

Marla Deibler, Psy.D.
Presented
“Compulsive Hoarding:
Understanding Why and
What to do”

by Rachel Strohl, Psy.D.

On Monday September 14, 2010, Marla Deibler, Psy.D. presented at the quarterly meeting of Obsessive Compulsive Disorder of New Jersey (OCD NJ). Dr. Deibler is the director of The Center for Emotional Health of Greater Philadelphia. She is a clinical psychologist who specializes in hoarding and has been featured on the A&E television show, “Hoarding.” Dr. Deibler has gained experience at some of the finest institutions in the nation, including the National Institute of Mental Health, Children’s National Medical Center, and the Kennedy Krieger Institute at Johns Hopkins University Medical Center.

Dr. Deibler defined hoarding as the acquisition and failure to discard large number of items that are considered to be of little or no value. The items clutter the living space, and the room is not used as intended. The hoarding behavior causes marked distress and impaired functioning. She explained that while a collector is organized, a hoarder is very disorganized.

The demographics represent the following: average age seeking treatment is 50 years old, education varies, marital status single (or divorced), and a family history of hoarding common. The research estimates that hoarding as a subtype of OCD represents three million Americans. The course of hoarding behavior indicates the following: age of onset 13 years old, many report traumatic loss or reloca-

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Next Quarterly Meeting: Exposure Hierarchy

Our next quarterly meeting will take place on Monday, December 13th at 7:30 p.m. at Robert Wood Johnson Hospital in New Brunswick. Directions may be found elsewhere in this newsletter. Dr. Francine Rosenberg will be our presenter.

Dr. Rosenberg is a clinical psychologist who has been practicing cognitive-behavior therapy with children, adolescents and adults for over fifteen years. For the past six years, she has been practicing at the Morris Psychological Group in Parsippany, NJ.

Dr. Rosenberg received her Masters of Science and her Doctor of Psychology degrees at Nova Southeastern University in Florida and her Bachelor of Arts degree at Lafayette College in Pennsylvania. She has broad experience from her work at Marlboro Psychiatric Hospital, Fair Oaks Hospital and Newark Beth Israel Medical Center. Currently, Dr. Rosenberg is on the medical staff of Morristown Memorial Hospital and is a member of the Craniofacial Team at Goryeb Children’s Hospital. She has specialized training in treating Obsessive-Compulsive Disorder from the International Obsessive Compulsive Foundation and the American Institute for Cognitive Therapy. She currently holds the position of President of the Morris County Psychological Association.



Dr. Rosenberg will be presenting “Creating a User-Friendly Exposure Hierarchy.” The program will be geared toward professionals, family members and individuals who are afflicted with OCD. During this program, participants will learn the process of developing an exposure hierarchy as well as hear important factors which will help make their hierarchy more successful when implemented. Hope to see you there!

Aureen Pinto Wagner, Ph. D. presented “Hard-to-Treat OCD in Children and Adolescents: Child-Friendly CBT for Bad Thoughts, Scrupulosity, Just Right, Perfectionism, & Hoarding” at 11th Annual Conference

by Rachel Strohl, Psy. D.

On Sunday, October 24, Aureen Pinto Wagner, Ph. D. was the keynote speaker at the OCD NJ eleventh annual conference. Dr. Wagner is the Director of The Anxiety Wellness Center in Cary, North Carolina and a member of the Scientific Advisory Board of the International OCD Foundation. She is a clinical child psychologist who is widely recognized for her unique Worry Hill approach to making cognitive behavioral therapy (CBT) accessible to youngsters. Dr. Wagner is the author of several books for professionals and families.

Dr. Wagner explained that obsessions increase anxiety while compulsions

counteract the anxiety. With children there is “no one to one correspondence between obsessions and compulsions,” meaning that a child may fear germs but the “magical thinking” compulsion involves spinning around in circles. OCD affects about one million youngsters, and they may have less insight than adults.

She reviewed the confusing aspects of OCD, such as 1) mental rituals (that you cannot see), 2) just right OCD, 3) waxing and waning symptoms, 4) idiosyncratic rules, and 5) illogical and bizarre. The “fuel for OCD” is specific thought patterns (e.g., overestimation of

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PRESIDENT'S MESSAGE



On Sunday, October 24th our Annual Conference was well attended and very informative. Dr. Wagner gave an enlightening presentation and those in attendance expressed how interesting her lecture was. Lay persons as well as professionals said that

they derived a great amount of knowledge from her easy to understand Power Point presentation.

