

OCF

Newsletter

OBSESSIVE COMPULSIVE FOUNDATION

*Every Meeting is a Learning Experience*

## Dr. Karen Landsman Speaks at March 10th Meeting

On Monday, March 10 Dr. Karen Landsman gave the presentation at our quarterly meeting. Entitled, "Risk-Taking Behavior in OCD Treatment," her presentation was a rich review of practical ideas and strategies sufferers and family members should keep in mind when challenging the disorder. Dr. Landsman began by commenting that often family members follow their instincts in helping their loved one with OCD with such things as giving in, reassuring, and debating, which is usually the wrong approach. When family members assist in the rituals, take over responsibilities of the OC-afflicted family member, facilitate completion of rituals, modify routines to accommodate the rituals, or tolerate aberrant behaviors, they actually help to facilitate the exacerbation of OCD in the life of the sufferer and the family as a whole. Families choose this response to the OC problems because, in the short term, it does serve to lower tension, and it helps the OC sufferer get through the particular challenge at hand. There is a great price that is paid, of course, in the longer term. Accommodating the OCD reinforces it, according to Dr. Landsman, by 1)giving too much respect to the OCD, 2)modeling the belief that the OC sufferer cannot cope without the ritual, and 3)reinforcing the notion that everyone lives by rules set by the OCD. Family therapy is seen as the treatment of choice to help reverse this process, helping families to decrease their accommodation to the OCD over time.

"Behavioral Contracting" is a written, specific plan to manage the OCD, and is often utilized in family therapy of OCD cases. This family behavioral contract needs to be set as an agreement that family members will work together and agree that the goal is to limit, decrease, and even eliminate OC rituals. The contract defines specific behavioral goals. Specific rewards and "response contingencies," or specific ways in which family members will respond to OC rituals, are spelled out in advance. This

allows for a plan to be in place prior to a crisis, and to help prevent family member from making major decisions about how they will respond to an OC ritual and eliminates intense power struggles during an "OC moment." Family members learn to be cheerleaders and coaches, redefining their roles, and team together with the sufferer against the OCD. "We're in this together and we're going to help you make it better," is the message family members should send. OC sufferers themselves are given the responsibility to increase their risk taking behavior over time. In the presentation, Dr. Landsman had members from the audience volunteer to role play prepared roles that they read from a script. These role plays illustrated different possible interactions among family members, and beautifully demonstrated the different points reviewed in the formal presentation. As is often the case, this free presentation offered much information of use to most people struggling in some way with OCD. Dr. Landsman has kept up the tradition of NJOCF sponsoring quality educational offerings by knowledgeable, personable, and talented professionals, all within a comfortable setting and a relaxed, informal atmosphere. Please consider joining us for our next quarterly meeting on June 9th (see accompanying article)

- Allen H. Weg, EdD



Dr. Karen Landsman speaking at the March 2003 quarterly meeting

## Dr. Joseph Springer Speaks on Scrupulosity at Next Meeting

The next quarterly meeting of the NJ Affiliate is Monday, June 9th, at 7 PM. It will take place at Robert Wood Johnson Hospital- see accompanying article for specific directions and map.

Dr. Joseph Springer received his Ph.D. from Temple University and is a licensed psychologist. He is presently an Associate Professor of Psychology and the director of the graduate program in Counseling Psychology at Georgian Court College in Lakewood, N. J. Dr. Springer is also a consulting psychologist for the N.J. Commission for the Blind, and is a lecturer for the N.J. Department of Human Services Doctoral Internship Program in Clinical Psychology.

He maintains a limited private practice in Manasquan, N.J. with a special focus on anxiety disorders. Dr. Springer has published articles in professional journals as well as magazines, and has done numerous presentations to professional and consumer groups on a variety of topics related to psychology, health and treatment

Dr. Springer will discuss, "Scrupulosity: When OCD meets religious belief." OCD involves intrusive thoughts that produce anxiety, which are then often followed by rituals or behaviors that function to temporarily reduce psychological distress. The content of these thoughts can be quite varied. When the intrusive thoughts involve beliefs that one has sinned against God or done something wrong, subsequent behaviors or rituals may involve excessive praying, repeatedly asking God or others for forgiveness, or constantly seeking reassurance that one has not sinned or transgressed. When OCD is manifested this way it is referred to as "scrupulosity". This presentation will provide an overview of the historical references to scrupulosity, common ways that it is manifested, and present methods of treatment.

