

## Next Quarterly Meeting to Present: "YOU ARE THE THERAPIST"

Our next quarterly NJOCF meeting will be held on Monday, September 10, at 7 p.m., at Robert Wood Johnson Hospital in New Brunswick. Dr. Allen H. Weg, Vice President of NJ OCF, will be moderating this meeting.

Instead of a formal presentation given by a guest presenter, this meeting will be something a little different. The topic is "YOU are the Therapist." The NJ OCF is asking that persons with OCD, or their family members, come ready to share specific OCD problems that they have dealt with, either in the past or at present time. Professionals are asked to come with examples of some of their cases, past or present, who have particularly challenging OCD issues (with identifying details modified to protect the identity of the client).

Problems will be shared by audience members, and then thrown back TO THE AUDIENCE to discuss the possible treatment strategies. Dr. Weg will serve as a moderator so erroneous information is not disseminated to those attending. Those who wish to share their experiences anonymously may just provide a SHORT written review of the symptom details to Dr. Weg at the start of the meeting, or by emailing him in advance at [AllenWeg@aol.com](mailto:AllenWeg@aol.com). In addition, the evening's event will NOT be videotaped so people will feel more comfortable in sharing and participating.

The NJ OCF decided to try this meeting format because we thought that the challenge of coming up with therapeutic solutions would benefit both professionals and laypeople, by essentially giving them "practice" in responding to OCD. Our attendees also tend to be informed in the basics of the cognitive behavioral therapy of OCD, and this format will provide an alternative to learning by passively listening "classroom style." **NO ONE WILL BE FORCED OR PRESSURED IN ANY WAY TO CONTRIBUTE**, so, if you are interested but shy, please come and observe - you won't be put on the spot. We expect it to be a wonderful experience for all.

**SAVE THE DATE!! SIGN UP NOW!!**

**NJ OCF ANNUAL CONFERENCE  
OCTOBER 28, 2007  
REGISTRATION INFORMATION  
ON PAGE 3**

## Julia Turovsky, Ph.D. presented "OCD and the Family"

by Rachel Strohl, Psy.D.

On June 11, 2007, Julia Turovsky, Ph.D. presented at the New Jersey Obsessive Compulsive Foundation (NJOCF) quarterly meeting. Dr. Turovsky received her doctorate at the State University of NY at Albany under the direction of Dr. David Barlow. She is the former Associate Director of the Anxiety Disorders Clinic at Rutgers University, who currently maintains an active private practice in East Brunswick, NJ and will soon be opening up a second office in Millburn, NJ.



Dr. Turovsky discussed the effects of Obsessive Compulsive Disorder (OCD) on the family, and OCD's impact on relationship. She began by stating relevant research that families experience more stress than families without anxiety disorders. Parents of children with OCD are more stressed, overwhelmed, and financially burdened. Couples reported higher levels of marital discord and lower scores of marital satisfaction. The presence of OCD also affects sibling and pet relationships.

Furthermore, 25% of adults with OCD still live with their parents and are financially dependent on them. There are more single men with OCD than in the general population, perhaps because boys have an earlier onset of OCD than girls which delays social skill development. Forty to 80% of those with OCD also have depression. Despite these pessimistic statistics, the results are similar to other families with members who have psychiatric or medical diagnoses.

Dr. Turovsky presented several clinical examples to illustrate the impact of OCD on the family; for instance, a father with OCD who had been so engaged with obsessions and mental rituals that he felt disconnected from his wife and children. This led Dr. Turovsky to define the importance of boundaries, which are limits, in families. Boundaries "should be flexible and somewhat permeable," and problems

exist when family boundaries become enmeshed (too close) or detached (too distant).

There are also boundary shifts in couple relationships when an individual has OCD. The couple may have an "adult-adult" friendship or an "adult-child" relationship. The latter works when one helps his/her partner in need, and they take turns caring for each other. It can be problematic when the balance of power shifts and shared caretaking does not occur.

Dr. Turovsky went on to tailor her talk to the audience members' specific interests, questions, and concerns. She explained that parents of a child with OCD need education and coaching to learn the structure of OCD therapy. Parents who are part of their child's rituals "need to pull out of the rituals" and should not start new ones.

She discussed that OCD does not get better on its own. Individuals with OCD need cognitive behavioral therapy, specifically exposure and response prevention, which is the treatment of choice for OCD, and perhaps medication. Also, when helping a family member, a sense of humor helps but be sensitive to sarcasm. A support person should focus on the gains against OCD and celebrate successes in an open conversation.

