



# Quarterly Newsletter

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## Steven Poskar, M.D. Presented “Pharmacological Treatment of OCD: The very latest developments in exploring options”

by Rachel Strohl, Psy.D.

On Monday December 10, 2012, Steven Poskar, M.D. presented at the quarterly meeting of OCD New Jersey (OCDNJ). Dr. Poskar is a certified Diplomate in Psychiatry by the American Board of Psychiatry and Neurology. He specializes in psychopharmacology and cognitive behavioral therapy at the Spectrum Neuroscience and Treatment Institute in New York City. Dr. Poskar is a co-founder and current Vice President of OCDNY, the NY affiliate of International OCD Foundation. He recently authored the chapter “Subtypes and Spectrum Issues” in the World Psychiatric Associations book “Obsessive Compulsive Disorder: Current Science and Clinical Practice.” Dr. Poskar’s presentation focused on medication treatment for adults with OCD. He explained that pharmacological treatments for OCD are “relatively new,” with Clomipramine being the first medication to work in the 1970s. Clomipramine blocked the reuptake of serotonin, but “was not perfect because it had lots of side effects.”

Newer drugs came along known as the SSRIs (i.e., selective serotonin reuptake inhibitors) such as Celexa, Lexapro, Prozac, and Zoloft. These medications were better tolerated than Clomipramine. People with OCD who took an SSRI had, on average, a 40% to



*continued on page 9*

## Next Quarterly Meeting:

### “Work Smarter, Not Harder: Getting the Most out of EXRP “

Our next quarterly meeting is Monday, March 11, 2013, at 7:30 p.m. in our usual meeting room at RWJ Hospital in New Brunswick. Steven Tsao, Ph.D., will be the presenter.

Dr. Steven Tsao is a clinical psychologist who specializes in the treatment of anxiety disorders and eating disorders. He received his Ph.D. from Fordham University where he was awarded the Alumni Dissertation Fellowship for his research work. He completed his pre-doctoral internship at the Boston VA Medical Center and his post-doctoral fellowship at McLean Hospital. Immediately prior to moving to the Philadelphia area, Dr. Tsao worked at the OCD Institute at McLean Hospital where he treated adolescents and adults with severe OCD and OC-spectrum disorders in a residential setting. Dr. Tsao was also on the faculty at Harvard Medical School for eight years where he trained psychiatry residents and psychology trainees in CBT for anxiety disorders and eating disorders. He currently works at the Center for the Treatment and Study of Anxiety at the University of Pennsylvania where he provides outpatient therapy for anxiety disorders, including OCD, and continues to supervise psychology and psychiatry trainees.



The title of Dr. Tsao’s presentation is, “Work Smarter, Not Harder: Getting the Most out of EXRP”

Dr. Tsao explains; “For over 30 years, research and clinical practice has shown that exposure and response prevention (EXRP) is the superior psychological treatment for OCD. With such robust and well-publicized success, people with OCD have good reason to expect that they will benefit from engaging in this specialized treatment. However, this hope can also lead some to feel frustrated when their efforts to do EXRP fail to produce the results they had hoped. Worst of all, such frustration can cause people to put in less effort or drop out of treatment entirely. In my experience, there are some important parts of EXRP that are critical to help people make progress, avoid frustration, and ultimately move towards real recovery. This presentation will review several of these items in the hope that both people with OCD as well as those professionals working with them can maximize the benefits from this powerful treatment.”

Please join us for what is sure to be a very information-packed evening!

### ATTENTION READERS! THIS IS THE LAST NEWSLETTER!

This is the last newsletter that OCD NJ will be sending by snail mail. We have decided that we are now going to e-mail the newsletter to those who choose to receive it. As always, it will continue to be posted on our website for download as well. To sign up to receive the newsletter by e-mail, please go to our website, [www.ocdnj.org](http://www.ocdnj.org), and sign up in the box designated for newsletter receipt only. For those professionals who advertise with us, we will still be sending you a few printed copies of the newsletter each quarter.