**PRESIDENT'S MESSAGE**

I personally want to thank the many people who not only subscribed to our newsletter but generously added a donation to their annual subscription.

OCD workshops, lectures, kids programs, films and of course, great country music -- these are some of the many things that await you at the National Conference at "Opryland", in Nashville, Tennessee. Hope to see you all there July 25, 26, 27, 2003.

**SPECIAL WISHES  
AND  
THANK YOU**

The NJOCF would like to wish a belated Happy Birthday to Barbara Matley who kindly donated her birthday gift.



Also, a special thank you to Judy Cohen for her gracious gift.

**NATIONAL OCD FOUNDATION CONTACTS**

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**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

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**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, Somerset, NJ 08873.

**Disclaimer**

The information 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. Again, nothing takes the place of proper medical/mental health professional services.

**NJAOCF MISSION**

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

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

**NJAOCF OFFICERS**

- Ina Spero - President
- Dr. Allen Weg - Vice President, Newsletter Editor
- Jeanne Yarrow - Secretary
- Julian Spero - Treasurer
- Nicole Torella - Newsletter Editor
- Dr. Rita Roslyn Newman - Advisory Board member

# Serendipitous vs Structured Exposure

by Allen H. Weg, EdD

Everyone knows that exercise helps one to maintain an appropriate body weight and stay generally healthy. But there are different kinds of exercise. More than a century ago, when a good number of people lived on farms or did manual work in more urban settings, structured, scheduled exercise was essentially unheard of. The idea that one would spend money to go to an exercise club and have someone instruct you in calisthenics, or even that one would suit up and go out for a "run," would have seemed ludicrous to the agrarian society of yesteryear.

In those days, life had exercise inherently built into it. Hauling water, chopping wood, planting and harvesting, tending to the animals, washing, cleaning and cooking; these were not only time-consuming, but back-breaking jobs when done without the help of modern equipment and machines. And let us not forget walking. Especially in New Jersey, where so much of the state's residents live in suburban sprawl, walking as a necessity is practically non-existent. But a century ago, most people walked the equivalent of several miles every day just to get to where they needed to go.

It was this constant reliance on our bodies to accomplish daily required activities that gave us our exercise and maintained our weight. Today, with so many of us spending our days staring at computer monitors and evenings glued to the TV, our sedentary lifestyles require formal, structured activities that serve no other purpose except to give us the physical exercise our bodies are designed for. By engaging in such formal exercise activities, we better maintain our weight and health.

When it comes to exposure therapy, there are likewise several ways to exercise "against the OCD." In Formal Exposure, a specific set of activities designed to challenge the OCD are scheduled for a specified period of time, and repeated for a specific number of times, in order to reach certain identified levels of anxiety (by using

the Subjective Units of Discomfort, or SUDS scale, you would want to lower the intensity level of your anxiety a specific amount on a 0-100 scale). So, for example, in contamination obsessions and washing/avoiding compulsive behavior, you might schedule 45 minutes of exposure every day, wherein you would go around your house spreading a certain level of contamination throughout, by touching, let's say your shoes, and then touching everything in the house. This would be repeated until the SUDS level dropped by a certain amount, at which point you would repeat the exercise once again, but this time with a newer, "hotter" contaminant.

At the same time, OC sufferers could informally go through their day, and whenever they came across a situation in which their contamination obsession was triggered, they would "boss it back" by engaging in some challenging behavior. This may be termed, Serendipitous Exposure. When their toothbrush dropped on the floor, they might limit the amount of time they wash it before using it. After taking mass transit, they would refrain or at least delay washing their hands upon coming into the office. When confronted with exiting the office restroom, they would challenge themselves to touch the door handle, and then not wash. When a "contaminated" coworker passed in the hallway, they would make an extra effort to seek out that person, get near to him or her, and perhaps touch something that they saw that person touch. And so on, throughout the day.

