

“YOU are the Therapist”

By Rachel Strohl, Psy.D.

On December 8, 2008, “YOU are the Therapist” was the topic of the New Jersey Affiliate of the Obsessive Compulsive Foundation (NJ OCF) quarterly meeting. Allen Weg, Ed.D., Vice President of NJ OCF, moderated the meeting.

The quarterly meeting offered audience members a unique opportunity to learn more about Obsessive Compulsive Disorder (OCD) through an interactive discussion.

Individuals with OCD and their family members came with questions and shared personal experiences, while professionals shared some of their OCD cases and contributed their expertise about OCD diagnosis and treatment.



There were many different types of questions presented during the meeting. A mother of a child with OCD expressed frustration that her son is not motivated for treatment and asked how she should handle the situation. Responses were varied, but most of the audience members agreed that interventions should depend on the child’s age. For instance, a younger child may need more parental involvement, such as behavior modification programs to enhance external motivation, while an adolescent may require less parental involvement, such as learning to accept the symptoms. If the child is working with a therapist, then motivational interviewing is a useful technique employed to enhance therapy compliance by focusing on the losses caused by OCD and gains of getting better.

A similar question was presented by a woman whose boyfriend has been diagnosed with OCD but “doesn’t see it.”

Suggestions included providing the boyfriend with psychoeducation that OCD is a neurological disorder and can be effectively treated with cognitive behavioral therapy, specifically exposure and response prevention, and/or medication. If he agrees to take part in treatment, then it would benefit the couple to communicate about the support person’s role; for example, whether she acts as “the coach or the cheerleader.” If he refuses treatment for his OCD symptoms, then the reframe is that the couple is unhappy, so they need to deal with that as the problem.

Some of the other topics of the discussion focused on accommodating versus challenging the OCD symptoms, boundary issues between parents and an adult child with OCD, and different interventions for hoarding. Overall, the meeting was a success – interesting conversation was generated about OCD and audience members were able to gain multiple perspectives on a range of topics.



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.

Next Quarterly Meeting: OCD, Safety, and Self-Esteem

The next quarterly meeting will be held on Monday, March 9 at 7:30 PM, Robert Wood Johnson Hospital in New Brunswick. Directions are at the end of this newsletter.

The presenter will be William Gordon, Ph.D., a NJ licensed psychologist, who maintains a private practice in Montclair specializing in the treatment of OCD and other anxiety disorders. He is a Clinical Instructor of Psychiatry at University of Medicine and Dentistry of New Jersey (UMDNJ) and a supervisor at Graduate School for Applied and Professional Psychology (GSAPP) for Rutgers graduate students. He has published articles about OCD and has made presentations about OCD for the national Obsessive Compulsive Foundation (OCF) and the Anxiety Disorders Association of America (ADAA). Dr. Gordon has also previously presented for NJOCF.

Dr. Gordon will speak on “OCD-Hitting You Where It Hurts”. With a wide range of examples, the presentation will illustrate how obsessions often concern themes that are most important to a person’s sense of safety and self-esteem. He will then discuss how to use this understanding to cope with the disorder. He will show how treatment can circumvent the elegant, air-tight logic of the obsession. Please join us for this free presentation- hope to see you there!

RECEIVE THIS NEWSLETTER BY E-MAIL!

Help save trees and money for the NJ OCF! Sign up to receive the quarterly newsletters by e-mail!
See page 8 for details!

PRESIDENT'S MESSAGE



Dear Friends:

I hope that the current format of our quarterly meetings are indeed bringing about a better understanding of OCD and are answering your many questions. However, please note, that the NJ OCF is always open to suggestions regarding topics that you would like to see covered at our quarterly meetings and our Annual Conference. Please remember that the NJ OCF is always here to for all of you and to serve "you".

I look forward to seeing you at our Spring meeting on Monday, March 9, 2009.

Sincerely,
President Ina Spero

NATIONAL OCD FOUNDATION CONTACTS

OCF, Inc.
PO Box 961029
Boston, MA 02196

Phone: (617) 973-5801

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

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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

\$

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.

ATTENTION! ATTENTION!

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

SPECIAL THANKS!

As the NJ OCF is especially thankful for all donations and support we receive, we would particularly like to thank:

Ms. Mary L. Huber for her most generous donation to the NJ OCF.

and

Janet DePaolo for her generous donation!

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

White Water Rafting (What is anticipatory anxiety?) by Allen H. Weg, Ed.D.

I was about 16 when I went on my first white water rafting trip. I remember the night before, feeling excited but terrified. I had visions of one of those TV commercials, selling something that I could not at the time remember, showing a group of guys in helmets bouncing up and down in some 12 man raft while traveling down some raging river. At times the raft was completely airborne, and the men, drenched, and seemingly in mortal danger, were surrounded by walls of white, churning water.

