



OBSESSIVE COMPULSIVE FOUNDATION

Dr. William Gordon Provides Insights on OCD

At our last quarterly meeting on Monday, June 10, 2002, Dr. William Gordon, a licensed psychologist who practices in Montclair, New Jersey, spoke with us about OCD and its treatment. The presentation, which reviewed multiple topic areas related to OCD, was punctuated by anecdotal stories about the clients that Dr. Gordon has seen over the years, which made the talk more than just a review of information about the disorder, but a dynamic review of OCD and its treatment.

In response to an often-asked question about how regularly one should go to therapy for OCD treatment, Dr. Gordon explained that while once a week is minimal, what is more important is that the OC sufferer do his or her exposure therapy regularly. Other guidelines which he reviewed including doing exposure repeatedly, and the idea of taking the general approach of "doing what you don't want to do" in exposure work.

Dr. Gordon spoke about 9-11, and noted how "bad, unexpected things do happen," and that there is no escaping this reality- something that people with OCD often have difficulty accepting. He also commented how OCD sufferers actually ended up responding very appropriately to the 9-11 attacks, indicating that they were no less equipped to deal with crises than non-OC affected people.

In addition, Dr. Gordon reviewed specific Exposure with Response Prevention (ERP) protocols, which he has successfully used with specific clients in his practice. He talked about how, in treatment, the obsessive compulsive will often find "loopholes" in ERP, which is why it is often so important to have a therapist assisting in the process of treatment. He spoke at length about the fruitlessness of logical debate and dialogue with OCD sufferers, and the need to utilize behavioral therapy. In addition, he discussed how OC obsessions tend to gravitate towards issues that people have personal diffi-

culties with. So, for example, if a person is somewhat homophobic, the OC will manifest itself as an obsession where the person wonders whether she or he is a homosexual.

Dr. Gordon emphasized how difficult and unique each person's OCD may be, and how treatment has to be tailored to each particular person. There were also comments made with reference to how sufferers will often delay treatment, often due to lack of knowledge about OCD, shame, concern about cost and time commitment, and other reasons, which result only in the decrease in the quality of life and the wasting of time.

General suggestions for OC sufferers were also reviewed. These included trying to lead as full and meaningful a life as possible. In addition to this, Dr. Gordon illustrated how if you do a "cost benefit analysis," it is worth the time and effort and money investment to treat OCD in order to get the control and the peace of mind which follows. The treatment process was reviewed in detail, and was likened to physical rehabilitation after an accident- a lot work with sometimes only minute levels of improvement over time, but ultimately a significant improvement in level of functioning.

Handouts were provided which reviewed much of the above information and much, much more. We at the New Jersey Affiliate thank Dr. Gordon for his time and expertise!



William Gordon, PhD, spoke at the quarterly meeting held on June 10, 2002. Dr. Gordon can be reached at (973) 744-8791.

Every Meeting is a Learning Experience

Newsletter

HARRIET RAYNES THALER TO PRESENT AT NEXT QUARTERLY MEETING

The next quarterly meeting of the NJOCF will be held on Monday, September 9, 2002, at 7:00 p.m. at University Behavioral Health, Rutgers University, Busch campus, in Piscataway (see directions in newsletter).

Our speaker for the evening will be Harriet Raynes Thaler, MSW, ACSW, a clinical social worker who specializes in OCD treatment. Ms. Raynes Thaler's presentation is entitled, "You, Me, and OCD: Improving Couple Relationships." This is the same presentation that she will be presenting at the National OCD Conference in Philadelphia this August, so if you didn't make the conference, or missed her workshop at the conference, this will be the perfect opportunity to see her presentation.

The objective of this interactive presentation is to develop awareness and improve skills in relationships affected by OCD. Participants will become aware of destructive patterns and learn ways to communicate more effectively regarding issues resulting from the presence of OCD. It is important that you DO NOT NEED TO BE IN A RELATIONSHIP to benefit from this presentation. Ms. Raynes Thaler reports that even if someone with OCD is just INTERESTED in getting into a relationship, they will benefit from the information presented.

Ms. Raynes Thaler is a New Jersey licensed Clinical Social Worker and Marriage and Family Therapist. She is a Diplomate in Clinical Social Work and an Approved Supervisor for the American Association for Marriage and Family Therapy. She has received in depth training in Behavior Therapy techniques for OCD clients at the Behavior Therapy Institute in addition to attending numerous workshops and conferences on OCD. She, of course, is an OCF member, is active in our NJ Affiliate, and, as mentioned above, will be presenting this summer at the National OC Conference. Please join us for this wonderful learning experience!