These activities, unlike the Structured Exposure, are not specifically planned, and have no time and space limits attached to them. The OC sufferer merely responds with ERP at every opportunity, as these opportunities make themselves available throughout the day. Like the farmers of long ago, they keep their anti-OC muscles strong by exercising them regularly throughout the day.

In practice, I recommend that clients do both. Formal Exposure assures us that a minimal amount of ERP is accomplished each day, and the record keeping that usually accompanies it allows for closer monitoring of progress when we review them in the therapy session. Serendipitous Exposure, on the other hand, keeps the idea of challenging the OCD alive throughout the course of the day, and helps to make ERP behaviors become a more integrated, natural part of the person's behavioral repertoire. Together, they help to better control OCD, just as physical exercise helps to control weight.

*Dr. Weg, Vice President of the OCF New Jersey Affiliate, runs an independent practice called Stress and Anxiety Services of New Jersey in the East Brunswick area. He can be reached at 732-329-1378, or see his website at [www.StressAndAnxiety.com](http://www.StressAndAnxiety.com).*

## You And Your Family Can Help Us Understand What Causes Obsessive-Compulsive Disorder

There is a new study underway about the genetic nature of obsessive-compulsive disorder. The researchers are seeking families who have several members with OCD. The study involves an interview and collection of a blood sample, and this can take place in your home. Contact Jessica Page, Psy.D., at the New York State Psychiatric Institute to see if you are eligible to participate. Individuals who are eligible may qualify to earn \$50. Phone: 212-543-5355. Email: [pagejes@pi.cpmc.columbia.edu](mailto:pagejes@pi.cpmc.columbia.edu). Mail: NYSPI, Unit 69, 1051 Riverside Drive, New York, NY 10032. All information is confidential; however, information submitted by email may not be entirely secure.

## Mark Your Calendars for Our Next Annual Conference

On Sunday, October 26, 2003, we will have our fourth annual conference. It will be conducted as our previous conferences have been, as a brunch with a main speaker followed by a discussion panel. The main speaker this year will be H. Blair Simpson, M.D., Ph.D.

Dr. Simpson is Assistant Professor of Clinical Psychiatry at Columbia University and Research Psychiatrist at the Anxiety Disorders Clinic at the New York State Psychiatric Institute. She has been the recipient of multiple grants from the National Institute of Mental Health to conduct several multiple year studies on the treatment of OCD, as well as a grant from the National OC Foundation.

Dr. Simpson will be presenting on the biological basis of OCD, as well as pharmacotherapy treatment issues. Her presentation is designed to help answer the question, "How does a psychiatrist think about medication when making pharmacotherapy treatment decisions about OCD?" The details of the panel discussion group are forthcoming. Hope to see you there!!!!

### **PLAN/NJ**

Plan/NJ is an organization that helps families begin the hardwork of planning for a loved one with a mental illness.

**PLAN/NJ Offers Workshops at  
No Charge**

**RESERVATIONS MUST BE MADE**  
because attendance is limited to 10  
family members for individual assistance

**TO MAKE A RESERVATION,  
CALL 1-800-704-PLAN**

MAY 17, 2003, 9:00 a.m. - NOON  
&  
JULY 12, 2003, 9:00 a.m. - NOON

## A Child's Story...

My name is Timothy. I am 8 years old. I am in second grade. Last fall, I started to wash my hands a lot. I made sure that things were even, and I tapped to the beat when people talked. And I had other things that I did too.

This was a problem because it took up a lot of my time. My hands got sore from washing them so many times. I got very frustrated and mad when people would interrupt me when I was doing my routines. Also I got worried that people would make fun of me if they saw me doing one of my rituals. I could not fight it then.

Then I started to go see a therapist, and he said that I have OCD. He said he could help me. I felt better knowing that someone could help me.

He told me to name my OCD. I named him OCDragon. I drew a picture of him. It helped me to imagine him and fight him.

Also, I made a map. It is called Tim Land. I put all the different things that I had problems with on my map. When I conquer the problem, then I put it in my territory. If I fight it, but I win sometimes and OCDragon wins sometimes, then it is in "No Man's Land." If OCDragon has it, it is in his territory. In the beginning, I only had three things in my territory. Now, OCDragon has nothing, and I have at least twenty things in my land.

