

OCD New Jersey Winter 2017 Newsletter



Next Quarterly Meeting on March 12th

Announcement Coming Soon!

Ask the Experts Panel Review

by Dr. Rachel Gross

On December 11, 2017, Drs. Deibler, Strohl, and Levy presented as a panel of experts at the quarterly meeting of OCD New Jersey. The audience consisted of professionals in the field, as well as individuals or family members of those suffering from OCD symptoms. Audience members asked a number of relevant and thought-provoking questions to the panel, which led to an informative and stimulating discussion.

To read the rest of the article, click this link:

<http://www.ocdnj.org/meetings/quarterly-presentation/>



Drs. Marla Deibler, Rachel Strohl, and Jordan Levy presented: "Ask The Experts: A Panel of OCD Treatment Specialists"

SAVE THE DATE: Sunday, March 4th, 2018 is our next annual conference!

We are thrilled to have as our keynote speaker a return of Dr. Marty Franklin. The topic will be: "From the cradle to the grave: Nuances in CBT delivery across the developmental spectrum." Additionally, the conference will feature the "Living with OCD" Panel with those who deal with OCD every day and will be moderated by Dr. Allen H. Weg. A lavish, full course luncheon will be provided during the course of this conference.

To read the rest of the article and to register for the conference, click this link: <http://www.ocdnj.org/meetings/annual-conference/>



Dr. Marty Franklin will present on "From the Cradle to the Grave: Nuances in CBT Delivery Across the Developmental Spectrum"

Project Self-Sufficiency's Community Health Fair Review

by Michelle Villani

OCD New Jersey was present at a recent health fair that was geared towards providing free information to low income families in need. Families stopped by the OCD New Jersey table and took part in an OCD awareness test. One lucky individual won a free OCD New Jersey T-shirt!



Michelle Villani, OCD New Jersey Board Member, tabling at Project Self-Sufficiency's community health fair at the Newton Campus 127 Mill Street, Newton, NJ

Seeking OCD Personal Stories!

A recent OCDNJ newsletter featured a personal story written by an individual living with OCD. We are currently seeking similar personal stories from individuals of all ages within the OCD community. We hope to gather enough stories to include in future newsletters and on ocdnj.org. Stories can focus on:

- the challenges of living with OCD
- success and/or struggles in treatment
- lessons learned from having OCD
- information that may benefit readers who have OCD or who know someone who has OCD

If you are interested in submitting your story, please contact Dr. Jordan Levy at drjordanlevy@gmail.com

OCD Support Groups in NJ

There is information on support groups throughout the state on our website. Click on the following link to find out if there is a support group in your area: <http://www.ocdnj.org/get-help/support-groups/>

Professional Directory

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