

OCF

## Newsletter

OBSESSIVE COMPULSIVE FOUNDATION

*Every Meeting is a Learning Experience***DECEMBER QUARTERLY MEETING- TEENS RULE!**

*Allison Sorkin is a 17 year old high school senior with OCD from Central New Jersey. She approached NJOCF several months ago and asked if she could help put together something different for one of our quarterly meetings; a panel of teenage kids with OCD who would speak about their struggles, share coping strategies, and take questions from the audience. And that's exactly what we did. Alli has written the following review of that evening's events to share with our readers- A. Weg*

December 8th marked the beginning of a new kind of OCD meeting. Teens both ran and attended this conference, addressing the issues affecting us most. Kicking off the conference, I introduced the panel members Allison (myself), Matt, Laura, and Jan. I next explained that each individual member would be explaining their method of coping with obsessive compulsive disorder. Each speaker shed light on his/her own experiences with obsessive compulsive disorder, ranging from contamination obsessions to intrusive thoughts to school-work.

In addition to addressing their concerns about OCD, every member held unique solutions for coping. One member confronted coping with stress school-wise. She related her decision to take a year off, and take her obsession with work to a lower level. Another speaker addressed

therapy, and talking with others. The variation in types of OCD and coping strategies helped to clarify that although we all have a common disorder, each case is extremely different.

Following the speeches by the panel members, the floor was opened up to the audience. They were encouraged to ask questions to the panel, while responses were given from the point of view of each member. Dr. Weg assisted in questions concerning therapy, and addressed the issues facing someone in dealing with a family member with OCD.

Questions about school, therapists, and familiar roles in OCD were all covered in the hour- long question session. While a plethora of questions remain unanswered in the obsessive compulsive community, we were able to do our part in aiding OCD sufferers and their families.

Overall, the conference was a success; both experiences and coping strategies were shared, helping to shed light on OCD. This conference, although only a first step, has inspired discussion of arranging for more regular OCD teen/kid- focused meetings. The conference goals were more than achieved, spreading awareness about OCD, and helping sufferers realize that they are not alone.

**Dr. Dena Rabinowitz to Speak at Next Quarterly Meeting**

Our next quarterly meeting will be held on Monday, March 15, 2004, from 7-9 PM at Robert Wood Johnson Hospital in New Brunswick (see other section of this newsletter for complete directions). PLEASE NOTE THAT WE ARE MEETING THE THIRD MONDAY OF THE MONTH, NOT THE CUSTOMARY SECOND MONDAY.

Dr. Dena Rabinowitz will present the topic entitled, "Hoarding: A symptom of OCD or a separate entity?" She explains her presentation topic as follows; "Compulsive hoarding is defined as acquiring or saving possessions that have either little or no objective value (but often have perceived value). Individuals who hoard have great difficulty discarding their possessions and their behavior often causes functional impairment and interference for themselves and their loved ones. In this presentation, the various types of hoarding, both as symptoms of Obsessive-Compulsive Disorder and as stand alone problems, will be discussed. The presentation will cover current cognitive-behavioral treatment procedures including exposure and response prevention, as well as organizational skills training. A case example will be presented to help illustrate the intricacies of hoarding behavior and treatment.

Dr. Rabinowitz is a staff member at Bio-Behavioral Health of Great Neck, New York; one of the premier treatment and research facilities for OCD in the country. It is here that she also completed her post-doctoral fellowship. She has conducted research and made presentations regarding a multitude of psychological difficulties, but has concentrated her efforts on the cognitive behavioral treatment of anxiety disorders in children. She has also been involved extensively in neuropsychological testing and in work on PANDAs (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infection), Tourettes Syndrome, and Body Dysmorphic Disorder.



*Allison Sorkin discusses teen OCD.*



*Alli, Matt, Laura, and Jan*

**PRESIDENT'S MESSAGE**



Were you there on Dec. 8th? If not, you missed one of the Affiliate's most lively, interesting and informative meetings, (not

to mention Bobbi Sorkin's goodie's). My sincere thanks to our younger generation who were panelists for the meeting, namely, Alli, Laura, Jan, and Matt.

