

Erica Lander, Psy.D. Presented “Getting past go for OCD: Motivational Interviewing”

by Rachel Strohl, Psy.D.

On Monday June 10, 2013, Erica Lander, Psy.D. presented at the quarterly meeting of OCD New Jersey (OCDNJ). Dr. Lander is founder of the Behavioral Care Center of New Jersey in Livingston, and is licensed to practice psychology in both New Jersey and New York. Dr. Lander specializes in the practice of cognitive behavioral therapy, dialectical behavior therapy, motivational interviewing, and acceptance and commitment therapy with children, adolescents, and families. She received her Psy.D. from Rutgers University, completed her pre-doctoral internship at St. Luke's Hospital, and accrued her post doctoral hours at Montefiore Medical Center.

Dr. Lander began with good news for the treatment of OCD: Exposure and response prevention (ERP) treatment works. However, on average a person does not seek treatment for 14 to 17 years from onset of OCD symptoms. 20% to 30% do not engage in ERP or drop out before the completion of treatment. She explained that is where motivational interviewing (MI) comes into action.

MI assist people with OCD to find personal reasons to jump into ERP, which "can be sometimes scary." By definition MI is a "collaborative conversation to strengthen a person's own motivation for and commitment to change." A collaborative conversation consists of 1) shared decision making, 2) therapist as expert in his/her field and client as expert in his/her life, and 3) client's autonomy is honored.

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Steven Tsao, Ph.D. Presented on “Working smarter, not harder: Getting the most out of EXRP”

by Rachel Strohl, Psy.D.

On Monday March 11, 2013, Steven Tsao, Ph.D. presented at the quarterly meeting of OCD New Jersey (OCDNJ). Dr. 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. 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. He 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. Dr. Tsao 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.



Dr. Tsao provided an overview of Exposure and Response Prevention (EXRP) and highlighted the potential pitfalls during the hard work in EXRP. He explained that people with OCD are some of the hardest workers putting in lots of time and effort, but sometimes, that is not tied to treatment recovery.

EXRP is based on learning theory: over time, anxiety will peak and then come down. When a person does a ritual, the anxiety comes down quickly but then the "rollercoaster of OCD" begins, and the person associates rituals as the only thing to relieve anxiety. Learning theory states that rituals actually maintain the up and down of anxiety. For a person to break the OCD cycle, he/she must learn that if there is no ritual, the anxiety will go down. If you resist rituals longer and longer, the anxiety peak is lower and the anxiety dissipates.

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Next Quarterly Meeting: Diana Antinoro to present “Cognitive Behavioral Therapy for OCD with Young Children”

Our next quarterly meeting will be held on Monday, September 9, 2013, at the Cherry Hill Public Library. In order to reach out to more people with OCD in the state, we are changing our location for just this one meeting. The presenter will be Diana Antinoro Burke, Psy.D., who will speak on, “Cognitive Behavioral Therapy for OCD with Young Children.”

Dr. Diana Antinoro is a Licensed Clinical Psychologist (PA) and Clinical Director of the Child & Adolescent OCD, Tic, Trich & Anxiety Group (COTTAGE) in the Department of Psychiatry at the Perelman School of Medicine at the University of Pennsylvania. She is also a member of the clinical staff of The Center for Emotional Health of Greater Philadelphia. She received her B.A. in psychology from New York University and her doctorate in clinical psychology from



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PRESIDENT'S MESSAGE



Dear Friends:

I have been involved with OCD NJ now for many years as a volunteer and am pleased to be serving as the organization's new President. We have a few changes to OCD NJ this year and I am excited to announce them

here. First, our Annual Conference has been moved from October to March. It will be held on March 9, 2014, at the Doubletree Hotel in Somerset. This is our usual conference location for those of you who have joined us in the past. Please mark the date on your calendar now and look for more information on our website.

Dr. Dean McKay is our keynote speaker for our upcoming conference. He will present "There is Nothing to Fear! Making Exposure with Response Prevention." Dr. McKay is a professor in the Department of Psychology at Fordham University, is President (2013-2014) of the Association for Behavioral and Cognitive Therapies (ABCT), IOCDF SAB member, and a member of several editorial boards of several distinguished journals.

Our next meeting will be held on September 9, 2013, but this one will be held at the Cherry Hill Public Library. In our attempt to reach those with OCD throughout the state, we have moved this meeting to a different location to meet that goal. The presenter will be Diana Antinoro Burke, Psy.D., who will speak on, "Cognitive Behavioral Therapy for OCD with Young Children."

We hope you can join us for both events!

