



Quarterly Newsletter

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David Siegman, Psy.D.
Presented on
**"Acceptance
and Commitment
Therapy (ACT)
for OCD"**

by Rachel Strohl, Psy.D.

On Monday June 9, 2014, David Siegman, Psy.D. presented at the quarterly meeting of OCD New Jersey (OCDNJ). Dr. Siegman is a licensed psychologist with over 30 years of clinical experience. He earned his undergraduate degree in psychology at Johns Hopkins University and doctorate in clinical psychology at Rutgers University, Graduate School of Applied and Professional Psychology (GSAPP). Dr. Siegman is a Clinical Assistant Professor in the Department of Psychiatry at Rutgers Robert Wood Johnson Medical School. His areas of clinical expertise in addition to OCD include panic disorder, phobias, chronic pain disorders, coping with grief, and marital/couples conflict.

Dr. Siegman stated that exposure and response prevention (ERP) is the "gold standard" for OCD, but acceptance and commitment therapy (ACT) can be used as an adjunct therapy. He began by demonstrating ACT techniques through a roleplay, in which he was the therapist and the "client" had mental compulsions about reviewing lists. He was able to freeze the session at times to explain to the audience the ACT principle he was demonstrating.

An ACT principle, for instance, is "control is the problem." Thoughts and emotions cannot be controlled, but since external events can be controlled, people think it should work for internal events (e.g., obsessive thoughts). He explained it's not about "winning the battle, but stepping out of the battle."

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SAVE THE DATE!

**Our 15th Annual Conference will be held on
March 15, 2015.**

Next Quarterly Meeting: "Does This Child Have OCD?"

"Pediatric presentations of OCD that are often mistaken for something else"

Presented by Katherine Dahlsgaard, Ph.D.

Our next quarterly meeting will be held on Mon., Sept. 8, 2014, at 7:30 p.m., at the Cherry Hill Public Library, to better service our community who reside in the more southern part of our state, but everyone of course is invited to join us. Information about getting to the Cherry Hill Public Library may be found here: <http://www.chplnj.org>.

OCD is a relatively common neuropsychiatric disorder among children or adolescents, but often misdiagnosed or overlooked. This presentation will feature case examples of not-so-uncommon presentations of OCD that are often mistaken as some other problem by caregivers and health professionals alike, because they present in children and adolescents at critical developmental periods.

Katherine K. Dahlsgaard, Ph.D., is Lead Psychologist at the Anxiety Behaviors Clinic (ABC), Department of Child and Adolescent Psychiatry and Behavioral Sciences at CHOP. She is a licensed clinical psychologist in Pennsylvania and New York with expertise in cognitive-behavioral therapy for children, adolescents, and young adults. She specializes in the evaluation and treatment of anxiety disorders, particularly Social Anxiety Disorder, Selective Mutism, Obsessive-Compulsive Disorder, Phobias, Panic Disorders, and generalized fears. Dr. Dahlsgaard also frequently treats children with disorders that commonly present comorbidly with anxiety, such as tic disorders, food selectivity, and body-focused impulse control disorders (trichotillomania).



Dr. Dahlsgaard has an extensive background in research. She worked for two years with Dr. Aaron T. Beck on an NIH funded study of suicide prediction and prevention, worked as a treatment provider on studies of depression prevention in school-aged children, worked as a parent group leader in a treatment study of anxiety in adolescents, and led a longitudinal study investigating character strengths and their relation to well-being among middle school students. While at NYU, Dr. Dahlsgaard led empirically-supported group therapy treatments of social phobia for adolescents. At CHOP, she trains the psychiatry fellows in cognitive-behavioral therapy techniques and supervises their CBT cases.

A recipient of a National Science Foundation Fellowship award, Dr. Dahlsgaard is a frequent lecturer and guest speaker and has published widely in scientific journals and books on the topics of child development, psychopathology, mental health, and human virtue. She was formerly Assistant Professor of Psychology at the Chestnut Hill College School of Professional Psychology and has taught undergraduate and graduate level courses on human development, child psychopathology, and cognitive-behavioral interventions.

Specialties: Evaluation and cognitive-behavioral treatment of anxiety disorders, particularly Social Anxiety Disorder, Selective Mutism, Obsessive-Compulsive Disorder, Phobias, Panic Disorders, generalized fears, as well as disorders that commonly present comorbidly with anxiety, such as tic disorders, food selectivity, and body-focused impulse control disorders (trichotillomania).