A special thank to the members of our Panel and our dedicated and hard-working volunteers, whose hard work and dedicated efforts made this such a truly successful day.

I hope everyone will join me at our December 13th meeting at Robert Wood Johnson Hospital in New Brunswick.

Sincerely,
President Ina Spero

Do You Have Obsessive-Compulsive Disorder?

- Are you between the ages of 18 and 50?
- Are you in good physical health?
- Are you right-handed?
- Have you been diagnosed with obsessive-compulsive disorder (OCD)?

If you answered yes to all of these questions, you may qualify for a research study at Mount Sinai School of Medicine.

This study investigates the relationship between OCD and the sense of smell; it involves answering some questionnaires and completing a one-hour functional MRI (a non-invasive brain scan). You will be reimbursed for your participation in the study. By participating, you may help us to further understand the brain basis of OCD, which may lead to more effective treatments.

For more information, please call James Fisher at (212) 241-3154 or e-mail at james.fisher@mssm.edu.

Principal Investigator Dr. Heather Berlin is at (212) 241-4761. GCO #10-0120, MSSM IRB approved through 3/11/2011

SPECIAL THANKS!

To Marian Tesser, M.S.W., A.C.S.W.

She won the 50/50 Raffle at our Annual Conference held on October 24th and was kind enough to donate the funds back to the organization. Thank You!!

NATIONAL OCD FOUNDATION CONTACTS

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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, Ina Spero, OCD NJ, 60 MacAfee Road, Somerset, NJ 08873.

IMPORTANT CHANGE!

In case you notice when reading this newsletter that our organization's name has changed - then you are very perceptive! The International OCD Foundation has requested the affiliates to change their chapter names, so we are now OCD NJ. The website is now www.ocdnj.org so please make note of it.

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.

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

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**PHOTO MONTAGE FROM OUR 11TH ANNUAL CONFERENCE
ON SUNDAY, OCTOBER 24, 2010
Guest Speaker: Dr. Aureen Wagner
“Hard-to-Treat OCD in Children and Adolescents: Child-Friendly CBT for
Bad Thoughts, Scrupulosity, Just Right, Perfectionism, & Hoarding”**



Pictured above are members of the OCD NJ Board, along with Dr. Aureen Wagner. In the back row (l to r): Dr. Allen H. Weg, Dr. Aureen Wagner, Judy Cohen, and Dr. Rachel Strohl. In the front row: Julian Spero, Ina Spero, and Adrienne Friedman.



Dr. Rob Zambrano of Stress and Anxiety Services of NJ



Left: Licensed social workers pose for the camera during the break from Dr. Wagner's informative presentation.

Below: The OCD NJ conference is for families, individuals, and professional. The family of a panel member attends the conference.



Ted and Vicki Wisnefski volunteer and help sell Dr. Wagner's books



Barbara Nicholls, LCSW, sells DVDs of previous OCD NJ meetings.



Dr. Allen Weg addresses the audience.



Left: Members of our Panel.

Right: Regular attendees.



Annual Conference - Dr. Wagner - *continued*

danger, intolerance for uncertainty), “vicious cycle” of escape and avoidance, negative reinforcement, and active avoidance strategies. The gold standard for treatment is cognitive behavioral therapy; the Expert Consensus Guidelines recommends for children, CBT first for mild or severe OCD, and for adolescents, CBT first for mild OCD and CBT plus psychiatric medications (e.g., SRIs) for more severe OCD.

The goals of CBT are breaking the cycle of avoidance, facing the fears, experiencing dissipation of anxiety without ritualizing, and learning that feared consequences do not occur. Specifically, exposure and response prevention (ERP) includes facing the fears and refraining from the rituals that relieve them, whether in vivo (live) or imaginal. Dr. Wagner emphasized the importance of making CBT and ERP “child-friendly” because “kids usually want to keep avoiding.”

She explained that the Worry Hill Protocol is a clinical application of ERP designed for clinicians in every day practice. The four phases are based on the child’s needs: 1) Biopsychosocial assessment and treatment plan. 2) Building treatment readiness, which prepares the client and family for therapy. The keys to readiness are stabilization (i.e., self-calming), communication (i.e., education about OCD), persuasion (for change), and collaboration.