PRESIDENT'S MESSAGE

I hope this finds you all cool, comfortable, and focusing on planning to attend our 3rd Annual Brunch/Conference. It will be held at the Somerset Marriott Hotel on Sunday, October 20, 2002, from 10:00 a.m to 2:00 p.m.

Our past conferences have been huge successes and we are sure this third one will be even more enlightening!

Looking forward to seeing you at our next meeting on Monday, September 9, 2002.

SPECIAL THANKS

*Our sincere gratitude to
Mr. Jeffrey McAleney,
First Senior Vice President
of RBC Dain Rauscher
for his substantial gift.*

*Many thanks to
RBC Dain Rauscher Foundation
for their matching gift donation.*

*Once again we would like to extend our
thanks to COSTCO of Bridgewater
for their donation.*

*Thank you to all of the individuals who
have given generously to the Affiliate.*

CONTACTS

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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 Central 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 publications, are welcome.

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

The New Jersey Affiliate of the Obsessive Compulsive Foundation presents our *Third Annual Conference...*

“Freeing Your Child From OCD: Finding Your Way on the Road to Recovery”
by Tamar Chansky, PhD
plus
Parents of OCD Kids Panel

Sunday, October 20, 2002
Somerset Marriott, Somerset, NJ



This program is being co-sponsored by Pfizer, a leader in the pharmaceutical industry. Their generosity has allowed us to keep registration fees low. All monies generated will go directly to fund the operating costs of our all-volunteer, non-profit organization.

<u>SCHEDULE</u>	
10-10:30	Registration and Brunch
10:30-10:45	Welcoming Remarks: NJ-OCF Board of Directors
10:45-12:45	Dr. Chansky's Presentation (includes break time)
12:45-1:45	Parents Panel, Dr. Weg, Moderator
1:45-2:00	Closing Remarks, Ina Spero and Dr. Weg

OUR PRESENTER

Tamar Chansky, PhD, is Director of the Children's Center for OCD and Anxiety in Plymouth Meeting, PA. Previous to this position, she was the Director of the Children's Program at the Agoraphobia and Anxiety Treatment Center in Bala Cynwyd, PA. Dr. Chansky has presented at dozens of workshops, many at the national level. She is the author of *Freeing Your Child From Obsessive Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents*, (Random House, New York, 2000).

PROGRAM

This program is designed for both professionals and non-professionals. Following a full brunch, the program will be divided into two parts. First, Dr. Chansky will present, “Freeing Your Child From OCD: Finding Your Way on the Road to Recovery.” This presentation is a review of the many strategies and ideas that parents can utilize in helping their OCD-afflicted children and adolescents. Clinical strategies, the roles of parents, mental health professionals, and school personnel, and the availability of other resources, will be reviewed.

The second part of the program will consist of a panel of parents of OCD-afflicted children and adolescents, who will each briefly speak about their experiences and then take questions from conference attendees. This will be moderated by Allen H. Weg, EdD, Vice President of NJ-OCF.

CEH Credits for Social Workers, Educators, and Nurses, pending approval of NJ State Board of Social Work Examiners and NJ Department of Education

REGISTRATION FORM

Advance Registration (before 10/6/02) - \$40

Late/On-Site Registration - \$45

CEH Credits - Advance Registration - \$50

CEH Credits - Late/On-Site Registration - \$55

(Includes full brunch and refreshments)

Name _____

Organization _____

Address _____

City/State/Zip _____

Daytime phone: () _____

Mail checks payable to:

NJAOCF

237 Goat Hill Road, Lambertville, NJ 08530

Questions: Call Ina Spero (732) 828-0099

DIRECTIONS

Somerset Marriott

11 Davidson Ave., Somerset, NJ 08873

Phone: (732) 560-0500

From Route 287 - Traveling North:

Take exit 10 (Rte. 527). Follow Route 527 North to the first traffic light and make a left onto Davidson Avenue. Hotel is 2nd building on the left, second driveway entrance. Hotel is adjacent to Garden State Exhibit Center.

From Route 287 - Traveling South:

Take exit 10 (Rte. 527). At the bottom of the exit ramp, get immediately into the left lane, and make a left hand turn. Once you have turned left, go straight (bearing to your right - 527 North) to the first traffic light, and make a left onto Davidson Avenue. Follow above directions at this point.

