money order, made out CNJAOCF, and mail to: NJ OCF, 60 MacAfee Rd, Somerset, New Jersey 08873. Be sure to include your Name, Address, Town, State, and Zip Code so the DVDs can be shipped!

DIRECTIONS TO OUR MEETING LOCATION!

Our next quarterly meeting, which will take place on *Monday evening, December 14, 2009 at 7:30 p.m.* The location is: **Robert Wood Johnson University Hospital, New Brunswick, NJ, in the Medical Education Building, Room 108A.**

From the New Jersey Turnpike:

Take Exit #9 (New Brunswick) and proceed on Route 18 North, approximately 2 miles to the exit Route 27 South (Princeton Exit). Follow Route 27 South (Albany Street) to the 4th light (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. (Parking Deck fee: \$1 per hour). To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From Southern New Jersey:

Take Route 18 North to Route 27 South (Princeton exit). Follow Route 27 South (Albany Street) for 4 lights (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. (Parking Deck fee: \$1 per hour). To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From Route 1 (North or South):

Take Route 18 North to Route 27 South (Princeton Exit). Follow the Route 27 South (Albany Street) directions above. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From Route 287:

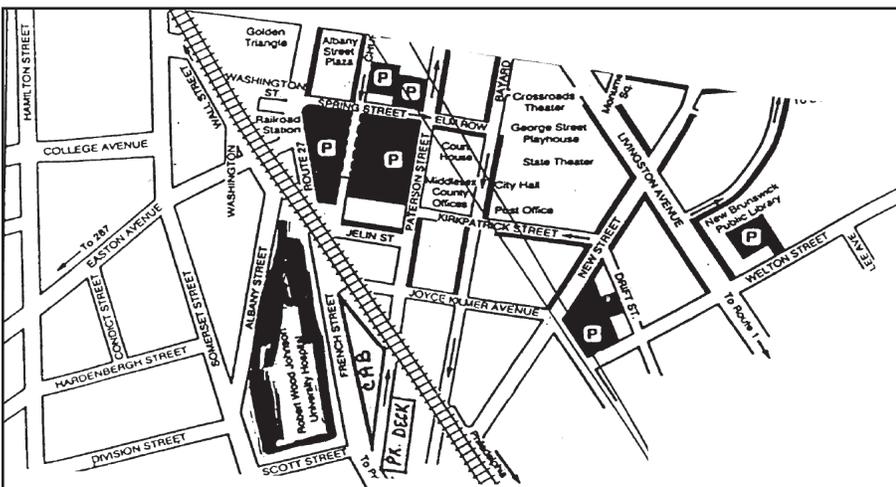
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From the Garden State Parkway:

Exit Route 1 South. Proceed approximately 9 miles to Route 18 North. Take Route 18 North to Route 27 South (Princeton Exit). Follow Route 27 South (Albany Street) to the 4th light (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

Medical Education Building (MEB):

Take the hospital's parking deck elevator to the first floor and upon exiting make a right. Walk across the Arline & Henry Schwartzman Courtyard to the double glass doors; the sign above will read "Medical Education Building". For Room #108-A, make an immediate right and the room is on your left-hand side.



Parking is also available by the Clinical Academic Building (CAB)!

Parking at the CAB is provided by the New Brunswick Parking Authority in the Paterson St. Parking Deck (across from the CAB). To park in this deck you have to access it via Paterson St. From Rt. 287N, make right onto Paterson St. From Rt. 287S, make a left onto Paterson. From the Turnpike, take exit 9 to Rt. 18N, exit at Rt. 27S (towards Princeton), pass the train station and CAB is on left. After it, make sharp left onto Paterson St. Parking deck is on right. For Rt. 1N or S follow directions above from Rt. 18. For Garden State Parkway, follow directions above from Turnpike.

