



Quarterly Newsletter

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**Joseph Springer, Ph.D.
Presented on
“When Treatment Gets
Stuck: Assessing and
Addressing Treatment
Interfering Factors”**

by Rachel Strohl, Psy.D.

On Monday March 12, 2012, Joseph Springer, Ph.D. presented at the quarterly meeting of OCD New Jersey (OCD NJ). Dr. Springer is a licensed psychologist with a private practice in Manasquan, N.J. which focuses on the cognitive behavioral therapy of anxiety disorders. He is presently an Associate Professor of Psychology and the Director of the graduate program in Counseling Psychology at Georgian Court College in Lakewood, NJ. He is a Behavior Therapy Training Institute graduate, which is the training arm of the International OCD Foundation.

Dr. Springer began by explaining that his presentation on treatment interfering factors (TIFs) "will relate to everyone . . . clinicians, clients, and their family members." The treatment for OCD, which is exposure and response prevention (ERP), can be challenging. It is important to assess for TIFs if the treatment is not progressing, and then addressing TIFs takes priority before ERP can be effective.

He defined TIFs as involving "environmental conditions, co-occurring psychological and medical conditions, and behavioral characteristics or unhelpful beliefs that can interfere with progress towards treatment goals." Dr. Springer provided a multitude of examples, and recommends using all the examples as a checklist to assess for TIFs in therapy.

Next Quarterly Meeting: OCD and Tourette Syndrome

Dr. Robert Zambrano, will present at our next quarterly meeting on Monday, June 11, 2012 at 7:30 PM in our usual meeting room at Robert Wood Johnson Hospital in New Brunswick. Directions to the hospital and meeting room are found elsewhere in this newsletter. Dr Zambrano will be speaking on the topic of "OCD and Tourette Syndrome."



Dr. Zambrano is a New Jersey licensed psychologist and is on the staff at Stress & Anxiety Services of New Jersey in East Brunswick. He also heads one of the committees at OCDNJ. Previously, Dr. Zambrano worked for the Tourette Syndrome Program at Rutgers University. Presently, he gives presentations to educators and families across the state on behalf of the Tourette Syndrome Association of New Jersey. As always, this quarterly meeting will be free and open to the public.

SEE “OC87” AT EAST BRUNSWICK LIBRARY

- At 3 p.m. on May 5, 2012, a free showing of “OC87: The Obsessive Compulsive, Major Depression, Bipolar, Asperger’s Movie,” will be shown at the East Brunswick Library. The film is by Bud Clayman and his struggles with OCD, depression, bipolar disorder, and Asperger’s.
- Bud will be present for questions and answers afterwards.

SAVE THE DATE!

For our 13th Annual Conference
Dr. Barbara Van Noppen - Keynote Speaker

Sunday, October 21, 2012, Doubletree Hotel in Somerset, New Jersey

The Keynote speaker will be Barbara Van Noppen, Ph.D. LCSW who will be visiting us from the University of Southern California, Keck School of Medicine, Department of Psychiatry and Human Behavior. Her talk is entitled, "The Role of Family in OCD: Current Trends in Research and Treatment Implications."

Dr. Van Noppen explains:

"The impact of OCD symptoms on relatives and how family responses may facilitate OCD symptoms is often overlooked in research and treatment, though is gaining attention. Family members often ask how to best manage OCD. This talk will review research findings to date and provide an in-depth discussion of how family members/support persons can be successfully integrated into exposure and response prevention. A combination of PowerPoint slides and DVD review, will be utilized during the presentation."



As always, there will be a "Living with OCD" panel and more information to come as the date approaches!

PRESIDENT'S MESSAGE



Dear Friends:

We at OCDNJ are excited about our upcoming presentation of the film "OC87: The Obsessive Compulsive, Major Depression, Bipolar, Asperger's Movie."

Please join us on May 5 for the viewing of the film which will be followed by a discussion including Bud Clayman, who produced the documentary.