I hope we can perpetuate this type of meeting yearly, since it reveals the adolescents' comprehension and adjustment to obsessive-compulsive disorder in their everyday lives.

Hope to see you at our Spring meeting.

Ina Spero  
*President*

***Special Thanks to...***

- Mary L. Huber for her very generous donation.
- Bobbi Sorkin for her delicious baked goods which we all enjoyed at our December meeting,
- the many people who have recently contributed to our cause

**NATIONAL OCD FOUNDATION CONTACTS**

OCF  
PO Box 9573  
New Haven, CT 06535

Phone: (203) 315-2190  
Fax: (203) 315-2196

E-mail: [info@ocfoundation.org](mailto:info@ocfoundation.org)  
Internet: [www.ocfoundation.org](http://www.ocfoundation.org)

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**YOU CAN HELP..**

With production cost and postage rates climbing and our mailing list growing rapidly, we would like to mention that any voluntary contribution would aid us to keep this NJ Affiliate Newsletter going.

- Board of Directors

\$

**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, NJ OCF, 60 MacAfee Road, Somerset, NJ 08873.

**Disclaimer**

The information in this Newsletter should not be taken in lieu of proper medical and/or mental health professional services. The Board of Directors of the New Jersey Affiliate of the Obsessive Compulsion Foundation, 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. Again, nothing takes the place of proper medical/mental health professional services.

**NJAOCF MISSION**

The Affiliate is a community of those who have an interest in Obsessive Compulsive Disorder and whose goals are:

- 1) To educate the public and professional communities about the disorder.
- 2) To support individuals afflicted and their significant others.
- 3) To support research into the causes and treatments of this disorder.

**NJAOCF OFFICERS**

Ina Spero - President  
Dr. Allen Weg - Vice President, Newsletter Editor  
Jeanne Yarrow - Secretary  
Julian Spero - Treasurer  
Nicole Torella - Newsletter Editor  
Dr. Rita Roslyn Newman - Advisory Board member

## **A RECENT ADVANCE IN THE TREATMENT OF OCD**

*by David Shannahoff-Khalsa*

The 2003 September issue of *Brief Treatment & Crisis Intervention*, a relatively new psychiatric journal, published by Oxford University Press, has my latest clinical publication: Shannahoff-Khalsa, D.S., Kundalini Yoga meditation techniques in the treatment of obsessive compulsive and OC spectrum disorders, *Brief Treatment and Crisis Intervention*, 3:369-382 (2003). This article reviews my two previous clinical trials and also includes a self-report for brief treatment by a patient. In addition, the entire original OCD specific protocol is described in detail and 5 additional meditation techniques are included that I have found to be very useful for OCD and OC spectrum disorder patients, and other anxiety-related disorders and for depressed patients. The paper is now available at no cost at <http://www.theinternetyogi.com/html/video.html> just scroll down to "clicking here" to obtain it using Adobe Acrobat.

This work was published earlier in the Dec 1999 issue of "CNS Spectrums: The International Journal of Neuropsychiatric Medicine" as a "Randomized Controlled Trial of Yogic Meditation for Patients With Obsessive Compulsive Disorder" funded by the NIH. This trial compared two groups of matched volunteers who agreed to participate in a trial for at least 12 months. Patients were randomized to one of two groups. Group 1 used an OCD-specific meditation from the system of Kundalini Yoga (KY) requiring 1 hour of daily practice. Group 2 used the Relaxation Response and Mindfulness Meditation techniques, each for 30 minutes. At 3-months, due to lack of efficacy with Group 2, the groups were merged to only employ the KY protocol. After 15 months of therapy the mean group improvement showed a 71% reduction in the Y-BOCS. For the 11 patients that completed 15 months of treatment, there were three Y-BOCS total scores of "0", one score of "1", two scores of "5", one score of "6", and one score of each of "11", "14", "15", and "16". Compliance with the protocol proved to be the most important factor in improvement. Half of the patients who were initially stabilized on medication prior to treatment were off medication for a significant number of months prior to study end and also showed marked improvement. Others reduced medication and also improved.