I was going with a friend, his older brother, and a bunch of his brother's friends. They had reassured me that the water was classified as "Class III" rapids, meaning that they were relatively sedate, and nothing like those TV commercials, but I didn't know most of those guys, and how did I know what they really knew, or if I could trust them? I knew that they needed a certain number of guys in order to fill two six-man rafts, and maybe they were telling me anything just so that I would join them, with the expectation that I would somehow manage once out there, holding on for dear life.

And of course, once I was out there, what choice would I have? I would be trapped, like on a roller coaster that I did not feel ready to handle; but once you are strapped in, and you find yourself being pulled up that first, long, precarious incline, well, it's just too late to do anything about it, isn't it? You've got to bite the bullet, white knuckle it, and hold on, right?

Anyway, so these are the thoughts that were going through my head the night before this big trip. We got up nice and early, and drove to the drop off point, north along the Delaware River. When we paid the fee at the entrance, I signed away my life, putting my name on a document which essentially said I or my family would not sue the rafting company if I got injured or killed during my day of fun and relaxation in the water. This in no way helped my impending sense of panic and doom.

But then things got better, and I was somewhat reassured. There were rafting lessons, where the people who worked at the rafting place reviewed with us where we were going, what we would be doing, and how we should work as a group to negotiate the water and rocks. We actually sat in several rafts out of the water that were propped up on logs, taking what was essentially a 15 minute class, where we were instructed how to use our weight and work as a team to negotiate the rapids and get loose if we got stuck on a rock.

I was also reassured by the fact that these rafting employees would be escorting us down the river, themselves in kayaks, which would allow them to quickly run in between and around our rafts, should we need any kind of assistance. It also helped that we weren't issued helmets, indicating that they didn't think, at least in my mind, that we would be needing them. Finally, I carefully reviewed all the other people who were getting instruction with us, and for every person that I deemed to be under 14 or over 50, I was able to breathe more easily. Surely if they could handle this, so could I!

And off we went. For the first few minutes, things were very calm. We were moving at a nice pace, but the river was wide, and there were no obstructions of any kind. The surface of the river was completely smooth.

Soon though, I could see the white water up ahead. There were large rocks protruding from the water all over the place, and there was rushing water everywhere. The water was indeed white, and there was no way around it- we were headed for it, and were going to go right through it. My heart began to race, my breathing quickened, and my muscles tightened. I held my paddle such that the blood in my body did not feel like it was reaching my hands. I had visions of being thrown out of the raft, striking my unprotected head against one of those giant boulders, and being submerged by the oncoming rush of water.

As we approached the area of white water, all these feelings and

thoughts intensified. It was almost as if we were going in slow motion, and it seemed to be taking forever to reach the area that I had spotted from a distance. My raft mates started to shout out comments: "Hold on!!" and "Here it comes!!" rang through my ears, as did the sound of rushing water, which seemed to grow louder with each second.

And then, to my surprise, it ended. We were through it and on to the other side. The ride had been bumpy and fun, maybe even somewhat exhilarating, but not nearly the death defying roller coaster challenge that I had envisioned. I remember thinking to myself, "Gee, that really wasn't bad at all." Emboldened, I looked forward, searching out the next area of rough waters.

That came soon enough. Around the bend, there was a large area of very rough water. You could hear the roar even before turning the corner and visually detecting the white between the patches of gray and blue. From a distance, it looked quite formidable, but as we got closer, the boulders protruding from the center of the river came more clearly into view, intensifying the precariousness of the situation. In a moment I had lost all my brazenness, and once again was fraught with anticipatory anxiety. Again, the roar increased in our ears, and warnings were shouted out by the other rafters. This time, as with the first set of rapids, I found that as soon as I was in calm waters again, I felt not only relieved, but also silly for having been so anxious upon the approach.

This happened several more times during the early hours of our trip, but as the day progressed, I learned to react differently to the sight of white water. I learned to trust that what appeared to be dangerous and potentially overwhelming was neither. I learned not to trust my own initial fear reaction, and instead remind myself that I was completely capable of handling this level of rapids, and that all the previous experiences had proven to me that the end result did not warrant the anticipatory anxiety.

The connection to recovery from OCD is obvious. One of the biggest challenges in exposure therapy is learning that your anticipatory anxiety is indeed an overreaction to the upcoming situation. Learning not to trust that first flood of thoughts, "I won't be able to handle it- it will be too much for me," is quite a difficult task. But through repeated exposure, much like my repeated encounters with the rapids, you can learn to re-evaluate that experience of anticipatory anxiety, and remind yourself not to trust those thoughts which betray you, the thoughts that tell you that you won't be able to cope with the consequences of engaging in your Exposure and Response Prevention exercise. Once done, this frees you up for the more frequent, more intense exposures which will ultimately give you the power to resist your rituals and allow you to successfully overcome avoidance.