PRESIDENT'S MESSAGE



Dear Friends:

I can't believe the summer is almost over and the fall is around the corner. I would like to remind you about our quarterly meeting on

Monday, Septmeber 8, at the Cherry Hill Public Library. In order to try to meet more people in the state that can benefit from our free speakers/meetings, we are hosting this meeting in the southern part of the state.

For more information about getting to the Cherry Hill Public Library may be found here: <http://www.chplnj.org>.

Don't forget we are always there to assist with questions. Our hotline is open 7 days a week for your convenience.

Our December meeting will be held at Turnpike Plaza, 197 Route 18 South, East Brunswick in the first floor meeting room. Please make a note of this change.

I look forward to greeting you at any of our events, and am open to all your comments and suggestions.

Thank you,
Adrienne Friedman

NATIONAL OCD FOUNDATION CONTACTS

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

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
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Save the Date!

The 15th Annual OCD New Jersey Conference

Sunday, March 15, 2015, 10 a.m. to 3 p.m.
The Westwood, Garwood, NJ

Treatment of OCD in Adolescents and Young Adults: What To Do with Parents?

By Anne Marie Albano, PhD, ABPP

plus

"Living with OCD" Panel

with those who deal with OCD every day moderated by Allen H. Weg, EdD

Anne Marie Albano is Associate Professor of Clinical Psychology in Psychiatry at Columbia University and Director of the Columbia University Clinic for Anxiety and Related Disorders. She received her Ph.D. from the University of Mississippi. Dr. Albano is a Fellow of the American Psychological Association, Founding Fellow of the Academy of Cognitive Therapy, a Beck Institute Scholar, and is Board Certified in Clinical Child and Adolescent Psychology. In 2008, Dr. Albano received the Rosenberry Award for service to children, adolescents and families from the University of Colorado at Denver. Dr. Albano is Past President of the Society for Clinical Child and Adolescent Psychology of the American Psychological Association and also past-president of the Association for Behavioral and Cognitive Therapies.

She is past editor of *Cognitive and Behavioral Practice* and currently is an Associate Editor of the *Journal of Consulting and Clinical Psychology*. She has published more than 90 articles and chapters and is the co-author of several cognitive behavioral treatment manuals and of the Anxiety Disorders Interview Schedule for Children, all published by Oxford University Press.



Dr. Albano served as a Principal Investigator of a 6-site, National Institute of Mental Health-sponsored study entitled "Child/Adolescent Anxiety Multimodal Treatment Study" (CAMS) and also was a PI for the Treatments for Adolescents with Depression Study (TADS). Both trials examined the relative efficacy of CBT, medication, combination treatment, and pill placebo in youth. Her book with Leslie Pepper, *Helping Your Anxious Child: Free Your Child from Fears and Worries and Create a Joyful Family Life*, was the 2014 Self-Help Book Award winner from the American Society of Journalists and Authors.

Dr. Albano Summarizes Her Presentation:

The transition from adolescence to adulthood holds the promise of independence while ushering in the new anxieties that accompany increasing responsibility, freedom and greater expectations for independent functioning. Youth with OCD may be particularly challenged in launching into adulthood, as the disorder keeps the emerging young adult dependent on family members and lagging same-age peers in achievement of age-appropriate tasks. The nature of OCD symptoms, along with anxiety disorders in general, are associated with overprotective parenting styles, that can also hinder the youth in meeting developmental milestones. Parental overprotection comes honestly and is often fueled by beliefs that the adolescent/emerging adult will miss out on opportunities that are "too big to fail" due to the OCD and related anxieties. The parents' ongoing involvement in age-expected tasks then interferes with skill development, resolution or management of clinical symptoms, and successful transition to adulthood.

Dr. Albano will discuss the background and model for the the new "Launching Emerging Adult Program" (LEAP). LEAP is implemented as an age- and developmentally-appropriate treatment for OCD and anxiety disorders, involving individual, group and family sessions. Specific examples of the LEAP modules to engage parents and adolescents/young adults to address anxiety, reduce parent overprotection, and meet developmental goals will be presented. Case examples with emphasis on developmental issues, including confidentiality, parent-adolescent engagement, and methods for breaking the cycle of overprotection will be presented and audience participation encouraged.

continued on page 8

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 the rest of 2014 is \$50. This fee includes the inclusion of your your business card in the last edition of the newsletter in 2014 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
PO Box 958
East Brunswick, NJ 08816

or you can email a scan of your business card, scanned and saved as a pdf or in jpeg format to 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. 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.