I am also hoping everyone can take advantage of this free event and I am looking forward to being there with you. Remember, it will be held at the East Brunswick Public Library at 2 Jean Walling Civic Center Drive.

Sincerely,
President Ina Spero

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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, Ina Spero, OCD New Jersey, 60 MacAfee Road, Somerset, NJ 08873.

The OCD New Jersey telephone hours are 9:00 a.m. to 9:00 p.m. - Feel free to call (732) 828-0099

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.

An Extra Special "Thank You"

Adrienne Friedman is the newest member of the OCD New Jersey Board and she has coordinated the viewing of the film "OC87" at the East Brunswick Library on May 5. An extra special "Thank You" to Adrienne for all of the time and effort she has put forth to make this film viewing a possibility. Please join us in thanking her by marking the date on your calendar and joining us for this free and fantastic event.

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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BOOK REVIEW

"When in Doubt, Make Belief: An OCD-Inspired Approach to Living with Uncertainty"

by Jeff Bell

Jeff Bell, the anchor of SCBS radio in California and established journalist, seems to lead an idyllic life on the surface. However, he is tormented by Obsessive Compulsive Disorder, which led to a disruption in his career. Relentlessly plagued by disturbing thoughts, he was driven to the point where he needed to fight back against his condition.

Exposure Response Prevention Therapy (ERP), the most commonly prescribed treatment for OCD, is painful and just seems to provoke more anxiety. So there must be some motivation to engage in this to get better! In order to overcome OCD, Bell formed his very own philosophy, which not only be applied to battling OCD, but giving your life vision and meaning. In order to put a sense of motivation behind exposure therapy, Bell introduces his new weapon into the OCD arsenal: "making belief", in his memoir and self-help guide When, in Doubt, Make Belief.

It's a simple term on the outside, but is filled with meaning. "Making belief" uses the power of human sentiment to fuel both your motivation to fight OCD and assert your life mission statement.

Before embarking on his philosophy, Bell first describes his struggle against OCD and thoroughly lists "trapdoors" one should avoid when fighting OCD, which are dazzlingly practical and real. These "trapdoors" include avoiding what triggers your OCD (otherwise you cannot confront it), and ritualizing (giving in to the OCD's demands). These "trapdoors" are necessary to recognize if one wants to progress in their battle against OCD.

Like a philosophical framework, Bell lists his pillars of wisdom of "making belief" systematically. The framework consists of "Reverence", making the most out of your life and choosing to see the universe as friendly; "Resolve", putting your endeavors and obligations above your personal comfort; "Investment", affirming your free will to overcome OCD thoughts and compulsions; and "Surrender", granting yourself the serenity of letting go of what you cannot control.

All of these principles culminate in what Bell calls the "Greater Good" a perspective shift of thinking objectively and putting others' needs above you. The "Greater Good" can make one realize the consequences of the compulsion they engage in, and think about how it affects those around you.

Bells' principles are quite practical in breaking down the nature of OCD and helping you overcome it. They also

give you a wealth of insight into life.

Throughout the book, Bell's wit, anecdotes, and examples of the use of his philosophy in his everyday life also make the book entertaining as well as deep. He also includes personal connections from notable figures from interviews on how "Making Belief" can be applied in real-life.

The practicality and sheer enjoyment of this book make it a pleasure to read. In addition, it helps you overcome OCD and the anxiety made by doubt.

This review was submitted by E.W., a 14 year old boy who struggles with OCD.

OCD NJ Represented at Local Fair

On Sunday, March 11, OCD NJ Board member Adrienne Friedman manned a booth at the East Brunswick Community Day fair, where she disseminated brochures and information about OCD NJ and IOCDF to the many people that were in attendance. If you would like to volunteer to provide the same service at your local fair or event, please contact Adrienne at listeningears123@aol.com, and she will help you make it happen. It's easy, and you will be doing a great thing for OCD NJ and the entire OC community!



Above Adrienne Friedman at the OCDNJ information table at the East Brunswick Community Day Fair.