## New Officers at OCD NJ

After many years of dedication and commitment, Ina and Julian Spero, who have served as President and Treasurer, respectively, have decided it is time to step down from their roles as officers and allow others to become involved with the organization. Thanks to their dedication and commitment, the organization has grown and been maintained for more than 14 years. In their place, Adrienne Friedman will now serve as President and Robert Zambrano, Psy.D., will serve as Treasurer. We welcome them to their new positions. Please turn to page 3 for information on Mrs. Friedman and Dr. Zambrano.

## PRESIDENT'S MESSAGE



Dear Friends:

I have been tending the OCD NJ "hot line" for the past 14 years and hope that I have given the proper guidance and references to the callers.

In the future please call our new telephone # 732-476-4021 for assistance from 9 am - 9 pm seven days a week.

OCD NJ is always here to help.

In addition, I have decided it is time to step down as President of the organization and have handed the reigns over to Adrienne Friedman, to whom I thank for her service and who I wish the best of luck.

As well, my husband, Julian Spero has decided it was time to step down as Treasurer and have handed the reigns over to Robert Zambrano, Psy.D. He is confident that Rob will serve the organization well and wishes him well in his new position.

Although we have decided to step down, we will still continue to attend meetings and volunteer when we can with the organization. We look forward to continuing to see each of you at the quarterly meetings and our annual conference.

Hope to see everyone at our March meeting.

Thank you for the opportunity to have served as the organization's President for so many years.

Sincerely,  
*Ina Spero*

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

## NATIONAL OCD FOUNDATION CONTACTS

International OCD Foundation Phone: (617) 973-5801  
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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.

### 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  
Marla Deibler, Psy.D. - Secretary  
Robert Zambrano, Psy.D. - Treasurer  
Rachel Strohl, Psy.D. - Trustee  
Nicole Torella - Newsletter Editor  
Joseph Springer, Ph.D. - Advisory Board member  
Steven I. Dyckman, M.D. - Advisory Board member  
Harriet Raynes Thaler, MSW - Advisory Board member

## NEW OFFICERS - continued from page 1

### ADRIENNE FRIEDMAN - President

Adrienne Friedman discovered the NJ Affiliate of the Obsessive Compulsive Foundation after a family member was diagnosed with OCD more than four years ago.

She is a continuous volunteer for the OCF, NAMI and assists in educating others about mental illness and OCD. Adrienne is a certified Family to Family educator, facilitating the Family to Family education course.



She founded and runs a support group for spouses, significant others, friends, family members, and overall supporters of people with OCD.

Adrienne is married and the proud mother of two.

### ROBERT ZAMBRANO, Psy.D. - Treasurer

- Clinical Associate and Intake Coordinator at Stress and Anxiety Services of New Jersey
- New Jersey licensed psychologist
- Graduate of the Behavior Therapy Training Institute, the country's foremost OCD training program, sponsored by the International OCD Foundation
- Certified by the Trichotillomania Learning Center
- Heads Committee on Archiving and Record Keeping for OCD New Jersey.

Robert Zambrano, Psy.D. received his Bachelors of Science from East Stroudsburg University of Pennsylvania. He graduated Magna Cum Laude with academic and community honors such as induction into Psi Chi (the National Psychology Honorary) and Omicron Delta Kappa (the National Leadership Honorary). While in graduate school, Dr. Zambrano also had a concentration in Sport/Performance Psychology. Dr. Zambrano received his Masters of Psychology and Doctorate of Clinical Psychology from the Graduate School of Applied and Professional Psychology of Rutgers University.



Dr. Zambrano has for the past six years provided clinical services as an associate at Stress and Anxiety Services of New Jersey, a private practice in East Brunswick. There he specializes in the cognitive behavioral treatment of anxiety disorders, and the majority of his cases have a primary diagnosis of OCD. He also serves as the Intake Coordinator at the practice.

Previously, Dr. Zambrano worked for the Tourette Syndrome Program at Rutgers University. There, he worked with children with Tourette Syndrome and their related disorders (e.g., AD/HD, difficulties with emotional regulation and rage, OCD, etc.). Although Dr. Zambrano left Rutgers University to focus his time in private practice, he continues to supervise doctoral level graduate students at Rutgers University. Dr. Zambrano gives presentations to educators and families across the state on

behalf of the Tourette Syndrome Association of New Jersey.

