

**Diana Antinoro, Psy.D.**  
Presented on  
“CBT of OCD with Young  
Children”

by Rachel Strohl, Psy.D.

On Monday September 9, 2013, Diana Antinoro, Psy.D. presented at the quarterly meeting of OCD New Jersey (OCDNJ), which was held in Cherry Hill, NJ. Dr. Antinoro is Licensed Psychologist and Clinical Director of the Child & Adolescent OCD, Tic, Trich & Anxiety Group (COTTAGE) in the Department of Psychiatry at the University of Pennsylvania. She received her B.A. in psychology from New York University and her doctorate in clinical psychology from Rutgers University. Dr. Antinoro has provided clinical services in a number of treatment facilities including the Children's Hospital of Philadelphia, Jersey Shore University Medical Center, Rutgers University Clinic, just to name a few. Her clinical and research interests include providing therapy for children and adults with anxiety, OCD, Tic Disorders, and Trichotillomania, as well as investigating treatment effectiveness.

Dr. Antinoro began by defining obsessions, persistently recurring thoughts, impulses or images that are intrusive, inappropriate, or distressing, and compulsions, repetitive behaviors or mental acts that a person feels driven to perform to reduce distress. Compulsions are not pleasant, but a person is driven to repeat them because they relieve anxiety.



She provided the basic facts of OCD: 1) 1-2% out of 100 have OCD, 50% report pediatric

*continued on page 9*

**Moira Rynn, M.D.**  
to speak on  
the Treatment of Pediatric Obsessive Compulsive Disorder:  
Present Approaches and Future Directions

Our next quarterly meeting will take place on Monday, December 9, 2013, at the RWJ Fitness and Wellness Center in the RWJUH Community Education Room at 100 Kirkpatrick Street, New Brunswick, NJ 08901.

Dr. Moira Rynn is the Interim Director of the Division of Child and Adolescent Psychiatry, Department of Psychiatry at Columbia University (CU)/ New York State Psychiatric Institute (NYSPI). She is the Medical Director of The Columbia University Clinic for Anxiety and Related Disorders (CUCARD) and Director of the Children's Day Unit and the Child and Adolescent Psychiatric Evaluation Service at NYSPI and CU.



Previously she had been the Medical Director of the Mood and Anxiety Disorders Section of the Department of Psychiatry at the University of Pennsylvania School Of Medicine (PENN) since 1998. Dr. Rynn joined the Department of Psychiatry at PENN in 1991 as a resident. In 1997, she completed the Child and Adolescent Psychiatry Fellowship at the Children's Hospital of Philadelphia, Child Guidance Center, followed by a Neuropsychopharmacology Research Fellowship, sponsored by the NIMH at PENN. Dr. Rynn's area of research has been focused on pediatric psychopharmacology with an emphasis on mood and anxiety disorders. Dr. Rynn as Co-Principal Investigator worked with Dr. Anne Marie Albano (Principal Investigator) on the largest published study in pediatric anxiety disorders, the Child Child/Adolescent Anxiety Multimodal Treatment Study (CAMS, NEJM, 2008) which showed the treatment efficacy of the combination of cognitive behavioral therapy and medication. In addition she is examining the efficacy of novel compounds for the treatment of pediatric obsessive compulsive disorder. Dr. Rynn has been providing pharmacologic treatment for adults and children diagnosed with mood and anxiety disorders since 1991.

Dr. Moira Rynn will be presenting on treatment of Obsessive Compulsive Disorder (OCD) in children and adolescents. Etiology of OCD and first line treatments such as Selective Serotonin Reuptake Inhibitor (SSRIs), and Cognitive Behavior Therapy (CBT) will be discussed. Novel medication strategies targeting brain mechanisms in pediatric OCD will be presented. Clinical implications, future directions in OCD treatment and research will be discussed followed by Q & A.

Remember, as always, our quarterly meetings are free and open to the public.

**For Professionals Interested in  
Advertising in 2014, see page 4.**

**Our 14th Annual Conference will be held on  
March 14, 2014. Details are on page 3.  
Registration will open on Jan. 15, 2014.**

## PRESIDENT'S MESSAGE



Dear Friends:

As we approach the end of 2013 and our final meeting of the year, I hope for all of you that OCD NJ has been able to help improve your life in at least one way.