GREETING CARDS FOR SALE!

Two Designs:

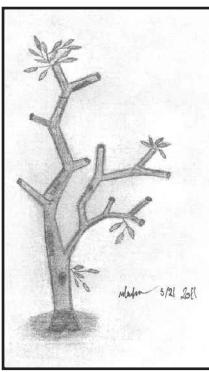
Design A: "Crabs vs. Dan" by Daniel Lumsden - age 11
Design B: "Growing Again" by Michael N. Levine - age 14

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, 60 MacAfee Road, Somerset, NJ 08873. 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



RESEARCH AT COLUMBIA UNIVERSITY - NY STATE PSYCHIATRIC INSTITUTE

Are you taking medications for OCD and still having bothersome symptoms? Are you interested in receiving cost-free treatment? If so, you may be eligible for state-of-the-art treatment at no cost as part of a research study being conducted at Columbia University, the New York State Psychiatric Institute. For more information or to schedule a confidential screening, please call Dr. Marcia Kimeldorf at (212) 543-5462.

If you are NOT currently taking any medication for your OCD, we have other studies in which you may be eligible to participate. We are conducting studies using techniques such as functional Magnetic Resonance Imaging (fMRI), Magnetic Resonance Spectroscopy (MRS), measurement of the startle response and stress reactivity, and manual and computer-based tests to learn more about the neurobiology of OCD. For each study you choose to participate in, you will be compensated for your time. For more information or to schedule a confidential screening, please call Liane Hunter at (212) 543-5380.

To learn more about us and the research we do, please visit us at 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.

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

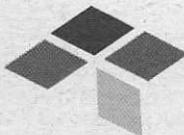
Professional Directory (continued on pages 6 & 7)

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 Ina Spero at (732) 828-0099 from 9 a.m. to 9 p.m.

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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 or greencas@nyspi.columnbia.edu

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 Ina Spero at (732) 828-0099 between the hours of 9a.m. and 9p.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.

OCD New Jersey Subscription Fee!

To continue the production and mailing of the quarterly newsletter, we have an annual Subscription Fee of \$10.00.

Please either bring payment to the next meeting or return the form below with payment by cash, check, or money order to: OCD New Jersey, 60 MacAfee Road, Somerset, NJ 08873-2951.

To receive the newsletter by e-mail for FREE, please e-mail Nicole Torella at torellani@aol.com and you will receive a pdf file each time we produce the newsletter!

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TIFS include the following:

Treatment Interfering Environments (TIEs): refer to environmental factors related to an individual's social, vocational, financial or residential situation. Some illustrations include 1) overly accommodating family members or relationships, 2) non-supportive or critical family members, 3) lack of daily structure or routine, and 4) financial or transportation difficulties.

Treatment Interfering Conditions (TICs): refer to co-existing psychiatric, psychological or physical conditions in addition to OCD. Some examples include 1) depression, panic disorder, psychosis, etc., 2) active substance abuse, and 3) chronic pain or fatigue.

Treatment Interfering Behaviors and Beliefs (TIBBs): can be divided into those that involve the client and those that involve the clinician. Client TIBBs include, but are not limited to, 1) not acknowledging having a problem, 2) not committing to clear goals for treatment, 3) changing the focus of treatment away from treatment goals, 4) being late, or inconsistent with appointments, 5) not consistently completing therapy homework, 6) engaging in self destructive behaviors, 7) poor sleep hygiene, and 8) using the term "yes-but."

Clinician TIBBs include, but are not limited to, 1) over-focused on change, 2) over-focused on acceptance, 3) inaccurate diagnosis, 4) lack of familiarity about evidence based treatment, 5) poor boundaries, and 6) frequently allows sessions to be drawn off track.

Dr. Springer engaged the audience with his pleasant and warm disposition. He made it clear that the probability of a successful treatment outcome is reduced when TIFs are not addressed; therefore, he encouraged all to be mindful of TIFS when necessary and make the necessary changes.