Dr. Zambrano has been certified by the Trichotillomania Learning Center in the Treatment of Trichotillomania and other body focused repetitive behaviors (i.e. skin picking, nail biting, etc.) In addition, he heads the Committee on Archiving and Record Keeping for OCD New Jersey.

### MENTAL HEALTH PLAYERS TO PERFORM

In Spring 2013, OCD New Jersey (OCD NJ) will host a FREE performance by the New Jersey Mental Health Players (NJMHP) at the East Brunswick Public Library. Date and time to be determined. An announcement will be made for those on our OCD NJ New Update email list (which you can sign up for on our website, [www.ocdnj.org](http://www.ocdnj.org)) or you can check the homepage of the website in a few weeks for the exact date.

OCD NJ, a non-profit organization which is an affiliate of the International Obsessive Compulsive Foundation, has, as part of its mission statement; "To raise awareness and educate the public and professional communities about the disorder at a local level."

In that vein, they have teamed up with the NJMHP, a service offered through the Mental Health Association of New Jersey, made up of volunteer actors. In this program, the actors, through dramatic presentations, present the signs and symptoms of mental illness, in this case, OCD. These dramatic presentations depict real life situations and are performed for the audience in order to educate people in recognizing the symptoms of OCD and to treat people with a mental illness in a respectful, safe and correct way. Audience members will have the opportunity to answer questions posed by the Players, and to ask some of their own questions about the performance.

Information about OCDNJ may be found at [www.OCDNJ.org](http://www.OCDNJ.org)  
Information about NJMHPs may be found at <http://www.mhanj.org/the-new-jersey-mental-health-players/>  
A video of their performances may be found at: [www.youtube.com/watch?v=GzaM2tIS8vw](http://www.youtube.com/watch?v=GzaM2tIS8vw)

### 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.

## Train in the Back Yard

by Allen H. Weg, Ed.D.

In my early 20s I used to work as a mental health assistant at a psychiatric hospital where I met and became good friends with a psychiatric nurse. She lived with her parents and younger sister, and I once visited her at her home, where I was invited to stay for Sunday dinner. She lived in a very attractive neighborhood, and her house and backyard were likewise very appealing, with one exception; she lived right next to the tracks of a major railroad line. Her property line literally went right up to a chain link fence, and right on the other side of the fence lay the tracks.

So we are sitting at the dining room table. It was late spring, and the windows, which faced the back yard, were wide open. Somewhere between the main course and dessert, a train came rolling by. The whole house shook. You could hear the crystal vibrating in the china cabinet, you could see the water shaking in your water goblet, you could feel the vibrations running through the floor to your feet and into the chair, vibrating your entire body. It was very LOUD.

We had been in the middle of a conversation, and when the train ran by, my friend's father, who had been talking, talked much more loudly, almost as if he were yelling, to finish his point. Other than this adjustment, there was no change whatsoever in the family's behavior. I myself was very shook up. I had been taken by surprise by the intensity of the train passing, and was essentially speechless for what must have been at least 30 seconds after the train had passed.

"Does that happen often?" I finally asked the family. My friend looked at me with a confused expression, and then, slowly revealed a slight, embarrassed smile. To my astonishment, she said, "Oh, did the train just pass?" I looked around the table, and could see that her sister and her parents were likewise seemingly oblivious to what had just happened. "You mean you didn't hear it?" I asked, incredulously. "I guess I did," answered her father, "but we've just learned not to pay attention to it."

Further questioning revealed that, while my friend and her family members had actually been aware that the train had passed, they were not truly conscious of it. If asked, "Did a train go by the house while you were eating dinner?" they would have each most likely responded, "I think so." It reminded me of the experience of "highway hypnosis," with which most people are familiar. If you drive to work every day, always taking the same route, you might have some recollection of some of the things you passed along the way, but would not truly remember turning at a particular traffic light or stopping at a particular stop sign. You are aware at some level of the journey to work, but on another level you are essentially on "automatic," having tuned out the experience as a result of familiarity.