Dr. Turovsky's talk was warmly received by the NJOCF audience members who appreciated her receptive and interactive style. DVDs of this presentation are now available. Please visit the website at <http://www.njocf.org> for more information.



*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 x3.*

**PRESIDENT'S MESSAGE**



Dear Friends:

The Eighth Annual NJ OCF Conference will be held on Sunday, October 28, 2007 at the Doubletree Hotel in

Somerset. Our speaker will be Dr. Charley Mansueto, an advisor to the National Obsessive Compulsive Foundation. Be sure to mark the date on your calendar and send in your registration promptly to take advantage of our advance registration pricing.

As always, I am looking forward to seeing all of you at our next quarterly meeting on Monday, September 10.

Sincerely,  
*President Ina Spero*

**MANY THANK YOUS!**

The NJ OCF would like to thank everyone who continues to support the mission of the NJ OCF with their generous donations.

We would especially like to thank those who have added generous donations to their newsletter subscriptions.

**NATIONAL OCD FOUNDATION CONTACTS**

OCF  
PO Box 9573  
New Haven, CT 06535

Phone: (203) 401-2070  
Fax: (203) 315-2196

E-mail: [info@ocfoundation.org](mailto:info@ocfoundation.org)  
Internet: [www.ocfoundation.org](http://www.ocfoundation.org)

\$

**YOU CAN HELP...**

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

- Board of Directors

\$

**Any Comments?????**

The staff of the Newsletter encourages all comments on our published articles. Also, any letters and articles, which you wish to submit for our quarterly publications, are welcome. Please submit them to, Ina Spero, NJ OCF, 60 MacAfee Road, 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.

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

**Visit us on the web at [www.njocf.org](http://www.njocf.org)**

**The New Jersey Affiliate of the Obsessive Compulsive Foundation**  
*presents our Eighth Annual Conference...*  
**“OCD and Tourette’s Syndrome: Re-examining the Relationship”**  
**by Dr. Charley Mansueto**

plus  
**“Living with OCD” Panel, with those who deal with OCD every day**  
**Sunday, October 28, 2007, Doubletree Hotel, Somerset, NJ**

**SCHEDULE**

10:00 - 10:45 Registration, Brunch opens  
10:45 - 11:00 Welcoming Remarks,  
NJ OCF Board of Directors  
11:00 - 1:30 Dr. Mansueto’s Presentation  
(includes break time)  
1:30 - 2:50 “Living with OCD” Panel,  
Dr. Allen H. Weg, Moderator  
2:50 - 3:00 Closing Remarks, Ina Spero  
and Dr. Weg

**OUR PRESENTER**

Dr. Charley Mansueto, Director of The Behavioral Therapy Center of Greater Washington, will be the keynote presenter at the NJ OCF Eighth Annual Conference.

Dr. Mansueto is also presently a consultant to the National Institute of Mental Health at the Laboratory of Clinical Science at Bethesda Maryland, and holds teaching positions as Professor of Psychology at the Department of Psychology at Bowie State University in Bowie, MD, as well as an Adjunct Clinical Faculty position at the American School of Professional Psychology at Argosy University in Arlington, VA. He is the site director for the Anxiety Disorders Research Consortium focusing on Obsessive Compulsive Spectrum Disorders at Bowie State, Loyola College and Catholic University, and has presented dozens of times at a national level on the topic of OCD and OCD Spectrum Disorders for over 25 years.

Dr. Mansueto is on the Scientific Advisory Board of the National OC Foundation, as well Chair of the Scientific Advisory Board of the Trichotillomania Learning Center (TLC; the only national organization for compulsive hair pulling). He is member of the Medical Advisory Board of the Tourette Syndrome Association of Greater Washington and is a faculty member of the Obsessive Compulsive Foundation Behavior Therapy Institute as well as serving as the Director of the Professional Training Institute at the TLC. He presently serves as an Editorial Reviewer for the professional journal, *Cognitive and Behavioral Practice*, as well as the *Journal of Behavior Therapy and Experimental Psychiatry*. In addition, he has numerous articles published on both the topics of OCD and body focused repetitive behaviors (including Trichotillomania and skin picking).