In March 2014, we will be hosting our Annual Conference and hope that all of you will be able to join us again. Dr. Dean McKay is our guest speaker and he will enlighten us with his presentation, "There Is Nothing To Fear! Making Exposure with Response Prevention "Almost Fun" for both Clients and Clinicians." Details are on page 3.

Please remember that our hotline for assistance is 732-476-4021 and is open from 9 am - 9 pm seven days a week.

OCD NJ is always here to help.

Hope to see everyone at the December meeting.

Sincerely,  
*Adrienne Friedman*

## NATIONAL OCD FOUNDATION CONTACTS

International OCD Foundation Phone: (617) 973-5801  
PO Box 961029  
Boston, MA 02196  
E-mail: [info@ocfoundation.org](mailto:info@ocfoundation.org)  
Internet: [www.ocfoundation.org](http://www.ocfoundation.org)

### 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:

Adrienne Friedman  
OCD NJ  
PO Box 958  
East Brunswick, NJ 08816

### 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 OCD New Jersey, 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.

**The OCD New Jersey telephone hours  
are 9:00 a.m. to 9:00 p.m.  
Feel free to call (732) 476-4021**

### CALL FOR VOLUNTEERS!

OCD NJ is always looking for volunteers to help with distributing information about the organization, help with planning our annual conference, and just spreading the word on OCD. If you would like to get involved, please email Adrienne at [listeningears123@aol.com](mailto:listeningears123@aol.com).

### OCD New Jersey 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.

### OCD New Jersey OFFICERS

Adrienne Friedman - President  
Allen H. Weg, Ed.D. - Vice President  
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**OCD New Jersey presents our 14th Annual Conference...**  
**“There Is Nothing To Fear! Making Exposure with Response Prevention “Almost Fun” for both Clients and Clinicians”**  
 by Dr. Dean McKay

**plus “Living with OCD” Panel**

**Sunday, March 9, 2014 • 10 AM TO 3 PM • Doubletree Hotel Somerset, NJ**

*CEU Credits for Social Workers pending approval of NJ State Board of Social Work Examiners, CE credits for psychologists pending approval from NJPA, and CEH Credits for Educators, NJ Department of Education.*

**OUR PRESENTERS**

Dean McKay, Ph.D., ABPP, is Professor, Department of Psychology, Fordham University, and President (2013-2014) of the Association for Behavioral and Cognitive Therapies (ABCT). He currently serves on the editorial boards of Behaviour Research and Therapy, Behavior Modification, Behavior Therapy, and Journal of Anxiety Disorders and is Editor-in-Chief of Journal of Cognitive Psychotherapy. Dr. McKay is a member of the Scientific Advisory Board of the International OCD Foundation, the Scientific Council of the Anxiety and Depression Association of America, and is on the board of directors for the American Board of Cognitive-Behavioral Psychology (of the American Board of Professional Psychology, ABPP). He has published more than 150 journal articles and book chapters and has more than 200 conference presentations. He is Board Certified in both Cognitive-Behavioral and Clinical Psychology of the American Board of Professional Psychology (ABPP). Dr. McKay is also a Fellow the Association for Psychological Science (APS). Dr. McKay has edited or co-edited eleven books dealing with treatment of complex cases in children and adults, obsessive-compulsive disorder, disgust in psychopathology, and research methodology. His research has focused primarily on Obsessive-Compulsive Disorder (OCD) across the age span, body dysmorphic disorder, as well as the role of disgust in psychopathology. Dr. McKay is also director and founder of Institute for Cognitive Behavior Therapy and Research, a private treatment and research center in Westchester County, New York.

Dr. Allen Weg is a New Jersey licensed psychologist. His independent practice, Stress and Anxiety Services of New Jersey, LLC, is located in East Brunswick. He and his associates specialize in the cognitive behavioral treatment of anxiety disorders for children, adolescents and adults. He is on the Scientific Advisory Board of the International OCD Foundation, is VP on the Board of Directors and co-founder of OCD New Jersey, is a graduate and a faculty member of the Behavioral Therapy Training Institute, the training arm of the International OCD Foundation, and is author of "OCD Treatment Through Storytelling; A Strategy for Successful Therapy," published by Oxford University Press.