From NJ Turnpike:

Take Exit 10 to Route 287 North directions above.

From Garden State Parkway:

Take Exit 129 to Route 287 North directions above.

Scrupulosity: When OCD Meets Religious Belief

by Joseph Springer, Ph.D.

Obsessions come in many forms. For some, it is the thought that one has become contaminated or diseased. For others, it is the thought or urge to say or do something that is harmful or shocking to others. Still others may have the thought that something bad will happen unless they check or make sure that everything's OK. The list goes on and on. When obsessions involve thoughts, images or impulses that center around having sinned or offended God or someone else in some way, the term "scrupulosity" is often used. We now know that this is a form of OCD, however, people who appear to have suffered from scrupulosity have been written about for hundreds, if not thousands of years. A number of religious figures, including St. Catherine, St. Alphonsus of Liguori, St. Ignatius (the founder of the Jesuit order) and Martin Luther are widely believed to have had this form of OCD. Feelings of guilt, unworthiness and torment are associated with the obsessions, and the scrupulous individual may engage in behaviors, rituals or constantly seek reassurance to temporarily allay these feelings. However, any relief is short-lived, if at all, and the cycle continues. As one of my clients once remarked "Even if Jesus Christ Himself came down and told me that my sins are forgiven I wouldn't really believe Him."

Scrupulous individuals often constantly examine their behavior or thoughts in order to determine if they are guilty of any sins of commission or omission. They may return to confession again and again, as they are convinced that they forgot to confess a sin, that they had an impure thought shortly after their confession or that they did not correctly do penance. They may perform rituals or say prayers over and over again, as they worry that they didn't do it or say it exactly right. They may be convinced that they are going to Hell because of the blasphemous thoughts that force their way into their consciousness. Family and even clergy may become frustrated and exasperated over time, as no amount of reassurance, theological reasoning or even scriptural readings seem to have any lasting impact.

Some of my scrupulous clients have asked me "How do I know if I'm being scrupulous or simply being religious?" There are several aspects to answering this question. I first explain to my clients that religious practices can range from solemn to exuberant, but underlying true religious practice is a sense of joyousness and life-enhancement. Scrupulosity

involves no joy. Prayers and rituals are performed mechanistically rather than lovingly. The scrupulous individual engages in religious practices more because they feel they have to than because they want to. I then strongly suggest to my clients that they seek out someone that they will choose to trust as their spiritual advisor. Preferably, this is someone who is familiar with the client's religious tradition who can tell them when they're "over the edge" with their thoughts and practices. This may be a member of the clergy or a formal spiritual director, but it doesn't have to be. It should be someone who has some stability in their own life, who is willing to provide guidance, but who is not into trying to control others. A spiritual advisor should be willing to collaborate with a mental health professional, and recognize that scrupulosity is an illness that needs psychological and possibly psychiatric treatment. Ideally, they will know something about scrupulosity, or at least be willing to learn. Once someone decides to trust a spiritual advisor, they must put their faith in what the advisor says, even if it doesn't seem to "feel" right. I remember the one and only time I tried bungee-jumping. Intellectually, I knew that the set-up was safe, but as I stood at the edge of the precipice, part of my brain was screaming "Don't jump!" It took quite an effort to actually step off the ledge into air and feel myself plummeting downwards, but I had come to jump, and jump I did. I think it's the same thing with trusting a spiritual advisor. There will be a part of your brain that will be crying out "This is wrong!", but if you've made the decision to trust your advisor, then you need to stick to it. This is certainly easier said than done, but there is no other way.

Mental health treatment involves two main approaches, which may be used in conjunction with each other. A group of medications, called Serotonin Reuptake Inhibitors have been shown to be effective. The brand names of these medications are Prozac, Zoloft, Paxil, Luvox, Celexa and Anafranil. Another medication with the brand name Effexor is technically not classified as a Serotonin Reuptake Inhibitor, but it also acts on the brain neurotransmitter Serotonin, and appears to be helpful. These medications are often prescribed by a psychiatrist, however non-psychiatric physicians such as internists and general practitioners also commonly prescribe them. It's important to realize that

these medications may take several months to work. The second approach involves a specific type of Cognitive-Behavioral Therapy (CBT), which incorporates Exposure and Response (or Ritual) Prevention. Briefly put, obsessions are deliberately activated, and the behaviors or responses that serve to reduce the ensuing psychological discomfort are not allowed to happen. With continued exposure, there is ultimately a reduction in discomfort. With scrupulosity, this may involve doing things such as deliberately saying a prayer incorrectly and not going back to repeat it, trying to think of blasphemous thoughts and not performing rituals to try to undue them, or not going to confession more frequently than one's spiritual advisor recommends, no matter how bad it feels. Needless to say, this type of treatment is difficult, and ultimately involves trusting not only your spiritual advisor, but also your behavior therapist. Although many people are treated with medication alone, the response is often partial. The Obsessive Compulsive Foundation has made the statement that treatment of OCD with medication alone and without CBT is only partial treatment.