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.

Media/Marketing/Advertising College Majors- Looking for Volunteers

OCDNJ is looking for student volunteers who wants to get valuable experience by working with a non-profit in the area of general advertising and organizational networking. We need someone who could help to organize a network of people and places throughout the state who would disseminate our brochures and newsletters whenever they are published, several times a year. We need someone who can make contacts with newspapers, local TV and radio shows, New Jersey based magazines, etc. to help with increasing the public's awareness of our existence and our programs. We are in need of many other such projects, and are open to new marketing ideas from those experienced in these areas. Contact Adrienne Freidman at listeninggears123@aol.com.

SAVE THE DATE FOR THE INTERNATIONAL OCD FOUNDATION CONFERENCE

This year the International OCD Foundation's 19th Annual Conference will be held from July 27-29, 2012 in Chicago. It will be held at the Chicago Marriot Downtown, Magnificent Mile. Conference highlights include more than 100 presentations including introductory and advanced programs for individuals and families. Such activities will include: night support groups, a virtual camping trip, kids and teens programs, experiential workshops, professionals can attend pre-conference training on July 26 on "Promoting Treatment Engagement & Managing Non-Adherence in OCD."

Those who should attend include individuals (adults, teens and children) with OCD or any related disorder. Parents, spouses, siblings, children, caring friends or relatives of those with OCD and related disorders. Physicians, nurses, social workers, psychologists, professional counselors, marriage and family therapists, researchers, students and other professionals who provide therapy, support and information to those affected by OCD and related disorders.

For more information or to register, call (617) 973-5801 or visit www.ocfoundation.org. Early bird registration discounts end on June 27, 2012, at 5 p.m. EST.

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 Ina Spero at 732-828-0099 (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 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.

NEW GROUP IN EAST BRUNSWICK

A new group will meet at the East Brunswick Library on Civic Drive (off Ryders Lane). Please email Adrienne at listeningears123@aol.com. The group plans to meet the third Thursday of every month at the East Brunswick Library.

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 Bellero 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.

“ 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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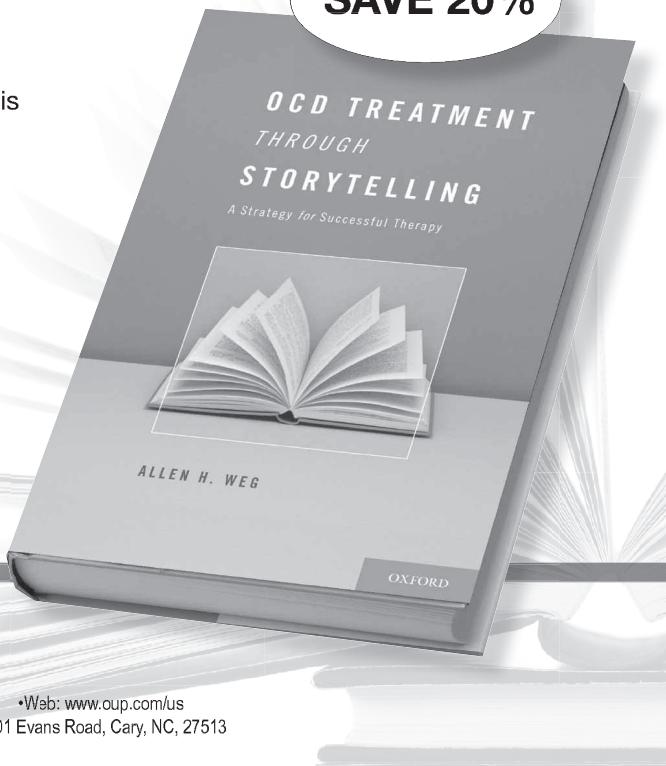
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DIRECTIONS TO OUR MEETING

Our next quarterly meeting, which will take place on **Monday evening, June 11, 2012 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.

NOTICE NOTICE NOTICE NOTICE

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 #)

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