**SCHEDULE**

9:45 - 10:15	Registration
10:00 - 10:30	Continental Breakfast Available
10:15 - 10:30	Welcoming Remarks, Adrienne Friedman, OCD NJ President
10:30 - 2:00	Dr. Dean McKay's Presentation (lunch break from 12-12:30 pm)
2:00-2:55	“Living with OCD” Panel, Dr. Allen H. Weg, Moderator
2:55- 3:00	Closing Remarks - Adrienne Friedman

**PROGRAM**

This program is designed for both professionals and non-professionals. During a full brunch, Dr. McKay will present his lecture of he explained, “The research is extensive and conclusive - exposure with response prevention is highly efficacious in the treatment of OCD. This finding has been replicated many times, in numerous settings, over several decades, with different symptom types of OCD. Not only is this form of treatment effective for symptoms, it has indirect impact on other associated symptoms and cognitions, earning exposure based therapy the rare but highly sought after label of being multiply efficacious. This kind of news should be greeted with great enthusiasm given the debilitating nature of OCD. And yet, clients are reluctant to initiate this form of treatment, and many clinicians express hesitancy in development treatment plans that feature this approach. There are two aims of this talk. One is to highlight ways in which clinicians may re-conceptualize the basis of exposure with response prevention in order to fully appreciate and even enjoy the implementation of the approach. The second is to highlight for clients how, with the proper approach to engaging in treatment, the anticipated fear of exposure with response prevention may be minimized while at the same time enjoying success and symptom improvement.

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 experiences and then take questions from the audience attendees. This will be moderated by Dr. Weg.

**REGISTRATION FORM**

Advance Registration (before 3/1/14) - \$85  
 Late/On-Site Registration - \$95  
 CEU Credits - Advance Registration - \$95  
 CEU Credits - Late/On-Site Registration - \$105  
 Student Fee (full-time with proper I.D.) - \$50  
 Includes full brunch • kosher meals available with advance registration only  
 No confirmation of registration will be sent

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**Or register with credit card payment at [www.ocdnj.org](http://www.ocdnj.org) beginning on 1/15/14.**

## CALL FOR PROFESSIONALS TO ADVERTISE IN 2014

If you are a professional wishing to advertise in the newsletter and on the OCD NJ website, the cost for all of 2014 is \$200. This fee includes the inclusion of your your business card in all four editions of the newsletter and inclusion in the professional listing on our website.

To participate, please make a check payable to OCD NJ and mail it with your current business card to:

OCD NJ  
c/o Nicole Torella  
401 Rt. 22 Unit 15C  
N. Plainfield, NJ 07060

or you can email a scan of your business card, scanned and saved as a pdf or in jpeg format to [torellani@aol.com](mailto:torellani@aol.com).

## OCD NJ SELLS DVDs

For the past 10 or more years, OCD NJ has been videotaping each lecture as part of the organization's mission. Our goal is to provide information to the public about obsessive compulsive disorder. One way in which we can achieve this goal is to provide previous lectures to the public for their use.

This most recent list of DVDs can be found on our website at [www.ocdnj.org](http://www.ocdnj.org). If you are interested in purchasing DVDs, you can call Adrienne Friedman at (732) 476-4021 between the hours of 9 a.m. and 9 p.m. Here are some sample titles:

- "The Enemy Within: Getting Aggressive with OCD," Allen Weg, Ed.D.
- "Being a Parent with OCD," Cynthia Haines, Psy.D.
- NJ OCF - 10th Annual Conference, "Body Dysmorphic Disorder (BDD), Hypochondriasis, Hoarding, and other OCD Spectrum Disorders; Comparing and Contrasting Treatments with OCD," Dr. Fugen Neziroglu.
- "The Latest Research on Pediatric OCD and Trichotillomania," Dr. Marty Franklin & Dr. Diana Antinoro.
- "Medications & OCD," Dr. Steven Dyckman.

We hope to update the website soon so that the DVDs can be purchased online.