Education about scrupulosity is also important, although insight and understanding alone will not produce change. One must actually do the exposure exercises. There are a number of excellent resources available. The book "Understanding Scrupulosity: Helpful Answers for Those Who Experience Nagging Questions and Doubts" by Rev. Thomas Santa provides excellent information on scrupulosity. Scrupulous Anonymous (founded by Father Santa) provides an excellent monthly newsletter that you can get through their website (www.liguori.org/newsletters/scrupanon.htm).

May the peace of the Lord be with you.

Joseph Springer, Ph.D. is a licensed psychologist with a private practice in Manasquan. He is also an Associate Professor of Psychology at Georgian Court College in Lakewood. He may be reached at 732-223-7927.

Selling Cigarettes

by Allen Weg, EdD

If you are over the age of 35 you may remember an old TV advertisement for Salem brand of cigarettes. As was the case with most TV cigarette commercials of the time, the visuals were punctuated with beautiful outdoor scenes wherein sexy, young, attractive, and very healthy-looking men and women were seen engaged in wholesome, healthy activities like walking, biking and hiking, while smoking their cigarettes.

In this particular series of commercials, there was a running jingle that repeated itself over and over again throughout the commercial spot. It went, "You can take Salem out of the country but, you can't take the 'country' out of, Sa-lem." In the last few seconds of the commercial, that jingle repeated itself one more time, but it didn't run to completion—instead, you heard, "You can take Salem out of the country but—" the singing and the music stopped, and all you then heard was the single tone of a triangle chime being struck.

The advertisers were ingenious. They knew that, by repeating the jingle, it would become "stuck" in our heads, but even better, if they left out the last few words of the jingle at the end of the spot, we would detect the void, and, in our own minds, complete the jingle, by saying to ourselves "...you can't take the country out of Sa-lem." In so doing, we had become more involved in the commercial, in fact, we had become a part of it! And as advertisers know, there is no better way to impact a consumer than to have them become a part of the commercial. (Remember those Yellow Page ads that you had to figure out before they gave you the answer at the very end of the spot?). That is why, if today you approach anyone over the age of 35 and say the first part of the jingle— they will immediately know, and probably say right out loud, the remainder of it, even though TV spots for cigarettes have been banned for more than a decade.

The Salem advertisers took advantage of a universal psychological principle known as the "Zeigarnik Effect," named after the researcher that discovered it. Essentially, it states that if something familiar is presented to us, but it is missing a piece, we will make an attempt to complete it. If you see a line, for instance, that is curved almost all the way around so that it's beginning approaches its end point, but doesn't quite touch it, your mind will attempt to "close" the line to form a circle. In fact, you would most probably describe the line in Figure 1 as an "open circle," as opposed to a curved line, even though, by definition, this figure is NOT a circle, as it does not go completely around.



Figure #1



Figure #2

This effect plays a very important part in the obsessions and resulting compulsions in OCD. While this is true for most manifestations of the disorder, including those like washing, cleaning, and checking, it is most evident in the

problem of ordering and arranging. People with OCD have an extremely difficult time tolerating when things are not "complete." It is the need to "tie things up into a nice package with a bow" which drives the compulsive behaviors characteristic of OCD sufferers.

Here, once again, OCD has taken a relatively common and benign human tendency, and exaggerated it until such a point that it interferes with the capacity for proper daily functioning, characteristic of a psychiatric symptom. This indeed may add to the difficulty that clients sometimes experience when they complain that they are not sure whether their compulsive drive is within normal limits or truly an OCD symptom. As always, however, the distinguishing characteristic is the inability to decide NOT to engage in the compulsive behavior.

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.



NJOCF President, Ina Spero, informs the crowd of over 40 at our quarterly meeting about the upcoming National OCF Conference on August 9-11, 2002, and the NJ OCF Annual Conference on October 20, 2002. Allen Weg, EdD (center) and Jeanne Yarrow (left) look on.