GREETING CARDS FOR SALE!

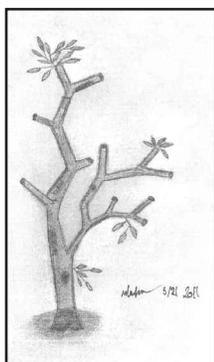
Two Designs:

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

Sold 10 cards per pack for \$8. Please add \$3 to the order to help cover the shipping costs. To purchase, please mail a check or money order to: OCD NJ, PO Box 958, East Brunswick, NJ 08816. Be sure to include your name, address, city, state, zip, phone number, and email address. Be sure to indicate the design and how many packs per design.

Design A

Design B



Be sure to look for the directions to our new meeting location for our December Meeting. We will be moving from the Robert Wood Johnson Hospital location, to another in East Brunswick. Directions and information to come in the next newsletter.

Professional Directory (continued on pages 5 & 6)

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.

TAMSEN THORPE, Ph.D.

Directions CLS, LLC
Psychologist

NJ License #3826

20 Community Place, 4th floor
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drthorpe@directions-cls.com
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OFFICE HOURS BY APPOINTMENT

PHONE: (732) 254-2222

Anna Marie Resnikoff, Ph.D.

LICENSED PSYCHOLOGIST

NJ LIC# 3182

G9 BRIER HILL COURT
EAST BRUNSWICK, NJ 08816

Barbara J. Nicholls MSW LCSW

Individual, Couples, and Family Therapy

467 Springfield Ave. Summit, NJ 07902

314 Dorn Ave. Middlesex, NJ 08846

Phone: (732) 271-2537

Cognitive Therapy & Consultation, LLC

Sue Schonberg, Ph.D., ABPP, ACT

Board Certified - Cognitive & Behavioral Psychology
Fellow, Academy of Cognitive & Behavioral Psychology
Diplomate, Academy of Cognitive Therapy

Clinical Psychologist Specializing in Cognitive Behavioral Therapy

597 Springfield Ave.
Summit, NJ 07901

(908) 273-3133
NJ license #4478

Clinical Psychologist

New Jersey License #3565

Cynthia Radnitz, Ph.D.

Specializing in Cognitive-Behavioral Therapy

340 W. Passaic St., Third Floor
Rochelle Park, NJ 07662
Tel: (201) 692-2306, (201) 316-5404
cynthia.radnitz@gmail.com
www.bergencognitivetherapy.com

Stress and Anxiety Services of New Jersey, LLC

Founder and Director: Allen H. Weg, EdD
NJ Licensed Psychologist #2720

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All clinical staff are
NJ Licensed Psychologists &
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(856) 482-5860

daraush@aol.com

davidraushphd.com

DAVID A. RAUSH, Ph.D.

Licensed Psychologist

215 East Laurel Road
Suite 201
Stratford, NJ 08084

NJ License: 35SI00367600
PA License: PS008440L

The above is a paid advertisement.

Karen J. Landsman, Ph.D.
 CLINICAL PSYCHOLOGIST
 (973) 895-2442

68 Essex Street, Suite 1A
 Millburn, NJ 07041

268 Green Village Road
 Chatham, NJ 07935

www.anxietyandocd.com

NJ license #4067

AAMFT Approved Supervisor

State Licensed

Harriet Raynes Thaler, MSW, LCSW
 INDIVIDUAL COUPLE & FAMILY THERAPY

5 Pleasant View Way ~ Flemington, NJ 08822

Branchburg Commons
 3322 Rt. 22 W., Bldg. 4 - Suite 417 ~ Branchburg, NJ 08876

PH: (908) 788-5136

FAX: (908) 782-8930

**Cognitive Behavioral
 Psychologists of NJ**

Lynn Mollick, Ph.D.
 Milton Spett, Ph.D.

1150 Raritan Road
 Cranford, NJ 07016

908-276-3888
 www.CBT-NJ.com

ROBERT J. CHALEMIAN, M.D., P.A.