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 in contract negotiations with Oxford University Press to publish a book 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

INFORMATION ON THE NJ OCF & HOW YOU CAN GET INVOLVED

Below are some ways that you can continue to support our organization and what we do.

FOR PROFESSIONALS, CONSUMERS AND THEIR FAMILIES:

*Tell your friends, family members, and other mental health professionals about us!

*Join the National OC Foundation (www.ocfoundation.org). The New Jersey Affiliate gets some money from National each year to help keep us going. The amount of financial assistance we receive from them is dependent on the number of NJ residents that belong to the National Foundation.

*Subscribe to our newsletter. Seven dollars a year- pretty cheap! Or sign-up to receive it via e-mail.

*Write articles for our newsletter- you may write from a professional, consumer, or family member perspective. Book, movie, or TV reviews, personal experiences, poems, letters to the editor, or informative clinical material, reviews of our meetings and conferences, are all welcome.

*Advertise in our newsletter- we have a professional directory of business cards in each newsletter. At present, the newsletter goes out to over 1200 individuals and consumers throughout New Jersey. While most advertisers are mental health professionals, we are an equal-opportunity forum for advertisers.

*Come to our quarterly meetings! The meetings are advertised in our newsletters (which come out approximately 4 weeks before each meeting), as well as on our website and are held at Robert Wood Johnson Hospital in New Brunswick, 7-9 pm on the 2nd Monday evening in the months of March, June, September, and December.

*Visit our website - www.njocf.org

*Buy our DVDs – on sale here at the conference. Also, see the listings on our website and newsletter.

*Help us to get the word out about our meetings and conferences by volunteering to hand-deliver our quarterly newsletters and our NJ OCF brochure once every 3 months to professionals and/or clinics that are in the area where you live and/or work. A personal delivery and a few words directly to a therapist or clinic director about an upcoming meeting or conference helps our information from getting lost in the deluge of mail that most professionals regularly get. Contact Ina at 732-828-0099 (9 a.m. - 9 p.m.).

*Start a self-help or a professionally run support group. We can help with getting the word out for free and, for self-help groups, to guide you through the process. Contact Ina at (732) 828-0099 (9 a.m. - 9 p.m.).

*Donate money- contributions are always helpful!

FOR PROFESSIONALS:

*Newsletter articles- Note that when you write for us, your name, address, telephone number and e-mail address/website will appear at the end of the article. This is an effective and cost-free way for you to let people know who you are, and your interest in this disorder.

*Speak at one of our quarterly meetings. We tend to have professionals who are very well-versed in the treatment of OCD. We tend to schedule speakers many months, sometimes more than a year, in advance. The presentation is reviewed and put in our newsletter and website. Again, this is good professional exposure at no cost to you.

THERE ARE ALWAYS NEW AND DIFFERENT WAYS THAT YOU CAN HELP. IF YOU HAVE ANY OF YOUR OWN IDEAS, LET US KNOW!!!

SAVE THE DATE! FREE! FREE! FOR THE 2009 MEETINGS!

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

**March 9, June 8, September 14
and December 8**

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. We hope to see you there!

OCD TV SHOW

The NJ OCF was recently contacted about an **ABC TV** Program that is looking for a family with a grade/middle school age child who is being treated for OCD to be featured in one of their shows (ex. 20/20, Primetime). The contact person is Jessica Haddad, who is one of the Field Publishers who can be reached at (212) 456-1458. The NJ OCF has spoken with Ms. Haddad, and the TV station is interested in making a serious documentary, however, the NJ OCF advises that you proceed with caution, as there is always the risk with any mass media investigation that you or the disorder could be misrepresented or sensationalized. If you are presently involved in working with a mental health professional, the NJ OCF advises that you discuss the idea with him/her before proceeding. Also feel free to contact the NJ OCF with any questions.

Do you suffer from Obsessive-Compulsive Disorder?

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.**

Presenting At Your Local School

Whether layperson or professional, if you have an interest in presenting to a faculty meeting at your local school on the topic of OCD in the school environment, please contact Dr. Cindy Haines at 732-390-6694 x5. You will make the contact and arrange for the presentation. We will provide you with a very specific script that you can read from and handouts which you can leave with the school staff. We will give you very specific instructions on what to say and how to share the handouts. The presentation takes less than 10 minutes.

This is being done as a way of fulfilling the National Obsessive Compulsive Foundation's mission of educating the general public about the disorder and encouraging early identification and treatment of OCD in school-age children. Please consider helping us out in this very worthwhile project.

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.

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

If you are interested in
advertising in the
Professional Directory,
please call (908) 828-0099.