FROM THE MAILBAG...

It has been a while since I really looked at it.
It's been sometime now since I really tried
I have pushed hidden back into some place
And kept it way from peering eyes
I have made it a nuance
Something that happens as part of my day
But with each turn around
A piece of me loses its bay
I'll try harder the next time
These words said so often to my heart
Do the best that you can girl
Just get on through this next part
Sometimes it is really easy
Sometimes it gets the best of me
But, most of time I say just a little won't hurt
I have fallen into complacency
Let's coexist and be neighbors
Better yet, let's occupy the same bed
We can take turns being afraid
We can continue to pretend
The charade of a normal life
A place that I like to be
Seems so warm and sunny to those
Who take a quick glimpse at me
But it's those who stare for a while
And really look into my eyes
Myself as I look into the rear view mirror
Waiting for the horrible site
I stare at the vision behind me
Did I do or did I do not what I fear
No one is eve there to answer
Except the visions in my mind appear
Go back and remember the situation
As one that may make me the one
The person who caused that accident
The horror of the hit and run
At times I can not escape it
I let it drive shotgun
Pop a pill each evening
Pretending it will get it all done
Therapy has been a roller coaster
I talk and I do not hear
I do not listen to myself
As the answer is really quite clear
Afraid to do my homework
Afraid of what will be
Becoming the OCD
I am testing the patience of those who watch
I too wait to really see

If I get the ounce of courage
To reclaim my personality
I talk up a good fight
Appear to have some control
Calm is my voice while calling
But inside frightened and alone
These crazy things I do
All of the actions that I take
Has weaved its way into work and home
Has made life hard to make
I have pushed aside my own reality
I have gotten lost in the chase
I have grown quite comfortable
With this current mental state
The courage it comes and goes
The want seems less likely so
Somehow I need to get back and fight
Somehow I need to let it go
Response and Prevention
My ticket to a renewed life
Assisted by my medication
Should help me win the fight
So, dear heart please listen
Hear the words that I say
Make an honest attempt
At chasing the OCD away
Remember the goals you had set
Long before this came your way
Regain the life you once had
And don't label yourself insane
Stop all that self pity
The tears for that long lost place
Put that energy into fighting
This stranger who had invaded my precious space.

- *Anonymous*

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.

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.

LIVE NEAR ASBURY PARK? READ BELOW!

A woman in Asbury Park is interested in starting a new OCD support group. Her name is Amy and she is trying to gather enough interested OCD sufferers to start having regular meetings. If you are interested in joining Amy in establishing a support group in the Asbury Park area, please call (732) 897-9114 any evening between 6:00 p.m. and 9:00 p.m.

Update on the Howell, NJ OCA Group

Back in our Spring 2002 Newsletter, we placed a notice at the request of "Ron" to help formulate an OCA group in Howell. He writes to us the following...

"I just wanted to let you know that our Howell OCA group is 3 months old and we have a core group of about 7 people (It's truly amazing!!) So it happened.

"In the next Newsletter, would you kindly update the group start information with the time (8 pm to 9:15 pm) and please put Ron as the contact name. I hope the group continues to grow and I will keep you updated with our progress...Thanks so much for helping to make this possible!"

Again, you can reach Ron at 732-942-6584. Here is just another example of how people can use this Newsletter to make things happen in their OC community!

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- NJACOF 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 _____

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 _____

Phone number _____

2003 ENTERTAINMENT BOOKS ON SALE NOW!

The NJAOCF is now taking orders for the new 2003 Entertainment Book. You will save with "**Two-for-One**" and 50% off discounts at hundreds of great names you know in your area.

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Movies	Car Rentals

UP TO 50% SAVINGS on all the things you do!
All for only \$30!

"Entertainment" - The book that pays for itself!

2003 Entertainment Books will be available for purchase at our Third Brunch/Conference, but to purchase one right now, please contact Ina Spero at (732) 828-0099.

No matter where you live in NJ, there is an Entertainment Book just for you! They're specifically designed to give you the most convenient opportunities to save on dining, sports, theater, movies, travel, and more -- right in your area.