Sincerely,

Adrienne Friedman, President

**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.

NATIONAL OCD FOUNDATION CONTACTS

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

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The following are potential pitfalls during EXRP: 1) Using EXRP to prove safety and/or certainty. Ultimately, OCD is illogical so logical arguments do not work. Also, the world is filled with uncertainty so evidence "will never prove anything." Evidence can help examine the odds and increase your self-confidence regarding coping with anxiety from the uncertainty. Dr. Tsao emphasized that EXRP aims to help a person learn that they can sit with his/her anxiety and cope with it.

2) Trying to eliminate the obsessions. It is normal to have unwanted, intrusive thoughts, and research indicates most people have them. The problem is what you do in response to the obsessive thoughts because trying to suppress thoughts increases their frequency. The effort to get rid of obsessions keeps them much stronger and alive longer.

3) Avoiding the leap of faith. A person must be willing to get to the root of what OCD is telling you, and be willing to do the worst. Rituals are not the answer, and a person can get on with life without them. Dr. Tsao gave the example that a person with contamination fears exposed themselves to a hierarchy of garbage. After their treatment, "trash literally fell" on her, and she went to class without showering.

4) Making habituation the goal. Bodies habituate at their own rate, sometimes faster, sometimes slower. With the latter, habituation may not occur within the exposure. The goal of EXRP is "new learning," meaning that you are less anxious without rituals or despite anxiety, you do not need to do rituals. The goal becomes improving your life, e.g., getting to school or getting out of the shower to see your children before school.

5) Inconsistent ritual prevention. Rituals maintain the OCD cycle, so every time you resist a ritual, it's therapeutic. However, the strongest urges to ritualize are the most important time to resist to avoid reinforcing the OCD cycle. Ritual prevention need to be consistent, especially during the hard times, and this will lead to a better recovery.

Dr. Tsao provided many interactive demonstrations and case examples throughout his motivational talk. He summarized the presentation with the following points: Working smart during EXRP means, embracing uncertainty, accepting obsessions as "infrequent visitors," taking the leap of faith, paying less attention to within-exposure habituation, and aiming to resist 100% of your rituals, especially the hard ones.

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 New Jersey. She may be reached at 732-390-6694.

Rutgers University. Her training, clinical experiences and research have focused on working with those affected by anxiety and related disorders, in addition to behavioral difficulties. She has conducted individual, family, and group therapy, has consulted to schools, and has worked with a mixture of adults and children.

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, the Youth Anxiety and Depression Clinic at Rutgers University, the Douglass Developmental Disabilities Center, the Tourette Syndrome Clinic at Rutgers University, and UMDNJ-EOHSI. 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.

Obsessive Compulsive Disorder, or OCD, is an anxiety disorder that results in great interference for both children and adults. It can be particularly challenging for younger children (5-8 year olds) to understand the symptoms, as well as grasp the treatments that have been shown to be effective. In addition, their families often experience great distress and interference as they support the young child and attempt to help increase the child's functioning. The presenter will discuss the symptoms of Obsessive Compulsive Disorder, as it presents in young children and discuss the potential alterations in treatment to make it more effective with young children and their families.

We hope you will join us on September 9. The Cherry Hill Public Library is located at 1100 Kings Highway, North Cherry Hill, New Jersey 08034-1911.

For updated information and other happenings, check out our website at www.ocdnj.org

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. 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.

SAVE THE DATE!!

OCD AWARENESS WEEK October 14-20, 2013

Once again OCD NJ will be participating in OCD Awareness Week. At the Oct. 7, 2013, University Behavioral Healthcare and NAMI Middlesex County - Intensive Family Support Services Fall Speaker Series, "You Can Beat OCD" will be presented. We will also have an information table at the East Brunswick Multicultural Fair on Oct. 20, 2013.

OCD NJ ANNUAL CONFERENCE March 9, 2014

Our 14th Annual Conference has been moved to Sunday, March 9, 2014. We will once again be at the Doubletree Hotel in Somerset, NJ. Dean McKay, Ph.D., ABPP, will present the keynote presentation entitled, "There is Nothing to Fear! Making Exposure with Response Prevention." Dr. McKay is a professor in the Department of Psychology at Fordham University, is President (2013-2014) of the Association for Behavioral and Cognitive Therapies (ABCT), IOCDF SAB member, and a member of several editorial boards of several distinguished journals. Also, Allen H. Weg, Ed.D., OCD NJ Vice President, will mediate our "Living with OCD" panel. For more details on all events, please visit www.ocdnj.org.

Update on Our Board

Marla Deibler, Psy.D.

Dr. Marla Deibler, Psy.D. and director of The Center for Emotional Health of Greater Philadelphia, located in Cherry Hill, NJ, is OCD NJ's newest board member. Dr. Deibler has been getting out into the community, sharing her knowledge on Hoarding. During last year's OCD NY Conference held at Columbia University, she presented a session on Hoarding. In the spring, she also presented on the same topic for a Burlington County Hadassah organization. Dr. Deibler serves as secretary to the OCD NJ board.