My OCD doctor taught me how to fight OCDragon. I fight OCDragon by messing up what he wants me to do, or ignoring him. I boss him back and tell him to jump in a lake or I say he has a bad hiding spot. I am doing much better with my OCD now.

*Timothy is a great OCDragon Slayer! He, together with the help of his coach, Mom, has made remarkable progress in behavioral therapy in about two months. He agreed to write this for our newsletter to help inspire other kids, and let them know that they, too, can slay their OCDragons!- Allen H. Weg, EdD*



## Poetry Corner

*Lulu is a wife and mother of 4 who has recently begun working on her OCD Hoarding problem. Soon after beginning her behavior therapy work on hoarding, she wrote this poem. She agreed to have us share it with you.*

I've woken a sleeping giant  
I've opened Pandora's Box  
Inflatable toys and huge spring snakes  
And things that won't ever fit back.

I'm surrounded by masses of items  
Each one requiring care  
The girl or the boy  
The tooth or the toy  
I need to start but do I dare?

I'm picking up one tiny piece  
A small number puzzle to start  
It seems simple enough

But it calls my bluff  
And soon fear fills my heart.

I'm fighting with one little puzzle  
It wants to go back in the box  
I yell over the roar  
I fight till I'm sore  
Staying? This puzzle is not.

The battle is just beginning  
Fear and more pain to come  
The battle's just beginning  
Someday this fight will be won.

## **SAVE THE DATES FOR THE 2003 MEETINGS!**

The New Jersey Affiliate of the Obsessive Compulsive Foundation will have its quarterly meetings on the following Monday evenings:

**September 8, 2003  
December 8, 2003**

Please plan to join us! Our meetings begin at 7:00 p.m. and will be held at Robert Wood Johnson Hospital in New Brunswick, NJ.  
We hope to see you there!

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## **NJOCF Newsletter Now Has a Subscription Fee!**

After careful budget review, the NJOCF has come 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 2003 is \$5.00.**

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

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

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ E-mail \_\_\_\_\_

## **OCD on the Web** *by Christopher J. Dunn*

When my OCD first manifested approximately ten years ago, I had external compulsions as discussed in great length in many of the books I read on the subject over the years. My principal compulsions centered on checking and doing things the "right" number of times. As an undergraduate in college at the time, I would read and reread test papers (many of which were essays and Latin and Greek translations). I was trying to make sure that I hadn't committed some sort of written Tourette's and inadvertently written something inappropriate, or that some impressive piece of prose I had written hadn't somehow vanished from the page. One time I crossed half my college campus in the middle of the night to find a stick I had been kicking around because I hadn't kicked it the "correct" amount of times.

As the years and my therapy progressed, however, most of my obsessions became internal, pure-thought obsessions. Although more prevalent in the literature now, years ago "Pure-O" was reserved to a brief chapter at most in many of the books.

A reader of the last column pointed me in the direction of a website that featured articles by Dr. Steven Phillipson. Many of you may have read these articles before, as they appeared in past issues of the OCF Newsletter. To me, however, they were new and refreshing, as Dr. Phillipson seems to have done a lot of work with what he calls "Pure-O" and yet another branch of OCD manifestation, responsibility OCD.

I invite you to read his articles if you haven't already. They are helpful to anyone with OCD, but especially relevant to anyone who's OCD remains confined to thoughts and ruminations. Phillipson's metaphor of the mental "spike" that triggers unwanted thoughts is particularly informative. He also explains how trying to reason away the dark thoughts and reassuring yourself by ruminating on the subject can serve as the compulsions for these purely mental types of OCD. Devoting conscious thought and mental energy to these obsessions can cause them to remain in your head for hours just as surely as if someone who felt dirty were to take shower after shower throughout the day.