This work was recently presented in May 2003 at the 156th Annual American Psychiatric Association Conference in San Francisco and taught at both the 2001 Denver and 2000 Chicago OCF Annual Conferences and was very well received by approximately 180 and 120 participants, respectively.

There is also a video available that teaches the entire protocol that can also be used on a daily basis (see the URL above).

*David Shannahoff-Khalsa is the Director of The Research Group for Mind-Body Dynamics at the Institute for Nonlinear Science, University of California, San Diego. He can be reached by email [dsk@ucsd.edu](mailto:dsk@ucsd.edu) or by phone 858-534-0154.*

### **Make Your Reservation Now! Annual National OC Foundation Conference July 23 - 25, 2004 in Chicago**

The OC Foundation Conference is being held at the Hyatt Regency Chicago.

This conference is beneficial to all people with an interest in learning more about Obsessive Compulsive Disorder. Workshops will be held covering information of interest to people of all ages, including children and adult sufferers, and supporters, including family members, spouses, psychologists, and psychiatrists.

***For more information on attending the conference,  
contact Ina Spero, NJ OCF President, at (732) 828-0099.***

# EMINEM: A RAPPER'S APPROACH TO FIGHTING OCD

by Allen H. Weg, EdD

For those of you who don't know, Eminem is a popular Rapp star. He doesn't have OCD, but he has the right approach to fighting it, and that is what this article is about.

A while back, Eminem starred in fairly successful movie called, "Eight Mile." In this movie, he plays a poor struggling rapper in a neighborhood slum. The culture of the teenage kids in this neighborhood is depicted quite interestingly in this movie.

It seems that the kids would often congregate in these clubs, actually just large rooms somewhere, where they would crowd in by the dozens. There would be a small stage set up at one end of the room. A sound system was set up on one side of the stage, where one of the local kids would spin records, usually slowing down and speeding up the revolutions of the records with his hand as he played them, creating the background "music" for the Rapp artists.

Kids would fill the place, and watch the rappers perform. The performance, however, was not so much a musical concert, as it was a sort of "musical boxing match." It seems that a rapper was deemed superior if he was better able to "diss," or put down his musical "opponent."

So, it would look something like this: Two rappers would go onstage. One would rap to the other, using put downs and derogatory statements of some kind aimed at the opposing rapper. When finished, the second rapper would then rap back to the first rapper, also putting him down as best he could. Based on the intensity of the crowd applause, it was determined who had won the interchange, and the winning rapper would then musically "mix it up" with the next challenger.

Because this was a small community of kids, they all pretty much knew each other, so that these musical put downs were not general in nature, but rather quite specific to the person being rapped to. For instance, if a girl had

just broken off a relationship with one of the rappers, most everyone in the crowd would have known about it. On stage, the opposing rapper would make sure to work in this information into his Rapp song, suggesting perhaps that the rapper he is musically attacking was not "man enough" to "keep his woman," or some such thing. You get the idea?

So the movie leads up to this ultimate rap contest between Eminem and the leading rapper in town. As he is about to go onstage, one of Eminem's friends praises him, telling him how brave he thinks Eminem is for going up onstage that night, seeing that so many things had happened lately that would give his opponent ammunition against him in this contest. (Eminem's mother, for instance was an alcoholic and was prostituting, but many other things had occurred of which the movie observer, and the community of kids in the movie, knew about).

In the pivotal moment of the movie, we see Eminem ascending to the stage, obviously disturbed by his friend's remarks, and thinking intently as to how he was to resolve the problem of his vulnerability. Surely his opponent knew of his personal shame and embarrassment, and would capitalize on it in his Rapp attack. What's our hero to do?