This program is designed for both professionals and non-professionals. During a full brunch, Dr. Mansueto will present “OCD and Tourette’s Syndrome: Re-examining the Relationship.” Dr. Mansueto reports that while these are traditionally conceptualized as two distinct disorders, clinical experience and research evidence suggests that there are notable relationships between the two that have significant implications for cognitive behavioral treatment in children, adolescents, and adults. In this presentation, Dr. Mansueto will present a re-conceptualization of that relationship; one that informs and guides comprehensive, integrated and effective treatment of both disorders.

The second part of the program, entitled, “Living with OCD”, will consist of a panel of those affected by OCD, who will each briefly speak about their experience and then take questions from conference attendees. This will be moderated by Allen H. Weg, EdD, Vice President of NJ OCF.

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

**REGISTRATION FORM**

Advance Registration (before 10/10/07) - \$45  
Late/On-Site Registration - \$55  
CEU Credits - Advance Registration - \$55  
CEU Credits - Late/On-Site Registration - \$65  
Student Fee (with proper I.D.) - \$25

**CREDIT CARDS ARE NOT ACCEPTED**

Includes full brunch • kosher meals available with advance registration only  
No confirmation of registration will be sent

Name \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

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

Daytime phone: ( ) \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Mail checks payable to:

NJAOFCF

60 MacAfee Road, Somerset, NJ 08873

Questions: Call Ina Spero (732) 828-0099

**DIRECTIONS**

Doubletree Hotel

200 Atrium Ave., Somerset, NJ 08873

Phone: (732) 469-2600

**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. Then make a left onto Atrium Avenue.

**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. Then make a left onto Atrium Avenue.

**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.

# **2008 ENTERTAINMENT BOOKS ON SALE NOW!**

The NJ OCF is now taking orders for the new 2008 Entertainment Book. This is our major fundraiser for the year and part of the proceeds go to the NJ OCF. You will save with “**Two-for-One**” and 50% off discounts at hundreds of great names you know in your area.

Restaurants	Travel	Shopping	Hotels
Attractions	Golf	Movies	Car Rentals

**UP TO 50% SAVINGS** on all the things you do!

***“Entertainment” - The book that pays for itself!***

2008 Entertainment Books will be available for purchase at our Eighth Annual 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.

**#52 - NORTH/BERGEN - \$25**

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

**#26 - NORTH/ESSEX - \$25**

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

**#93 - NORTH/MORRIS - \$25**

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

**#48 - CENTRAL/MIDDLESEX - \$25**

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

**#94 - CENTRAL/MONMOUTH - \$25**

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

**#76 - NJ SOUTH - \$30**

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

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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

Book #: \_\_\_\_\_ Quantity: \_\_\_\_\_    Book #: \_\_\_\_\_ Quantity: \_\_\_\_\_    Book #: \_\_\_\_\_ Quantity: \_\_\_\_\_

Include \$3.50 per book for shipping fee.

Total Enclosed: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

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

## **INFORMATION ON THE NJ OCF & HOW YOU CAN GET INVOLVED!**

Here are some ways that you can get involved with the NJ OCF.

### **FOR PROFESSIONALS, CONSUMERS, AND THEIR FAMILIES:**

- Tell your friends, family members, and other mental health professionals about us- word of mouth is one our best advertisements!
- Join the National OC Foundation ([www.ocfoundation.org](http://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. Help the NJ OCF save money and sign-up to receive via e-mail by contacting Nicole at [torellani@aol.com](mailto:torellani@aol.com). However, if you prefer to receive it in hard copy, please send the NJ OCF the annual subscription fee of \$5 to cover the mailing cost. We appreciate it!
- Write articles for our newsletter- you may write from a professional, consumer, or family member perspective. Book, movie, or TV reviews (see the latest Monk episode? What did you think?), 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.
- Come to our quarterly meetings- we always have great and informative speakers. The meetings are advertised in our quarterly newsletters (which come out approximately 4 weeks before each meeting), as well as on our website. They now take place 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](http://www.njocf.org)
- Buy our DVDs – see the listings on our website and in the newsletter. We sell them at our annual conference also.
- 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.
- 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.
- Help us with fundraisers- we had wanted to have an OCD picnic this past Spring, and a gift wrap program for bookstores this December, but we didn't have the manpower to put it together and make it happen. Contact Ina..
- 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 usually schedule speakers many months, sometimes more than a year, in advance. The presentation is reviewed and put in our newsletter and on our 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 2007 MEETINGS!**

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

**March 12, June 11**

**September 10, December 10**

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!