Dr. Phillipson's articles appear at this link:  
<http://www.ocdonline.com/articlesphillipson.htm>

Here is a brief synopsis of each of the seven articles there, taken from the website:

1. Thinking the Unthinkable – A conceptual understanding and treatment considerations are discussed for those persons suffering with the Purely obsessional form of OCD.
2. I Think it Moved – The understanding and treatment of the obsessional doubt related to sexual orientation and relationship substantiation.
3. Guilt Beyond a Reasonable Doubt – Treatment strategies and a conceptual understanding are provided for persons with a heightened sense of hyperscrupulosity and excessive concern for the well-being of others.
4. Speak of the Devil – General psychological principles are presented related to understanding OCD and treatment strategies pertaining to cognitive-behavioral principles.
5. A Rose by any Other Name – A conceptual understanding and treatment strategies are presented for persons suffering with an olfactory obsession. This condition involves persons who staunchly believe that some part of their body is emitting an unpleasant odor.
6. The Right Stuff – OCPD: A Defect of Philosophy, Not Anxiety - A comprehensive understanding and description of Obsessive-Compulsive Personality Disorder.
7. Strategies for Managing OCD's Anxious Moments

Please check out Dr. Phillipson's articles if you haven't already.

Anyone out there a Star Trek fan? A recent episode of Enterprise entitled "Singularity" had the crew of the ship moving past a spatial phenomenon that altered neurotransmitter levels in their brains, particularly the levels of serotonin. Each crew member became obsessed with seemingly meaningless tasks—the engineer was obsessed with getting the captain's chair "just right," one crewmember was trying to reproduce an old family recipe, discarding all her work every time it wasn't perfect, the ship's doctor, unable to find the cause of a crewman's headache, prepped him for brain surgery, and the security chief was obsessively checking everyone to make sure they weren't really impostors. Only the Vulcan first officer, with her more disciplined mind, was able to take care of the tasks that were actually necessary for the proper functioning of the ship. Episodes like this kind of put OCD in perspective for me by allowing me to observe it from the outside and in an exaggerated form. If you're a sci-fi fan, I suggest you check this episode out next time it's aired!

Thanks to Diana Johnson for giving me the heads-up on Dr. Phillipson's articles. Please e-mail me if you have any website suggestions or would like further information on anything in my column. See you next issue!

- CJD

## WANT TO HAVE A SUPPORT GROUP IN YOUR AREA? 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 NJAOCF to help create more of these groups. We at NJAOCF receive several phone calls every month asking for support groups in areas of New Jersey where there are none. Northern counties and southern counties are especially devoid of 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- this will in part 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. 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. We will help to put out the word. You can also do your part by letting local mental health professionals and facilities know about the group (sometimes this means going door to door with a flyer). Decide whether this is a group 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 minimum number of 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 732-329-1378.

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### OCD SUPPORT GROUP ATLANTIC COUNTY AREA

To all who suffer from Obsessive Compulsive Disorder, you are invited to attend a meeting once per month on the last Thursday night at 7:30 p.m. We will meet at the Bacharach Institute for Rehabilitation Conference Room in Pomona, NJ. The Institute is located in the same building as the Atlantic City Medical Center, Mainland Division, which is at 61 W. Jimmie Leeds Road and can easily be found by following the blue "H" signs (Hospital) on the White Horse Pike, which is also Route 30. Use the main entrance to the hospital and take the right corridor to the end. Make a right and then the 2nd left. The Conference Room is about 50 feet ahead on the right. We expect to have guest speakers from time to time, but mostly it will be a gathering of people who, like you, suffer from OCD. The

dress is casual, the format is informal, and no one is expected to share if they choose not to do so. You may come and just listen to others, if you wish, and you may bring a relative, if desired. Please contact Wayne at (609) 266-3666 with any questions.

#### **TIME & LOCATION CHANGE FOR HOWELL MEETING!**

Every Wednesday evening in Howell, NJ, an OCD support group meets. **The new meeting time is now 8:00 p.m.** The meeting is located at: The Prince of Peace Lutheran Church, 434 East Aldrich Road, Howell. (Meets in the Education Hall. Church is off Rt. 9) For more information, please call Ronald L. at (732) 618-1690.

### OCD SUPPORT GROUP NOW IN MARLTON, NJ

The Marlton, New Jersey, Obsessive Compulsive Support Group meets on the **second** and **fourth Mondays** of each month from 7:00 to 9:00 p.m. It meets in the Scarborough Room, Virtua-West Jersey Hospital, Marlton, 90 Brick Road, Marlton, New Jersey.

This group is for those with OCD and OCD spectrum disorders and their families. There is no fee to attend.

For more information on this Support Group, please contact Betty Beach at (856) 751-1957.