In a flash of genius, Eminem requests to go first in this exchange. In his Rapp, he chooses not his opponent as the target of his venomous lyrics, but, to the surprise of everyone at the club, he instead chooses himself! He spends his full 2 minutes of allotted time hanging his own dirty laundry, one might say, but his self-denigration is done with a style communicating strength and survivorship, rather than self-loathing. The opposing rapper, now left with nothing to say, since Eminem had already beat him to the punch, is left speechless, and simply acquiesces, leaving the stage. The crowd cheers, and our hero is triumphant.

This paradox is at the heart of the success of Exposure and Response Prevention for the treatment of OCD. If I "beat OCD to the punch" by making my obsession even worse than the OCD originally intended, I leave it with nothing left to do.

An obsession occurs to me that I hit someone with my car while I wasn't paying close attention. Rather than go back and check, or review the ride in my mind in order to reassure myself that I didn't hit anyone, I attack the OCD. I think to myself ON PURPOSE that, yes, indeed, I might have actually hit someone, and blood is perhaps this very moment dripping from the grill of my car which is parked in my garage. The stream of blood has led the police to my home, and at any moment there will be sirens wailing down my street, and it's off to jail I go!

By focusing, elaborating and coloring in the details of my obsession, I leave the OCD with nothing more to do "to me." It is finished, as I have already done it all to myself. The OCD is left with nothing to do but to leave the stage, and I am triumphant!



*Dr. Weg, Vice President of the OCF New Jersey Affiliate, runs an independent practice called Stress and Anxiety Services of New Jersey in the East Brunswick area. He can be reached at his NEW TELEPHONE NUMBER, 732-390-6694, or see his website at [www.StressAndAnxiety.com](http://www.StressAndAnxiety.com).*



Be sure to look for  
Dr. Weg's article in each  
edition of the newsletter!



**OCD on the Web**  
*by Christopher J. Dunn*



Please note that our writer for "OCD on the Web", Chris Dunn, is busy studying to get his law degree. That, together with us giving him a very late notice, made it impossible for him to put together his column for us this newsletter installment. He promises us though, that he will be back for our next newsletter. In the meantime, we are giving you his photo to look at!

To be a part of "OCD on the Web" column, and to help this busy law student out, email your findings of interesting OCD websites to:  
dunnranoldo@hotmail.com

**SAVE THE DATES**  
**FOR THE 2004 MEETINGS!**

The New Jersey Affiliate of the Obsessive Compulsive Foundation will have its quarterly meetings on the following Monday evenings:

**March 15, 2004**  
**June 14, 2004**  
**September 13, 2004**  
**December 13, 2004**

Please plan to join us! Our meetings begin at 7:00 p.m. and will be held at Robert Wood Johnson Hospital in New Brunswick, NJ. We hope to see you there!

**NJOCF Newsletter Now Has a Subscription Fee!**

After careful budget review, the NJOCF has come realize that in order to continue the production and mailing of the quarterly newsletter, we are going to need to charge a minimal annual Subscription Fee. This fee will directly cover the printing and mailing of each quarterly newsletter.

**The Subscription Fee for 2004 is \$5.00.**

In order to continue receiving the newsletter, please either bring payment to the March meeting or return the form below with payment by cash, check, or money order to:  
CNJAOCF, 60 MacAfee Road, Somerset, NJ 08873-2951

We at the NJOCF appreciate your continued support and interest in OCD.

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ E-mail \_\_\_\_\_

# NJOCF Fourth Annual Brunch and Conference

The New Jersey Affiliate of the Obsessive Compulsive Foundation (NJ-OCF) held its fourth annual conference Sunday, October 26, 2003 at the Somerset Marriott. The morning began with a full brunch for all to enjoy. The featured speaker, H. Blair Simpson, M.D., Ph.D., presented "OCD: Biological Basis and Pharmacotherapy Treatment." The conference concluded with an "Ask the Experts" panel featuring psychologists who specialize in the assessment and treatment of OCD.