**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. Allen Weg at 732-390-6694 x1. 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.

**SUPPORT GROUPS BEING FORMED FOR KIDS!**

**HIGHLAND PARK, NJ FOR CHILDREN AGES 6 - ADOLESCENT**  
Facilitated by Dr. Elizabeth Roberts

Dr. Elizabeth Roberts is a clinical neuropsychologist and psychotherapist. She earned her doctorate in clinical psychology from Hahnemann University in Philadelphia in 1987 and completed a postdoctoral fellowship in clinical neuropsychology from Hahnemann University Hospital in 1989. Dr. Roberts has a private practice in Highland Park, NJ in which she offers cognitive behavior therapy and neuropsychological evaluation for individuals with OCD, Tourette's syndrome, selective mutism, trichotillomania, autism spectrum disorders, social anxiety disorder, and others. Her address is: 328 Dennison Street, Highland Park  
For more information, please call: (732) 418-0707.

**BRIDGEWATER, NJ  
FOR CHILDREN, ADOLESCENTS & THEIR PARENTS  
& FAMILY MEMBERS!**

When: Quarterly: Jan., April, July, and Oct. from 7:00 to 8:30 p.m.  
Where: Richard Hall Community Mental Health Center  
500 North Bridge Street, Bridgewater, NJ  
(Across from the Somerset County Library)  
Richard Hall Conference Room, First Floor  
Cost: FREE! Please call ahead of attending.  
For more information, call (908) 229-1367 or e-mail:  
E-mail: ocdhelp4kids@yahoo.com

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

**Short-term, intensive learning,  
change-focused experiences  
led by Drs. Rachel Strohl and Allen H. Weg  
Groups for Children as well as Adults**

Monday or Tuesday evenings in East Brunswick  
Dates to be announced

**GO TO [www.StressAndAnxiety.com](http://www.StressAndAnxiety.com)  
for more information**

**If interested, phone Dr. Strohl immediately  
at 732-390-6694 x3  
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 2007 is \$5.00.**

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](mailto:torellani@aol.com) and you will receive a pdf file each time we produce the newsletter!**

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

## **WANT TO 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 NJ OCF to help create more of these groups. We at NJ OCF 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 732-390-6694.

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### **NEW SUPPORT GROUP IN JACKSON**

A new support group is being held in Jackson, New Jersey. This group meets on Monday evenings, from 8:00 to 9:30 p.m. at the Debows United Methodist Church at 509 Monmouth Road in Jackson. If you are interested in attending the group, or would like more information, please contact Steve at (732) 779-5466.

### **NEW SUPPORT GROUP IN BRICK TOWNSHIP**

The NJ OCF is pleased to announce that a member of the Howell meeting is starting a new 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 John M. at (732) 691-3200. The group launched their first meeting on June 2nd, so if you live in the area and are looking for some OCD support, be sure to stop by and check it out!

### **PRINCETON GROUP WANTS PARTICIPANTS**

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](mailto:griffith@princeton.edu).

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### **GROUP FORMING IN BASKING RIDGE**

A new support group is in the process of being formed in Basking Ridge, NJ. For more information on this group, please call Carol Durso at (908) 350-3440.

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### **SUPPORT GROUP IN BERGEN COUNTY**

A new support group is forming in Bergen County and those of all ages are welcome to attend. For more information, call Evan Wechman at (845) 709-7065.

**Starting a group?  
Want it included here?  
Call Ina at  
(732) 828-0099  
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](http://www.njocf.org), a full description of each DVD is available.