My friend's family essentially, had unwittingly utilized the same adjustment technique. They had learned to "tune out" even this very disruptive event; an event which stimulated the senses of sight and touch as well as the obvious one of sound. They even had adjusted their behavior, in particular the father raising his voice to accommodate the noise, and still were apparently unaware of the train passing by. I was truly amazed at the

degree to which people can accommodate to disturbances, if they are exposed to them enough repeatedly over a long period of time.

This is an incident I share with my clients when they find themselves at a point in treatment where they have worked hard at Exposure Therapy, and have found that they can successfully control their behavioral compulsions, but find that the obsessions continue. There is sometimes the experience of frustration, or even depression, in the belief that even if they can prevent themselves from engaging in washing, checking, or some other compulsive behavior, that their obsessive thoughts might continue indefinitely, and might even be omnipresent.

It is important to note that as a matter of course this is not always what happens during ERP treatment. Very often, a reduction or cessation in behavioral compulsions will be followed by an actual reduction in the experience of obsessions; sometimes even the entire elimination of them. But in many cases the obsessions persist. And it is here where the OC sufferer becomes frustrated.

When this occurs, I encourage clients with the knowledge that, as they continue to refrain from their compulsive behaviors, their obsessions may also continue to weaken and become less frequent. But even if this does not occur, I let them know that with time, they will most likely learn to better adjust to the "OCD Train" as it passes through their minds. Even if it is not just background noise, even if it makes for a significant racket, it need not detract from the experiences in which they are engaged, it need not interrupt their activities with which they are involved.

Sometimes it seems as though people can and do get used to just about anything. Not noticing a train passing by your backyard 100 feet from your dining room table really drove home that fact to me.



*Dr. Allen Weg, Vice President of OCD New Jersey, is executive director and founder of Stress and Anxiety Services of New Jersey in East Brunswick. This story is included in Dr. Weg's book entitled, "OCD Treatment Through Storytelling: a strategy for successful therapy," published by Oxford University Press.*

### **SAVE THE DATE!**

20th Annual International OCD Foundation Conference will be held from July 19-21 in Atlanta. Go to [www.iocdf.org](http://www.iocdf.org) for more details.

## **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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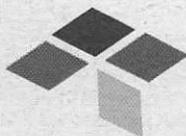
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Psychiatry  
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CLINICAL PSYCHOLOGIST

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**MARCIA B. KIMELDORF, PH.D.**

RESEARCH PROJECT MANAGER  
ANXIETY DISORDERS CLINIC

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TEL: 212-543-5462  
FAX: 212-543-6515

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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.)

### FOR MORE INFORMATION, PLEASE CONTACT:

Anxiety Disorders Clinic, Columbia University Medical Center:  
(212) 543-5367 or e-mail [persaud@nyspi.columbia.edu](mailto:persaud@nyspi.columbia.edu) or [greenecas@nyspi.columbia.edu](mailto:greenecas@nyspi.columbia.edu)

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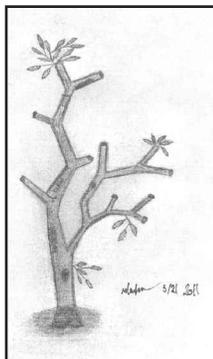
- Design A: "Crabs vs. Dan" by Daniel Lumsden - age 11  
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Design A



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?
- Do you feel a very strong need to perform certain rituals repeatedly & feel like you have no control over what you are doing?

If so, you may qualify to participate in an investigational medication research study.

Volunteers may be eligible to participate in the study if they are:

- \* Between the ages of 18-65 and,
- \* Currently taking medications for OCD
- \* Continue to have symptoms of OCD while on medication

Eligible participants will receive study related procedures and study medication at no charge.

They will also be compensated for travel to each completed study visit.

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## Understanding Obsessive Compulsive Personality Features

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

- Is perfectionism causing problems for you?  
Do others complain about your rigidity?  
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.

60% response. For an SSRI to be considered effective, there has to be a 20% to 40% decrease of OCD symptoms. Dr. Poskar said that his medication goal is to "lower the anxiety so a person can take an active role in CBT (i.e., cognitive behavioral treatment).

