



Dr. Carol Hevia is Keynote Speaker at our Annual Conference on March 5 - Register NOW!

The 17th Annual OCD NJ Conference will be held on March 5 at The Westwood in Garwood, NJ. Dr. Carol Hevia will present, "Killing your mom, going to hell, sex with a camel, and more: Treating OCD obsessions that generate guilt, shame and disgust." As well, the afternoon session will include the "Living with OCD Panel." All details on the conference can be found at the following link on our website: <http://ocdnj.org/AnnualConference.htm>



Dr. Carol Hevia will present "Killing your mom, going to hell, sex with a camel, and more: Treating OCD obsessions that generate guilt, shame and disgust" at our 17th Annual Conference at The Westwood in Garwood, NJ on March 5, 2017.

Next Quarterly Meeting on March 13

Thinking Backwards: Overcoming OCD Through Paradoxical Intention

Presented by OCDNJ President, Allen H. Weg, EdD

"Heighten your anxiety in order to lower your anxiety. If you need to leave, you need to stay. Do on purpose what you are afraid you'll do by accident. Gain control by letting go of control." The understanding and treatment of OCD is full of counter-intuitive concepts that are difficult for most people, at least initially, to understand and accept. This presentation reviews how "thinking backwards" not only makes sense in the treatment of OCD, but that it is the most powerful strategy for undermining the disorder and moving towards recovery. Multiple illustrations from actual OCD cases will be reviewed so that participants may clearly see specific applications in the real world of OCD.

For more information on the presentation, click below:

<http://ocdnj.org/quarterly-meeting.htm>



[Drs. Marla Deibler, Rachel Strohl, and Rob Zambrano on our OCD Panel, "Ask the Experts"](#)

by Dr. Rachel Pess

On December 12, 2016, Drs. Deibler, Strohl, and Zambrano presented as a panel of experts at the quarterly meeting of OCD New Jersey. The audience consisted of professionals in the field, as well as individuals or family members of those suffering from OCD symptoms. Audience members asked a number of relevant and thought-provoking questions to the panel, which led to an informative and stimulating discussion.

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

<http://ocdnj.org/panelrev1216.html>

OCD Support Groups in NJ

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

Professional Directory

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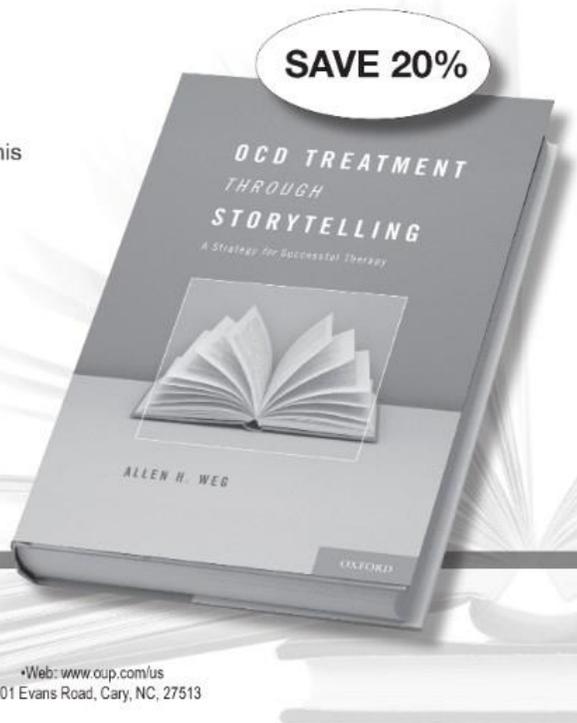
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“ Dr. Weg has produced a **masterpiece** that shows clinicians innovative ways to teach patients and their family members about the complexities of OCD. I **highly recommend** this book. It is entertaining and teaches a very useful way of communicating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