Jeff Carlson, M.Ed. LPC

Licensed Professional Counselor

169 Ramapo Valley Road
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 Oakland, N.J.07436

Ph: (201) 996-1120
 Fx: (201) 996-0099

eMail: JeCaLPC@yahoo.com

THE CENTER FOR
EMOTIONAL HEALTH
 OF GREATER PHILADELPHIA LLC



Providing a supportive, collaborative environment to adults, adolescents, and children seeking specialized services in the following areas:

- Anxiety
- Panic Disorder
- Obsessive Compulsive Disorder
- Hair Pulling
- Skin Picking
- Depression
- Tic Disorders
- Psychological Testing
- Forensic Psychological Evaluation

Marla W. Deibler, PsyD
 Executive Director Licensed Clinical Psychologist
 New Jersey Lic. No. 355100438000
 Pennsylvania Lic. No. PS0157790

Office locations in
 Cherry Hill and Princeton, New Jersey

www.TheCenterForEmotionalHealth.com

Rebecca Sachs, Ph.D.

with Expertise in Autism Spectrum Disorders (ASDs- including Asperger's Syndrome) & Obsessive Compulsive (OCD) & Related Disorders providing Therapy, Evaluations, Resources & Support for families, individuals and professionals affected by ASDs & OCD



Services

- Individual & Family Therapy
- Parenting Education & Support
- Diagnostic & Psychological Testing & Evaluation
- Consultation for families & professionals
- Social Skills Training
- Functional Behavior Assessment (FBA)

Rebecca Sachs, PhD, is a licensed clinical psychologist specializing in the assessment and treatment of OCD, Autism Spectrum Disorders, Anxiety Disorders, school adjustment, and problematic home behaviors. Graduating from Hofstra University with her PhD in Clinical & School Psychology, Dr. Sachs completed a postdoctoral fellowship at the University of Miami and was a licensed clinical psychologist at NeuroBehavioral Institute and Director of Psychoeducational Services at Academic Options in Weston, Florida. Formally trained in Cognitive Behavioral Therapy (CBT) and Mindfulness Based Cognitive Therapy, Dr. Sachs is currently the Director of the Midtown CBT with locations in Park Slope, Brooklyn and midtown Manhattan and a staff psychologist with the Fay J. Lindner Center for Autism in Brookville, NY.

Located in Midtown Manhattan & Park Slope, Brooklyn
 For additional information, visit me at MidtownCBT.com
 or call 347.886.0356

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
or greencas@nyspi.columbia.edu

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.

KEYSTONE CLINICAL STUDIES, LLC
Norristown, PA 19403
(610) 277-8073
www.keystoneclinicalstudies.com

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

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.

Part of the problem is the effort people are putting into trying to get rid of their thoughts.

Dr. Sigman explained obsessions are like a freight train pulling a person away from his/ her life. ACT tries to get a person back into the current experience, partially acknowledging "it's just a thought." Acceptance is making room for painful thoughts and feelings, and allowing them to come and go without a struggle. Willingness is embracing your pain (as you would a crying child), but not ignoring or forgetting your pain. He explained the "payoff of willingness to live with your discomfort is being able to live in accordance with your values." Without the "noise" of OCD, people can live according to their values, which is what matters to people and the way they want to live.

The goal of ACT is to live mindfully and pursue the life one values. ACT provides the motivation to take risks to do exposure for OCD, and offers the tools to prepare for discomfort. Commitment, the C of ACT, is the willingness to experience discomfort of symptoms and act on what you value. For instance, obsessions "get a seat at the table but life goes on." A person with OCD can say, "I notice my mind having OCD, but it's not all of me." Dr. Sigman also illustrated the ACT principles through guided imagery exercises with the audience.

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.

Allen H. Weg, EdD - Vice President, OCD New Jersey



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.

FULL CONFERENCE BROCHURE, DIRECTIONS, AND ONLINE REGISTRATION WILL BE MADE AVAILABLE IN EARLY 2015.

For complaints or grievances, please call Adrienne Friedman at (732) 476-4021 or write to OCD NJ, Attn: Adrienne Friedman, PO Box 958, East Brunswick, NJ 08816.

If you are interested in advertising in our newsletter or being listed in the professional directory on our website:

Call (732) 476-4021

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 #) |

HOW TO 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 everybody-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 COUNTY/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 in Howell meets 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 Bello 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.