Dr. Simpson is an Assistant Professor at Columbia University and a Research Psychiatrist at the Anxiety Disorders Clinic of the New York State Psychiatric Institute. She investigates OCD and its treatment through major research and training grants from NIMH and the OC Foundation. The featured presentation was divided into two main talks: the neurological basis of OCD and pharmacotherapy for OCD.

The first part of the presentation focused on brain malfunctioning involved in OCD. Dr. Simpson emphasized that there is more we do not know than we do in the neurological basis of OCD. That being acknowledged, the "big picture" involves malfunctioning of brain circuits such as the caudate nucleus, thalamus, and orbito-frontal cortex. Functional neuroimaging studies implicate these brain circuits, while structural neuroimaging studies in OCD suggest that there may be structural abnormalities in the brain (e.g., smaller volumes in parts of the brain, such as the basal ganglia). In addition, the current neurochemical model of OCD proposes abnormalities of glutamatergic, serotonergic, and/or dopaminergic neurochemical pathways.

The second part of the presentation explored first-line evidence-based treatments for OCD. These include pharmacotherapy for OCD and cognitive-behavior therapy (CBT) involving exposure and response prevention (ERP). When pursuing pharmacotherapy treatment for OCD, Dr. Simpson recommended starting with the selective serotonin reuptake inhibitor (SSRI) medications at higher doses for longer time periods (i.e., minimum of six to ten weeks). If a patient partially responds or experiences no response to the SSRI's, then other pharmacotherapy paths include adding other medications or trying clomipramine (a SRI). Also, Dr. Simpson stressed the use of ERP therapy as a lifestyle change including education and exposure.

The conference wrapped up with an "Ask the Experts" panel featuring Drs. Karen Landsman, Joseph Springer, and Allen Weg. The psychologists possess extensive knowledge and experience with the assessment and treatment of OCD, and they were able to offer various perspectives on audience questions. The questions ranged from a therapist concerned about a client with intrusive thoughts about hurting others, parents of children with OCD inquiring about CBT and prognosis of the disorder, to an adult with OCD sharing the experience of intensive ERP. Drs. Landsman, Springer, and Weg conveyed a sense of hope for those suffering with OCD, and they highlighted the dramatic changes they have seen with clients through exposure and response prevention treatment.

The fourth annual conference was a successful event that was well-attended by professionals and non-professionals. Audience members expressed that Dr. Simpson provided knowl-

edgeable scientific research concerning the biological basis and pharmacotherapy treatment of OCD, and the expert panel of psychologists offered highly informative and practical information. It was a terrific day and well-organized by the dedicated NJ-OCF Board! Stay tuned for upcoming information on the fifth annual conference.



*Selling Entertainment Books!*



*Volunteers Jeanne and Bob Yarrow!*



*Nicole and Nina registering attendees!*



*Everyone mingles and networks at the conference!*

## WANT TO HAVE A SUPPORT GROUP IN YOUR AREA? WE CAN HELP!

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 NJAOCF to help create more of these groups. We at NJAOCF receive several phone calls every month asking for support groups in areas of New Jersey where there are none. Northern counties and southern counties are especially devoid of 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. Local churches, synagogues, libraries, high schools, hospitals, and community mental health centers are good places to find free rooms. If you say you will be working with the NJ Affiliate of the OC Foundation, it might also give you some "clout."

2) Determine the day and time- this will in part be determined by room space availability- no more than twice a month is needed, and once a month is often 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. 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. We will help to put out the word. You can also do your part by letting local mental health professionals and facilities know about the group (sometimes this means going door to door with a flyer). Decide whether this is a group 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 minimum number of 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.- Don't worry if you've never done anything like this before. We will "hold your hand" in the early phases of the group until you feel more comfortable. 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.