Allen H. Weg, Ed.D.

Dr. Allen H. Weg, Vice President of OCD NJ, presented multiple workshops at this year's annual IOCDF Conference that is held in July each year. Dr. Weg is a member of the IOCDF board and contributes to their conference each year, lending his time with his presentations and other areas of involvement.

“ 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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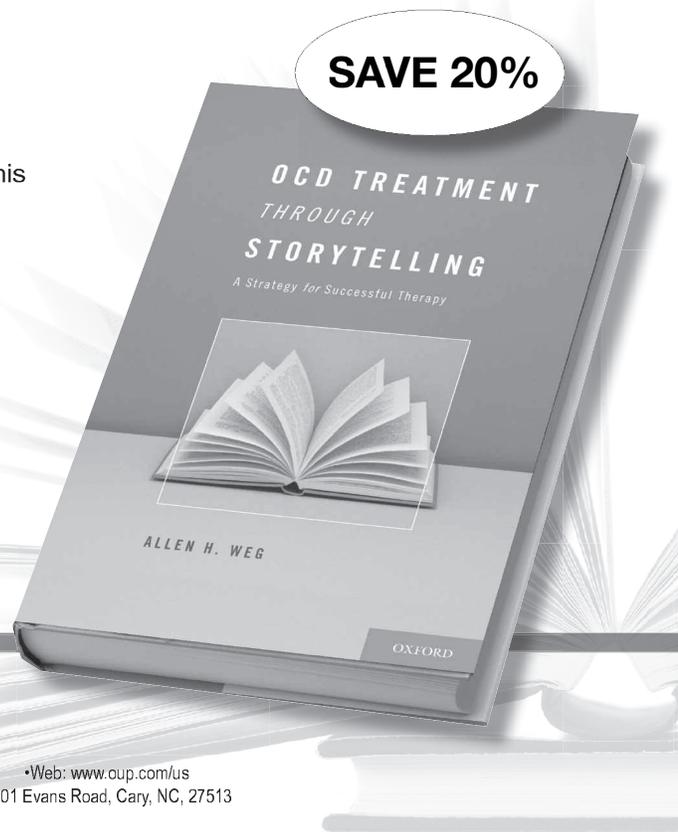
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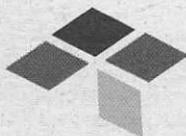
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NEUROBEHAVIORAL TASKS IN OCD

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.

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FOR MORE INFORMATION, PLEASE CONTACT:

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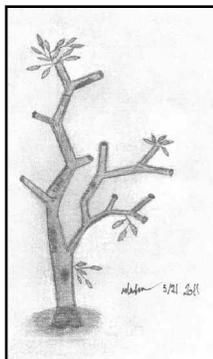
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- Do you feel the need to check and re-check things over and over?
- Do you have the same thoughts constantly?
- Do you feel a very strong need to perform certain rituals repeatedly & feel like you have no control over what you are doing?

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

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- * Between the ages of 18-65 and,
- * Currently taking medications for OCD
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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

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.

Dr. Lander explained that MI is an ongoing approach through treatment. For example, the hierarchy of exposure fears should be constructed by both therapist and client. Shared decision making is essential, such as deciding when and where to begin exposures and how quickly to move through them.

A key goal of MI is to strengthen a person's own motivation to change through eliciting reasons for change. Motivation is not given to someone, but it's the therapist job to "pull out the motivation from the client." The therapist can assist the client to connect behavior goals to the client's beliefs, values, and concerns. A client's goal may be to graduate high school, travel, be a better partner, while a client's value is underlying and what's important to him/her.

MI aims to evoke specific things through being supportive and directive. The categories to evoke are: 1) disadvantages of the status quo (living with OCD), 2) advantages of change (e.g., less handwashing, more time to meet people), 3) optimism of change (i.e., personal strengths), and 4) intention of change (i.e., setting up structure of practice).

Dr. Lander discussed the importance of language. Sustain talk favors the status quo; for instance, I'd like to, I'm thinking about it. Change talk favors change; for instance, I want to stop counting (desire), I can stop (ability), it's important for me (reason), and I should (need). Commitment talk expresses "ready, willing, and able to make change." It consists of plans, activation, and taking steps.

Dr. Lander reiterated that ERP works for OCD, but incorporating MI with ERP enhances treatment. MI balances acceptance and change. She encourages therapist to "slow down" and take time for partnership. Desire to change is not enough, but helping a person to find his/her own reason to commit to change is essential. Dr. Lander enthusiastically portrayed the spirit of MI, which encompasses compassion, empathy, and reflection.

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 New Jersey. She may be reached at 732-390-6694.

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 jilian.mulqueen@yale.edu.

HIC #1004006623.

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 #)

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.

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 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.

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.