“ Dr. Weg has produced a **masterpiece** that shows clinicians innovative ways to teach patients and their family members about the complexities of OCD. I **highly recommend** this book. It is entertaining and teaches a very useful way of communicating the difficult and often very frightening aspects of OCD symptoms and treatment. ”

— **Michael Jenike, M.D.**, Professor of Psychiatry and Founder of the OCD Clinical and Research program, Harvard Medical School and Founder of the OCD Institute, McLean Hospital

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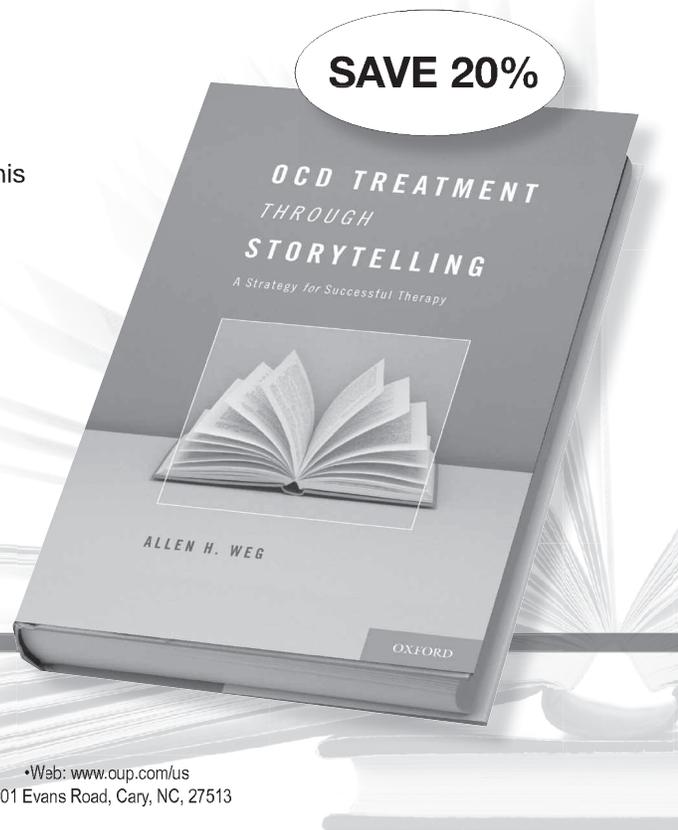
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## **Professional Directory (continued on pages 6 & 7)**

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 Adrienne Friedman at (732) 476-4021 from 9 a.m. to 9 p.m.**

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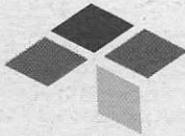
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## NEUROBEHAVIORAL TASKS IN OCD

Do you have OCD? Are you currently not taking any psychiatric medications?

We are looking for individuals with OCD to participate in a research study comparing patients with OCD to patients with several other disorders to help us understand the differences in the neurocircuitry of the brain across disorders.

This study uses different behavioral tasks and questionnaires to measure participants' stress reactivity, startle reflexes, and preferences. All information will be kept completely confidential.

### WHO CAN PARTICIPATE:

\* You may be eligible to participate if OCD is your primary problem, if you are between the ages of 18 to 50 and are not currently on any psychiatric medications or currently on hormonal birth control, and if you are not pregnant.

\* Subjects must be able to travel to New York State Psychiatric Institute /Columbia University at 1051 Riverside Drive (at 168th Street) in Manhattan.

### COMPENSATION FOR PARTICIPATION:

Participants will be compensated \$200 for completing all study procedures, consisting of approximately 6 hours of testing over 2 consecutive days. Additional payment of up to \$85 will also be provided based on performance on one of the tasks.

### PROCEDURES:

1. Screening by phone.
2. If potentially eligible, a psychiatric evaluation (and urine test) and clinical assessments to confirm eligibility (time estimate) of 2 hours.
3. If eligible, up to 6 hours of testing over 2 consecutive days (4 hours on day 2 and 2 hours on day 2.)

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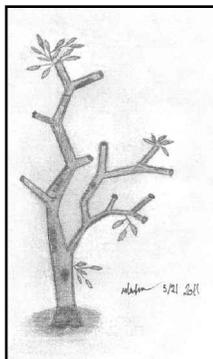
- Design A: "Crabs vs. Dan" by Daniel Lumsden - age 11  
Design B: "Growing Again" by Michael N. Levine - age 14

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Design A



Design B



## OBSESSIVE COMPULSIVE DISORDER

- Do you feel the need to check and re-check things over and over?
- Do you have the same thoughts constantly?
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## Understanding Obsessive Compulsive Personality Features

*Principal Investigator: Anthony Pinto, Ph.D.*

- Is perfectionism causing problems for you?  
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Do you worry too much about order and details?  
Do you find it difficult to relax and enjoy free time?  
Are you constantly trying to control things?  
Do you plan out every minute of your day?