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### OCD SUPPORT GROUP ATLANTIC COUNTY AREA

To all who suffer from Obsessive Compulsive Disorder, you are invited to attend a meeting once per month on the last Thursday night at 7:30 p.m. We will meet at the Bacharach Institute for Rehabilitation Conference Room in Pomona, NJ. The Institute is located in the same building as the Atlantic City Medical Center, Mainland Division, which is at 61 W. Jimmie Leeds Road and can easily be found by following the blue "H" signs (Hospital) on the White Horse Pike, which is also Route 30. Use the main entrance to the hospital and take the right corridor to the end. Make a right and then the 2nd left. The Conference Room is about 50 feet ahead on the right. We expect to have guest speakers from time to time, but mostly it will be a gathering of people who, like you, suffer from OCD. The

dress is casual, the format is informal, and no one is expected to share if they choose not to do so. You may come and just listen to others, if you wish, and you may bring a relative, if desired. Please contact Wayne at (609) 266-3666 with any questions.

#### **CHANGES TO SUPPORT GROUP MEETING IN BOONTON**

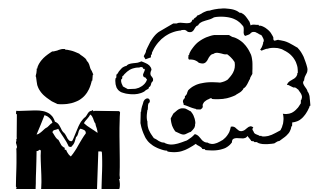
The support group that meets in Boonton, New Jersey will now be meeting on the second and fourth Wednesday of each month at 7:30 p.m. For information on this support group, the phone number has changed to (973) 827-6818.

### OCD SUPPORT GROUP NOW IN MARLTON, NJ

The Marlton, New Jersey, Obsessive Compulsive Support Group meets on the **second** and **fourth Mondays** of each month from 7:00 to 9:00 p.m. It meets in the Scarborough Room, Virtua-West Jersey Hospital, Marlton, 90 Brick Road, Marlton, New Jersey.

This group is for those with OCD and OCD spectrum disorders and their families. There is no fee to attend.

For more information on this Support Group, please contact Betty Beach at (856) 751-1957.



# WAYS TO SUPPORT NJAOCF

## NJAOCF VIDEOTAPES

We videotape our annual conferences and the speakers from our quarterly meetings, and provide copies of them to anyone interested. All moneys charged are pumped back into NJAOCF to help defray the costs of the organization. The following are videotapes now available for purchase and pickup, or delivery:

"Red Flags, Relapse, and Recovery," Jonathan Grayson, PhD	\$15.00_____
"Families and OCD: How to Coexist," Elna Yadin, PhD	\$15.00_____
"Flying Towards the Darkness", NJAOCF First Annual Conference: Parts 1 & 2 (combined discount price)	\$25.00_____
"Flying Towards the Darkness"- Part 1 only, Allen H. Weg, EdD, NJAOCF 1st Annual Conference	\$15.00_____
"Flying Towards the Darkness"- Part 2 only: The OCD Panel, NJAOCF 1st Annual Conference	\$15.00_____
"Generalized Anxiety Disorder and OCD", David Raush, PhD	\$15.00_____
"OCD Spectrum Disorders", Nancy Soleymani, PhD	\$15.00_____
"Living With Someone With OCD...", Fred Penzel, PhD, Part I- NJAOCF 2nd Annual Conference	\$15.00_____
"The OCD Kids Panel" Part II- NJAOCF 2nd Annual Conference	\$15.00_____
NJAOCF- 2nd Annual Conference, Parts I and II	\$25.00_____
"Panic and OCD", Allen H. Weg, EdD	\$15.00_____
"Medications and OCD", Dr. Rita Newman	\$15.00_____
"OCD", Dr. William Gordon	\$15.00_____
"You, Me, and OCD: Improving Couple Relationships", Harriet Raynes-Thaler, MSW, ACSW	\$15.00_____
"Freeing Your Child from OCD", Dr. Tamar Chansky, Part I - NJOCF 3rd Annual Conference	\$15.00_____
"The Parents Panel of Kids with OCD" Part II - NJOCF 3rd Annual Conference	\$15.00_____
NJOCF - 3rd Annual Conference, Parts I and II	\$25.00_____
"Neurobiology of OCD," Dr. Jessica Page	\$15.00_____
"Getting Past Go", Dr. Allen H. Weg, EdD	\$15.00_____