Dr. Poskar reported that there is not an SSRI that is better for OCD than the others, but individual patients may respond to one and not the others. He explained psychiatrists choose which medication to start with based on 1) adverse effects and potential drug interactions (e.g., weight gain), 2) past treatment response, 3) family history of medication response, and 4) presence of co-occurring illnesses.

SSRIs are the "first line medications for all anxiety and depression," but the dosage is different for OCD than other disorders. People with OCD typically need higher dosages and take longer to respond. People with depression can respond within 2 to 6 weeks, while people with OCD can respond within 4 to 6 weeks and some take as long as 10 to 12 weeks.

The longer response with higher dosages for OCD was explained with the following: the first day a person takes an SSRI, the serotonin reuptake pump creates more serotonin between the cells, but there is no medication response. People with depression experience a response in a few weeks because that is how long it takes for the autoreceptors in the hippocampus and hypothalamus of the brain to turn off, which in turn releases more serotonin. The key area of the brain for OCD is the orbital frontal cortex, and studies have shown changes do not occur until 7 to 8 weeks after the medication began, and double dosages were necessary to change the autoreceptors.

If medication treatment is unsatisfactory, then possibilities include 1) poor adherence, 2) incorrect diagnosis, or 3) co-occurring conditions. The psychiatrist may decide to switch the SSRI or augment with another medication, often a low dose of an atypical antipsychotics (e.g., Abilify, Zyprexa). The latter might be chosen because of 1) personal/family history of tics, 2) symmetry related OCD, 3) partial response, or 4) need for more rapid response.

Dr. Poskar discussed "what's hot" in medication research. This includes studies on the neurochemical glutamate. People with OCD have been found to have "too much glutamate," leading to overactive behavior. The medication Riluzole treats glutamate by increasing the pump to "get glutamate out," as well as the medication Namenda; while the medications have had a nice response with OCD, they are unpatented for OCD, so "likely to not be covered by insurance and expensive."

Other "hot" medications in OCD research include N-acetylate16, which can be bought at health food stores. Studies show "lackluster results for OCD," but better findings for Trichotillomania. D-cycloserin is a medication that affects learning, so if taken shortly before doing ERP (exposure and response prevention), a quicker response to therapy has been seen. Zofran is a medication to treat nausea, but in tiny dosages, some studies have shown decreases in dopamine (another neurochemical), which may reduce OCD symptoms.

Dr. Poskar did a terrific job of reviewing and explaining this complicated topic in an organized and understandable fashion. The audience was completely absorbed in this talk. DVDs are available through the OCD NJ 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 New Jersey. She may be reached at 732-390-6694.*

**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**

**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.

## 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).

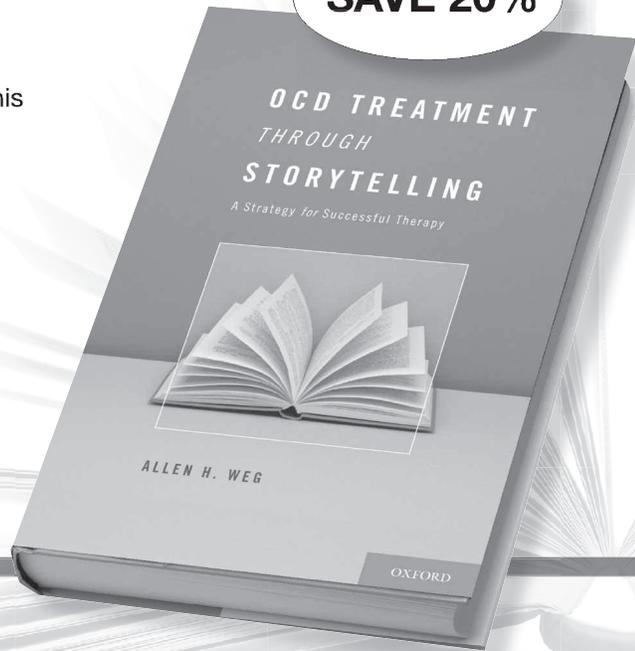
### **NIT-PICKING**

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.

“ 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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**DIRECTIONS TO OUR MEETING**

Our next quarterly meeting, which will take place on **Monday evening, March 12, 2013 at 7:30 p.m** at **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.