3) The RIDE: Rename the thought. Insist that you are in charge. Defy OCD, do the opposite. Enjoy your success, reward yourself. Dr. Wagner uses the metaphor of “biking up and down the worry hill: it’s tough to ride up the hill (and face your fears) but fun to coast down.” 4) After the RIDE, wrap up the treatment with realistic expectations, plan for “slip recovery,” and build self-reliance. Dr. Wagner illustrated the Worry Hill Protocol by applying it in depth to specific OCD obsessions and rituals, such as contamination/cleaning, bad thought OCD, scrupulosity, just right OCD, and hoarding. Dr. Wagner’s well-organized and eloquent presentation was well received by the audience.

The conference continued with an emotional highlight: the Living with OCD panel moderated by Dr. Allen Weg. The panel consisted of a 10 year old male with “bad thoughts” obsessions and confessing / reassurance seeking compulsions, his mother who shared her experience of being a parent of a child with OCD as well as having her own anxiety disorder, a 15 year old female with praying rituals, a 16 year old male who received intensive treatment for contamination obsessions and cleaning rituals, and a 14 year old male with “just right” obsessions and counting, checking, and reassurance seeking rituals. Each shared their courageous experiences living with OCD, and then audience members asked the panel questions about various topics. 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.

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

“Compulsive Hoarding: Understanding Why and What to Do” - *continued*

tion, chronic, insight varies, and wide range of severity. Research shows there is a genetic predisposition and neuropathology points to differences in the brain.

Dr. Deibler outlined the hallmark features of hoarding:

- 1) **Compulsive acquiring**, which could be a) gradual accumulation, b) compulsive shopping, c) discount acquisition, d) store triggers, or e) free items acquisition.
- 2) **Difficulty discarding**, because people with hoarding behaviors feel items have a) instrumental value (purpose, saved for intention of use), b) sentimental value (meaning, memories), and/ or c) intrinsic value (too nice, valuable to discard).
- 3) **Difficulty organizing and classifying**, as evidenced by a) distractibility, b) poor organizational strategies, and c) concern for disrespecting items out of sight.

The assessment of compulsive hoarding should include a comprehensive clinical interview (including a consult with family members), a comprehensive behavioral assessment (e.g., antecedents, behaviors, and consequences / behavioral reinforcement), and an assessment of daily living and interpersonal difficulties.

Dr. Deibler presented the conceptualization of hoarding as 1) **information processing** – problems with decision making, attention, organizing, 2) **emotional attachment** – items feel human-like, sentiment, part of the person, and 3) **erroneous beliefs**: a) perfectionism, b) memory, c) opportunities, and d) responsibility and control.

The treatment of hoarding does not include pharmacotherapy because there is no evidence of significant treatment response. However, cognitive behavioral treatment has “shown reasonably good results.” CBT includes behavioral assessment, psychoeducation, motivational interviewing, skills training, cognitive restructuring, and exposure and response prevention.

Dr. Deibler concluded her informative talk with a recommendation to establish treatment rules in therapy, including assisting the person with hoarding behavior to identify personal goals, allow the person to make all decisions, O.H.I.O (only handle it once), establish categories (e.g., trash, keep, donation), and proceed systematically. She recommended helping friends and family to learn what not to do (e.g., don’t do the work, avoid negative comments) and what to do (e.g., be patient, empathic, praise the progress – even if slow).



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

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

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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.

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Financial Advice

by Dr. Allen H. Weg

Mitch is a financial advisor. He has many clients who trust in his advice and invest their life savings according to his suggestions. One of Mitch's clients is Fred. Like millions of other people throughout the world, Mitch had a terrible year financially in 2008. His retirement vehicles are worth half of what they were just two years ago. Fred feels as though he would have done better financially had he put his money slated for retirement under his pillow. Fred would meet quarterly with Mitch to discuss his finances, and each time they met Fred complained to him, telling him that he felt that he was going backward and that, the more money he seemed to put into his accounts, the more he lost. It made him want to stop trying altogether.

At these meetings, Mitch would look at him and heave a heavy sigh. He would acknowledge that Fred had in fact lost money that he had put into his retirement account over the last couple of years but stress that Fred had to take a larger perspective. He would explain that Fred was only in his late thirties and would have plenty of time to recover from the present market trend. Mitch would take out a graph and show Fred that the stock market tends to wax and wane over time, sometimes up, sometimes down, and that, although many people claimed to understand these fluctuations, there was really no way to know for sure what was going to happen next and why things happened the way they did.