Add \$3.95 each for S & H: \_\_\_\_\_@ \$3.95 ea\_\_\_\_\_

Your Total cost: \_\_\_\_\_

Send check or money order, made out CNJAOCF, and mail to: CNJAOCF, 60 Mac Afee Rd, Somerset, New Jersey 08873-2951  
Questions? Call Ina Spero at 732-828-0099

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_



# DIRECTIONS TO OUR NEW MEETING LOCATION!

Our next quarterly meeting, which will take place on *Monday evening, December 8, at 7:00 p.m.* The location is: **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:**

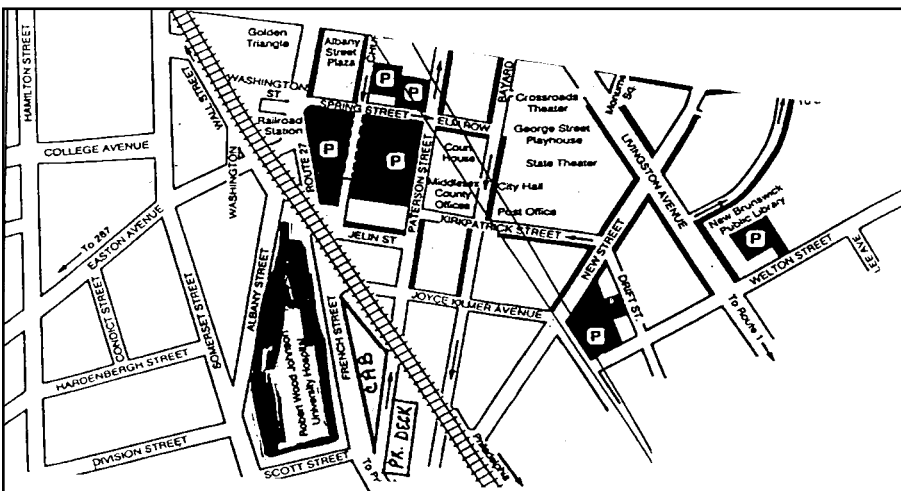
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking 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.



**Parking is also available by the Clinical Academic Building (CAB)!**  
 Parking at the CAB is provided by the New Brunswick Parking Authority in the Paterson St. Parking Deck (across from the CAB). To park in this deck you have to access it via Paterson St. From Rt. 287N, make right onto Paterson St. From Rt. 287S, make a left onto Paterson. From the Turnpike, take exit 9 to Rt. 18N, exit at Rt. 27S (towards Princeton), pass the train station and CAB is on left. After it, make sharp left onto Paterson St. Parking deck is on right. For Rt. 1N or S follow directions above from Rt. 18. For Garden State Parkway, follow directions above from Turnpike.



# Professional Directory

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.

Phone & Page: (732) 390-6694 Fax: (732) 390-6617

**JESSICA PAGE, PSY.D.**  
LICENSED PSYCHOLOGIST

**Stress and Anxiety Services  
of New Jersey  
Allen H. Weg, EdD**

440 S. Main St.  
Milltown, NJ 08850

NJ Lic Psychologist #2720  
www.StressAndAnxiety.com

PSYCHOTHERAPY AND ASSESSMENT

241 CENTRAL PARK WEST  
SUITE 1D  
NEW YORK, NY 10024  
212-874-8180

Telephone (908) 273-6164  
Fax (908) 277-1439

**HARISH K. MALHOTRA, M.D.**

Diplomate American Board Psychiatry & Neurology

Suite 212  
Medical Arts Center  
33 Overlook Road  
Summit NJ 07901

Email: Nanabhai@Pol.net  
www.malhotra-md.com

Telephone: (856) 482-5860  
e-mail: daraush@aol.com

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Stratford, NJ 08084  
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2 W. Northfield Rd., Suite 305  
Livingston, New Jersey 07039

Tel: (973) 379-7588

Fax: (973) 379-1868  
E-Mail: DrRNewman@aol.com

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