Researchers at Columbia University Medical Center/NYSPI in Manhattan are seeking participants (age 18-60) in the NY metro area with several of these features.

Participants will receive a confidential evaluation at no cost and payment upon completion of an interview, questionnaires, and computer tasks.

**For more information about the study, contact Ashley at (212) 543-5938.**

To learn more, visit [www.columbia-ocd.org](http://www.columbia-ocd.org)

## Child/Adolescent OCD, Tic, Trich, & Anxiety Group (COTTAGE) at the University of Pennsylvania

### Pediatric OCD Treatment Study:

Does your little child have to have things "just right?" Does he have to do something over and over again? Does she have intrusive thoughts? Our center is looking for kids ages 5-8 with OCD to participate in a research study at the University of Pennsylvania. Those eligible receive a full assessment of symptoms and 12 weeks of behavioral therapy at no cost. Call Aubrey Edson at 215-746-3327 if interested.

### Pediatric Trichotillomania Treatment Study:

Does your adolescent or teen pull their hair? If so, it may be Trichotillomania. Our group is conducting a research study to assess different treatments for children and teens between 10-17 years old with Trichotillomania. Those eligible receive a full assessment of symptoms and 16 weeks of behavioral therapy at no cost. Call Michelle Wilson at 215-746-3327 if interested.

onset, and 10 to 12 years old is a common time of onset, 2) very early onset more common in boys and family history of OCD/ tics, 3) equally common for girls and boys, 4) onset usually gradual, and 5) waxing and waning course. Common compulsions for children include reassurance, redoing/ repeating, checking, touching, cleaning, and counting. Common obsessions include "just right" or Tourette OCD, contamination, harm/ aggression, magical thinking, and hoarding.

Dr. Antinoro reported that identifying OCD in young children can be more challenging. This is because children's emotional regulation may be difficult, and they often have less insight. Often, the family is a factor in maintaining symptoms through accommodations that make OCD "bearable" for the child. Also, children may have difficulty verbalizing problems, and many OCD-like behaviors are developmentally appropriate.

Keys to assess OCD in young children include 1) focusing on compulsions (i.e., more concrete), 2) using specific examples, 3) relying heavily on parent report and confirming with child, and 4) repeating, reviewing, and revisiting. Dr. Antinoro talked about keeping assessment and therapy visual, and utilizing humor. For instance, she recommends using puppets so children can "fight back" the OCD. Also, children can draw OCD and name it to externalize the anxiety.

The OCD cycle contains a "vicious cycle of avoidance" because compulsions provide relief, but only short term, and the cycle becomes reinforced. The therapy against OCD, exposure and response prevention (ERP), encourages children with OCD to feel more anxiety and then the anxiety starts to go away (without the compulsions!).

Developmental considerations for this age group include: 1) a more directive approach, 2) age appropriate language and metaphors, 3) greater use of goal setting and reinforcement, and 4) greater family involvement. Educational goals aim to reduce stigma, blame, and anxiety for parents and children about having OCD. It is essential to provide young children with accurate information regarding some obsessions, e.g., sex, harm, and contamination. Children who follow rules rigidly

sometimes need to learn flexibility. They can build confidence by experiencing anxiety through exposure and repeated exposure practice at home. Dr. Antinoro emphasized making therapy fun, such as using game shows, imaginary play, storytelling, brag books, and mapping the OCD.

DVDs of this presentation are available through the OCDNJ website.



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 OCD NJ. She may be reached at 732-390-6694.

**Obsessive Compulsive Disorder Support Groups**

Boonton	(862) 268-6397
East Brunswick	listeningears123@aol.com
Howell	(848) 702-5044
Montclair	(973) 472-8215
Piscataway	(732) 445-5384
Randolph	(973) 366-3564
Robbinsville	(609) 259-2004
Somerville	(908) 725-5595
West Windsor	(609) 275-5487
Woodbury	(856) 853-2011 (day #)

**Interested in a Natural Way to Help your Child's Obsessive Compulsive Disorder?**

The Yale Child Study Center is conducting a survey on N-acetylcysteine (a natural supplement) in children with OCD. Subjects will receive either active N-acetylcysteine or a placebo for 12 weeks and remain on current medications.