# WAYS TO SUPPORT NJAOCF

## NJAOCF VIDEOTAPES

We videotape our annual conferences and the speakers from our quarterly meetings, and provide copies of them to anyone interested. All moneys charged are pumped back into NJAOCF to help defray the costs of the organization. The following are videotapes now available for purchase and pickup, or delivery:

"Red Flags, Relapse, and Recovery," Jonathan Grayson, PhD	\$15.00_____
"Families and OCD: How to Coexist," Elna Yadin, PhD	\$15.00_____
"Flying Towards the Darkness", NJAOCF First Annual Conference: Parts 1 & 2 (combined discount price)	\$25.00_____
"Flying Towards the Darkness"- Part 1 only, Allen H. Weg, EdD, NJAOCF 1st Annual Conference	\$15.00_____
"Flying Towards the Darkness"- Part 2 only: The OCD Panel, NJAOCF 1st Annual Conference	\$15.00_____
"Generalized Anxiety Disorder and OCD", David Raush, PhD	\$15.00_____
"OCD Spectrum Disorders", Nancy Soleymani, PhD	\$15.00_____
"Living With Someone With OCD...", Fred Penzel, PhD, Part I- NJAOCF 2nd Annual Conference	\$15.00_____
"The OCD Kids Panel" Part II- NJAOCF 2nd Annual Conference	\$15.00_____
NJAOCF- 2nd Annual Conference, Parts I and II (combined discount price)	\$25.00_____
"Panic and OCD", Allen H. Weg, EdD	\$15.00_____
"Medications and OCD", Dr. Rita Newman	\$15.00_____
"OCD", Dr. William Gordon	\$15.00_____
"You, Me, and OCD: Improving Couple Relationships", Harriet Raynes-Thaler, MSW, ACSW	\$15.00_____
"Freeing Your Child from OCD", Dr. Tamar Chansky, Part I - NJOCF 3rd Annual Conference	\$15.00_____
"The Parents Panel of Kids with OCD" Part II - NJOCF 3rd Annual Conference	\$15.00_____
NJOCF - 3rd Annual Conference, Parts I and II (combined discount price)	\$25.00_____
"Neurobiology of OCD," Dr. Jessica Page	\$15.00_____

Add \$3.95 each for S & H: \_\_\_\_\_ @ \$3.95 ea \_\_\_\_\_

Your Total cost: \_\_\_\_\_

Send check or money order, made out CNJAOCF, and mail to: CNJAOCF, 60 Mac Afee Rd, Somerset, New Jersey 08873-2951  
Questions? Call Ina Spero at 732-828-0099

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

# DIRECTIONS TO OUR NEW MEETING LOCATION!

Our next quarterly meeting, which will take place on *Monday evening, March 10th, at 7:00 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:**

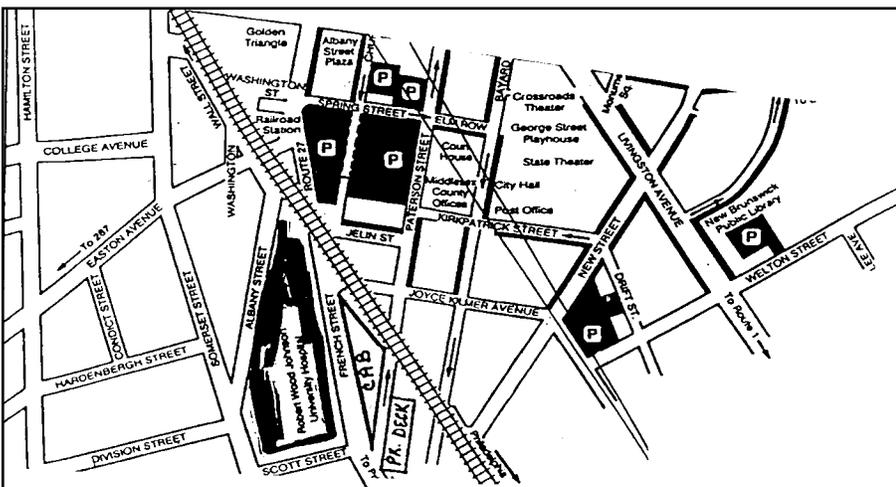
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking 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.