He did say, however, that the one thing that you could pretty much count on was that the market, in the long run, was steadily heading up. He showed Fred that for any twenty-year period of time, beginning at any time over the last hundred years, even during the years of the Great Depression in the 1930s and the major drop in the market in 1987, the market was still rising at a rate of approximately 7 percent annually. He demonstrated that if you look at a graph of the market's performance over the last two years, you would see a line going sharply down, making it look like investing money in the market was a poor choice. But if you looked at a larger period of time, and stretched the graph back another eighteen years, you could clearly see that the last few years was a dip in a line that overall had been climbing steadily.

"Think in the long term. Keep a larger perspective. See the recent losses as just a 'blip' in an otherwise upwards trend." These are the words that Fred repeated to himself like a mantra as he put the effort into writing yet another monthly check to be deposited into the declining account. These are the words he held onto when he looked at his statements each month with their disappointing figures. "Don't lose track of your goal. Keep your eyes on the prize. Trust in the process."

And so it is with OCD. So many clients will say, after having made a certain amount of progress, "I seem not to be going anywhere," or, "I'm going backward." They complain that they don't see the dividends of their efforts and that their hard work does not seem to be paying off. They say that they feel that the medication and/or the ERP are not work-

ing for them as well anymore, that they are tired, that they want to give up and give into the OCD, rather than fighting all the time. They get depressed.

This is not unusual. And although sometimes the medication does indeed need to be "tweaked," or the ERP needs to be redesigned somewhat, or, in fact, a break from treatment may be warranted, most of the time the person with OCD needs only what Fred needed from Mitch: a little encouragement, a little faith in the process, and a redirection toward the larger perspective. Clients need to understand that a spike in symptoms doesn't necessarily indicate that they are going backward, but rather it is just a "blip" in the otherwise upward trend in their recovery process.

It is important for therapists to help clients remember where they were when they first started treatment and to help them acknowledge for themselves how far they have come. And although it is true that some people are more treatment resistant than others, you can share with your clients that there is no reason to believe that they in particular cannot be helped by those interventions that we know to be helpful for most people with OCD. You can point out that this is true especially when these interventions have helped this client in the past.

Sometimes the client asks, "Why am I not doing as well now as I have done previously? Why do I seem to be losing ground?" This is not always easy to understand. We could point to changes in the client's life situation or stressors that have been introduced in his recent past, but it still comes down to the fact that in general, OCD is a disorder that waxes and wanes, and so by definition, the course of recovery is often interrupted by periods of decline.

It seems that the most important things at times like these are support and encouragement—in communicating hope and faith in your client's abilities to weather the tougher times so that ultimately he will prevail. Like the wise choices in the financial markets, medication and behavioral treatment of OCD still provide a winning investment in the long term.



Dr. Allen Weg, Vice President of OCD NJ, is executive director of Stress and Anxiety Services of New Jersey in East Brunswick. This story will be included in his book entitled, "OCD Treatment Through Storytelling: A Strategy for Successful Therapy," published by Oxford University Press, out January 2011.

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 OCD NJ 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 NJ, 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 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. Decide if the group is only for adults, only for sufferers, or open to every body- 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 TO START IN ROSELLE PARK

A support group for body dysmorphic disorder (BDD) is being organized 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.

SOUTH 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.

NEW GROUP IN EAST BRUNSWICK

A new group will meet 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 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 Bellero at (609) 259-2004 or e-mail ocdteenmercer@verizon.net.

OCD NJ DVDS NOW AVAILABLE!

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

"The Enemy Within: Getting Aggressive with OCD" Allen Weg, Ed.D.	\$15.00
"Being a Parent with OCD" Cynthia Haines, Psy.D.	\$15.00
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	\$15.00
"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, LCSW	\$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

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

Send check or money order, made out OCD NJ, and mail to: OCD NJ, 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! Questions? Call Ina Spero at 732-828-0099 (9 a.m. - 9 p.m.)

DIRECTIONS TO OUR MEETING

Our next quarterly meeting, which will take place on *Monday evening, December 13, 2010 at 7:30 p.m* at **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.

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.

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.

OCD New Jersey Subscription Fee!

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.

Please either bring payment to the next meeting or return the form below with payment by cash, check, or money order to: OCD NJ, 60 MacAfee Road, Somerset, NJ 08873-2951.

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!

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ E-mail _____