NORTH JERSEY #52 - \$20

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

NORTH JERSEY #26 - \$20

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

NORTH JERSEY #93 - \$30

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

CENTRAL NEW JERSEY #48 - \$30

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

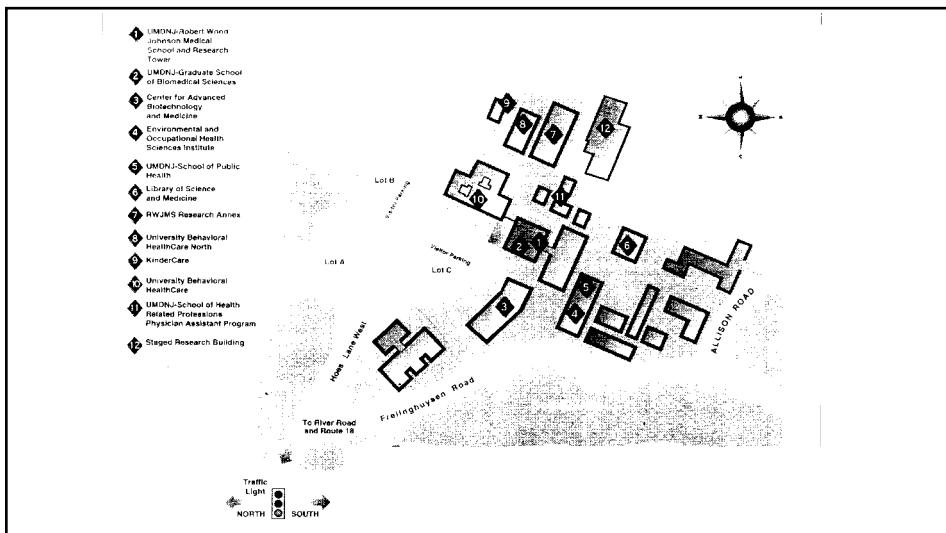
CENTRAL NEW JERSEY #94 - \$30

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

SOUTH JERSEY #76 - \$30

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

DIRECTIONS AND MAP



LOCATION FOR NEXT QUARTERLY MEETING!!!

Our next quarterly meeting, which will take place on **Monday evening, Sept. 9th, at 7:00 p.m.** The location is: **University Behavioral Healthcare Center (UBHC), Room D201 on the Rutgers University Busch Campus in Piscataway, New Jersey.** The actual address is **671 Hoes Lane.**

From the South Via the New Jersey Turnpike:

Take exit 9- New Brunswick/Rutgers University to Route 18 North. Follow past New Brunswick, and across the Raritan River. As you cross the bridge, stay in the left lane to make a left onto River Road. Go $\frac{1}{2}$ mile to second light, and turn right onto Hoes Lane. Follow directions from Hoes Lane below.

From Route 1, traveling North or South: Take Route 1 to Route 18 North, follow directions above.

From Route 130, traveling from the South: Take Route 130 North to Route 1 North- follow directions above.

From the Garden State Parkway North and South, and from the north taking the NJ Turnpike:

Take the GSP North to exit 127, or GSP South to exit 129, and get off for I-287 North. Or, take the New Jersey Turnpike, traveling South to exit 10 and

get off for I-287 North. Take I-287 North to the Bound Brook/Highland Park Exit, turn left at the end of the exit onto River Toad. At the third traffic light (about 3 miles), turn left onto Hoes Lane. Follow Hoes Lane directions below.

From 287 Northbound:

From the Bound Brook/Highland Park Exit, turn left at the end of the exit onto River Road. At the third traffic light (about 3 miles), turn left onto Hoes Lane. Follow Hoes Lane directions below.

From 287 Southbound:

From exit 9, Bound Brook/Highland Park exit, turn right onto River Road. At the third traffic light (about 3 miles) turn left onto Hoes Lane. Follow directions for Hoes Lane below.

From Hoes Lane:

Go about a mile to a sign for UMDNJ: a short distance later is a sign for Robert Wood Johnson Medical School. Continue about 500 feet more. UBHC will be on your right, but turn left and enter Parking Lot B. Walk back across the street to UBHC, pass the small glass door entrances, and proceed to the main double glass door entrance; ask the receptionist how to get to Room D201.

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. 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.



Dr. Jessica Page spoke about a genetic study currently underway at NY State Psychiatric Institute. For more information, see above article, and contact Dr. Page at (212) 543-6509.

NOTICE NOTICE NOTICE NOTICE

Obsessive-Compulsive Disorder Support Groups

Berkeley Heights (O.C.A.)	(908) 464-1807
Mount Holly	(856) 778-2343
Piscataway	(732) 445-5384
Somerville	(908) 685-2827
Montclair	(973) 472-8215
Boonton Township	(845) 369-0973
Howell	(732) 942-6584
Pomona	(609) 266-3666

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