**SAVE THE DATE!
FOR THE 10TH ANNUAL
NJ OCF CONFERENCE!**

**“Body Dysmorphic Disorder, Hypochondriasis,
and other OCD Spectrum Disorders:
Comparing and Contrasting Treatments
with OCD”**

by Dr. Fugen Neziroglu

plus
*“Living with OCD” Panel,
with those who deal with OCD every day*

**Date: Sunday, October 25, 2009
at the Doubletree Hotel, Somerset, NJ**

Dr. Neziroglu is the co-director of the
Bio-Behavioral Institute in Great Neck,
New York.

Check the next newsletter and website for
more details on the conference as they
become available.

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

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led by Dr. Allen H. Weg**
Groups for Children as well as Adults

Monday or Tuesday evenings in East Brunswick
Dates to be announced

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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 2009 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: CNJAOCF, 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 _____

PLEASE SIGN UP!!!

The NJ OCF has the ability to send out occasional e-mail alerts, reminding those interested about upcoming NJ OCF events, such as the quarterly meetings and the conference. In addition, the NJ OCF will send out important information on OCD, and hopes to start sending the newsletter via pdf format as well.

To sign up, please visit the NJ OCF website at www.njocf.org and sign up in the box on the homepage. You will automatically be added to the list. Please note though that the list is private and we do not share it with third parties. Of course you can also unsubscribe anytime. The alerts are a great way to keep up iwth what is going on in NJ regarding OCD and mental health treatment plans.

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 is now forming for Teens in Glen Ridge, NJ. Meetings will be held on the first and third Sundays of each month in the evening. 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 mercertrich@yahoo.com.

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!

PARTICIPANTS WANTED IN PRINCETON

I would like to put together a support group for parents of children with OCD, one that would meet in the Princeton area. Interested parents should e-mail griffith@princeton.edu.

GROUP IN GLEN RIDGE

A new support group has been formed in Glen Ridge. For more information, call Carol Durso at (908) 350-3440. Meetings are on the first Sunday of each month at 6:00 p.m. at the Glen Ridge Women's Club, 219 Ridgewood Avenue, Glen Ridge, NJ.

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 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.

**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. We still have some videotapes available for purchase and they are on sale buy 1, get 1 free! Also note that on our website, www.njocf.org, a full description of each DVD is available.

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. Jessice 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
"Red Flags, Relapse, and Recovery,"Jonathan Grayson, 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! Questions? Call Ina Spero at 732-828-0099 (9 a.m. - 9 p.m.)

DIRECTIONS TO OUR MEETING LOCATION!

Our next quarterly meeting, which will take place on *Monday evening, March 9, 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:

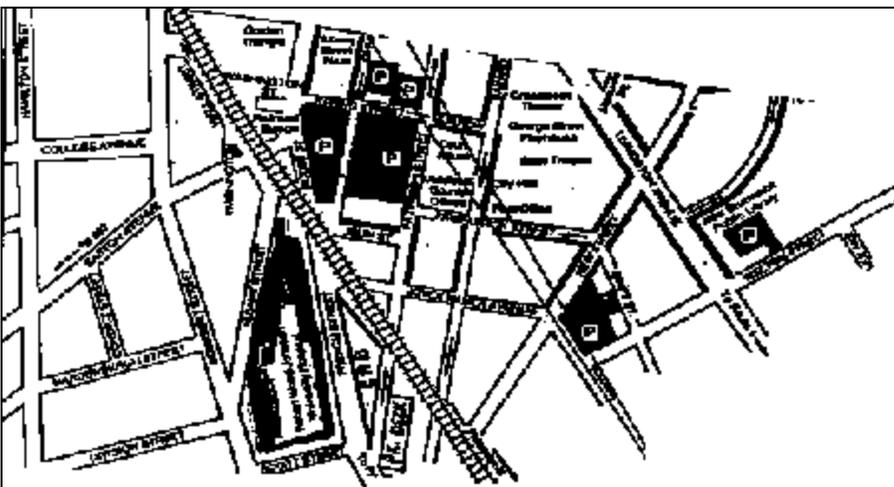
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking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

NOTICE NOTICE NOTICE NOTICE

Obsessive Compulsive Disorder Support Groups

Berkeley Heights (O.C.A.)	(908) 456-0711
Boonton	(862) 268-6397
Brick	(908) 675-2627
Glen Ridge	(973) 508-8719
Glen Ridge (Women's Club)	(908) 350-3440
Howell	(848) 702-5044
Jackson	(732) 644-3291
Marlton	(856) 751-1957
Montclair	(973) 472-8215
Piscataway	(732) 445-5384
Roxbury	(201) 323-6204
Somerville	(908) 725-5595
Warren	(908) 637-8806
Woodbury	(856) 853-2011 (day #) (Underwood Hospital)

NJ OCF
60 MacAfee Road
Somerset, New Jersey 08873-2951

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