"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", 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
"Generalized Anxiety Disorder and OCD", David Raush, Ph.D.	\$15.00
"OCD Spectrum Disorders", Nancy Soleymani, Ph.D.	\$15.00
"Living With Someone With OCD...", Fred Penzel, Ph.D., Part I - NJ OCF 2nd Annual Conference	\$15.00
"The OCD Kids Panel", Part II- NJ COF 2nd Annual Conference	\$15.00
NJ OCF- 2nd Annual Conference, Parts I and II (combined discount price)	\$25.00
"Panic and OCD", Allen H. Weg, Ed.D.	\$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 - NJ OCF 3rd Annual Conference	\$15.00
"The Parents Panel of Kids with OCD" Part II- NJ OCF 3rd Annual Conference	\$15.00
NJ OCF - 3rd Annual Conference, Parts I and II	\$25.00
"Neurobiology of OCD," Dr. Jessice Page	\$15.00
"Getting Past Go," Dr. Allen H. Weg, Ed.D.	\$15.00
"Hoarding", Dr. Dena Rabinowitz	\$15.00
"Improving Outcomes in Treatment for OCD", Deborah Roth Ledley, Ph.D.	\$15.00
"Using Scripts to Counter the Voice of OCD" Jonathan Grayson, Ph.D., Part I - 5th Annual Conference	\$15.00
"Panels of Drs. Grayson, Springer, & Weg" Part II - NJ OCF 5th Annual Conference	\$15.00
NJ OCF - 5th Annual Conference, Parts I and II	\$25.00
"Flying Into the Darkness - Revisited", Allen Weg, Ed.D.	\$15.00
"Beyond Exposure and Response Prevention", Milton Spett, Ph.D.	\$15.00
"Incorporating Mindfulness Into Treatment of OCD", Jessica Page, Psy.D.	\$15.00
"Potholes in the Road to Recovery...", Fred Penzel, Ph.D. - Part I - NJ OCF 6th Annual Conference	\$15.00
"Living with OCD" Panel, Part II - NJ OCF 6th Annual Conference	\$15.00
NJ OCF - 6th Annual Conference - Parts I and II	\$25.00
"Obsessive Compulsive Disorder, A Survival Guide for Family and Friends." Roy C.	\$15.00
"New and Experimental Pharmacological Treatments for OCD." William Greenberg, MD.	\$15.00
"Cognitive Behavioral Therapy for OCD & Related Disorders..." Dr. Martin Franklin (7th Conference)	\$15.00
"Living with OCD" Panel, Part II - NJ OCF 7th Annual Conference	\$15.00
NJ OCF - 7th Annual Conference, Parts I and II	\$25.00
"NAMI" Mr. Philip Lubitz	\$15.00
"Parenting Children and Adolescents with OCD: A Four Step Approach" Allen H. Weg, Ed.D.	\$15.00
"OCD and the Family", Julia Turvosky, Ph.D.	\$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: 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**



# DIRECTIONS TO OUR MEETING LOCATION!

Our next quarterly meeting, which will take place on *Monday evening, September 10, 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:**

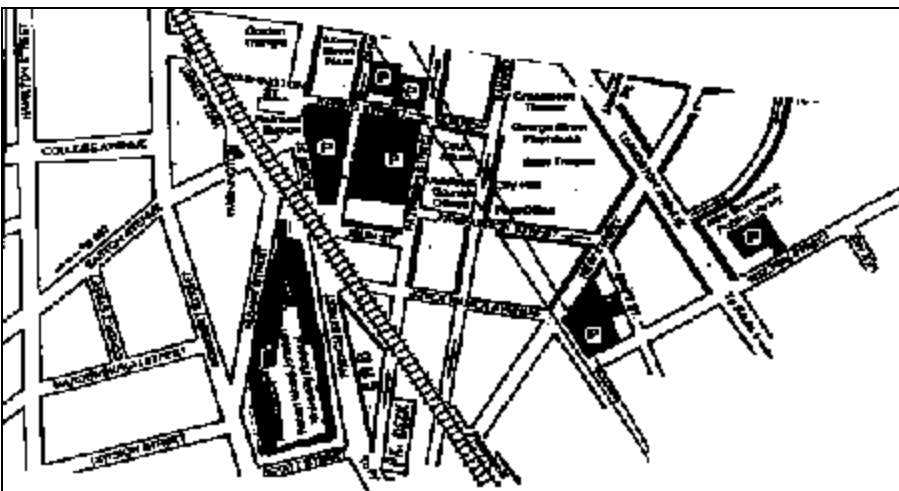
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking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

**NOTICE NOTICE NOTICE NOTICE**

**Obsessive-Compulsive Disorder Support Groups**

Berkeley Heights (O.C.A.)	(973) 571-9563 (Diamond Hill United Methodist)
Boonton	(862) 268-6397
Brick	(732) 691-3200
Bridgewater	(908) 229-1367
Howell	(848) 702-5044
Jackson	(732) 779-5466
Marlton	(856) 751-1957
Montclair	(973) 472-8215
Piscataway	(732) 445-5384
Somerville	(908) 725-5595
Woodbury	(856) 853-2011 (day #) (Underwood Hospital)

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

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