The study is open to children ages 8 to 17 with chronic OCD. Participants will be compensated up to \$150 for their participation.

If you have any questions or would like to learn more about the study, please contact Jillian Mulqueen at Yale Child Study Center TS/OCD clinic (203) 737-4809 or [jillian.mulqueen@yale.edu](mailto:jillian.mulqueen@yale.edu).

HIC #1004006623.

**DOES YOUR CHILD HAVE OCD?  
TREATMENT MAY BE AVAILABLE.  
PLEASE CALL FOR MORE INFORMATION:  
(212) 543-5592**

- Does your child have OCD?
- Is he or she currently taking medication for OCD symptoms?
- Is your child still having symptoms despite treatment?

New York State Psychiatric Institute/Columbia University is looking for research volunteers (ages 8-20) to help learn about the brains of people suffering from OCD, and whether a new medication treatment may help lessen the symptoms of OCD. You/your child may be eligible for a research study that includes a clinical evaluation, medical exam, brain scan, and possible medication treatment. Participants will be compensated for their participation. After the study period, follow-up care including medication management will be provided for three additional months at no cost to you.

**PLEASE CALL FOR MORE INFORMATION:  
(212) 543-5592**

## HOW START A SUPPORT GROUP

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 OCD New Jersey 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 such as at local churches, synagogues, libraries, and high schools, are good places to find free rooms. If you say you will be working with OCD New Jersey, it might also give you some "clout."

2) Determine the day and time- which may be determined by room space availability and once a month is a good place to start. An hour and 15 minutes or an hour and a half is usually the length.

3) Contact us. Call Adrienne Friedman at (732) 476-4021 (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. Decide if the group is only for adults, only for sufferers, or open to every body-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. **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.

### **PARENT SUPPORT GROUP IN WEST WINDSOR**

A Parent Support Group has been started in West Windsor. The group meets the first Tuesday of each month at the West Windsor Library from 12:00 to 1:30 p.m. For more information, please contact Carey Bloom at 609-275-5487.

### **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](mailto:mercertrich@yahoo.com).

### **PARENT SUPPORT GROUP IN RANDOLPH**

A new support group for the parent's of adolescents is forming in Randolph. For more information, please call Terry or Claire at (973) 366-3564

## FIND A GROUP FOR YOU!

### **BDD GROUP IN ROSELLE PARK**

A support group for body dysmorphic disorder (BDD) is in the Roselle Park area. If you are interested in participating in this group, please call Bob at home at (908) 298-1777 or on his cell at (908) 247-8282.

### **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.

### **S. JERSEY/PHILADELPHIA TRICHOTILLOMANIA**

The South Jersey/Philadelphia Trichotillomania support group is a free meeting for children, adolescents, and adults living with trichotillomania. Family members are also welcome. This therapist-assisted group is led by members of the Trichotillomania community. This is not a therapy group, but a venue to share experiences and connect with others. Dr. Deibler will be present at meetings as a facilitator and to answer questions. If you are interested in learning more about the group, please contact Dr. Deibler at (856) 220-9672. Meetings are held on the first Saturday of each month from 10:00 to 11:00 a.m. in Cherry Hill.

### **GROUP IN EAST BRUNSWICK**

A group will be meeting in the East Brunswick area. Please email Adrienne at [listeningears123@aol.com](mailto:listeningears123@aol.com) for the time and location of the next meeting.

### **NEW TEEN GROUP IN ROBBINSVILLE**

Teen Support Group in Mercer County will meet at the Robbinsville Branch of the Mercer County Library. This group is for teens and young adults and their parents. If you are interested in learning more about the group and when it will meet, please call Mike Bellerio at (609) 259-2004 or e-mail [ocdteenmercer@verizon.net](mailto:ocdteenmercer@verizon.net).

### **NIT-PICKING**

Let's Talk....If that is what you are doing, then let's get together and talk about it. We can support one another : Looking to start a support group for Dermatillomania (skin picking), in the East Brunswick area. We could meet once a month and share our experiences with each other. Let's try and make this work, so maybe we can help one another toward a healthier lifestyle. Please feel free to contact me: Deborah Frost...732-613-8538.