



Quarterly Newsletter

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Dr. Turovsky Presents at Quarterly Meeting by Dr. Cindy Haines

On Monday, December 12, 2011, Dr. Julia Turovsky presented at the quarterly meeting of OCD New Jersey. Dr. Turovsky is currently in full time private practice in Millburn, New Jersey and has been treating patients with anxiety disorders for over 20 years. She is the former associate director of the Anxiety Disorders Clinic at Rutgers University. She has given several presentations and has published various articles in the area of anxiety disorders and OCD. Dr. Turovsky has been involved in the development of empirically validated treatments for anxiety disorders.

She has also supervised students in the assessment and treatment of mental health disorders. Dr.



Turovsky received her undergraduate training at Rutgers University and her graduate work at SUNY Albany, under the guidance of Dr. David Barlow, a premier researcher in the field of anxiety disorders.

Dr. Turovsky's presentation was entitled "OCD Across the Lifespan." Childhood, adolescence, adulthood and advanced age each bring a unique set of developmental milestones. In childhood, children start becoming better at thinking. They become more logical and improve in their ability to interpret cues from others. They begin to develop a self-concept and begin comparing themselves socially to others. Children begin taking on personal responsibility for their behaviors. Dr. Turovsky said "they start to describe themselves to themselves," identifying feelings such as pride and guilt. Suffering with OCD

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Next Quarterly Meeting: "When Treatment Gets Stuck: Assessing and Addressing Treatment Interfering Factors"

Our next meeting is Monday, March 12, 2012, at 7:30 p.m. in Robert Wood Johnson Hospital in New Brunswick. Look towards the back of this newsletter for directions.

We are pleased to welcome back Joseph Springer, Ph.D. at our next quarterly meeting as an encore presenter. Dr. Joseph 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 (the training arm of the International OCD Foundation).



Dr. Springer writes about his upcoming presentation: "It is not unusual for treatment to become stuck, with a lack of progress towards therapeutic goals that frustrate both the consumer and clinician. This presentation is designed to help those involved in treatment identify Treatment Interfering Factors (TIFs) and develop a plan of action to 'recalculate' a course correction in order to get back on track."

Join us for what we expect will be an informative and helpful presentation. Remember, these meetings are designed for both professionals and consumers, so presentations are geared towards the needs of both groups. Hope you can make it!

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:

It's never too late to wish everyone a Happy (though belated) & Healthy NEW YEAR. May 2012 bring each of you what ever you wish for.

From July 27th-29th the International OCD Foundation's Conference will be taking place in Chicago (the windy City!!).

A city that offers spectacular interests for people of all ages. This, plus the wonderful interest of attending the Conference, should prove to be a memorable Summer experience for all, and we certainly look forward to meeting you there.

In the meanwhile, Keep Warm for the remainder of the Winter, and we hope to see you next at our March Meeting on March 12th, 2012, at 7:30 p.m. at RWJ Hospital in New Brunswick.

Sincerely,
President Ina Spero

NATIONAL OCD FOUNDATION CONTACTS

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Any Comments?????

The staff of the Newsletter encourages all comments on our published articles. Also, any letters and articles, which you wish to submit for our quarterly publications, are welcome. Please submit them to, 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"

After several years of serving as Recording Secretary for OCD New Jersey, our dear friend, Judith Cohen, has decided to step down from her position on the board. Judy notified us that her life has gotten very busy and feels she can no longer hold this responsibility for our organization. We acknowledge and support her decision, but will miss her. She promises to continue to help Nikki with various responsibilities at our Annual Conference, and we plan on taking her up on her offer. Thank You!!

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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Train in the Backyard (What is “Acceptance” in OCD treatment?)

by Dr. Allen H. Weg

A co-worker invites you and your spouse over to her home for dinner with her family for the very first time. She lives in a very attractive neighborhood, and her house and backyard are likewise very appealing but with one exception: she lives right next to the tracks of a major railroad line. Her property line literally goes right up to a chain link fence, and just on the other side of the fence lie the tracks.

You are all sitting at the dining room table. It is late spring, and the windows, which face the back yard, are wide open. Somewhere between the main course and dessert, a train comes rolling by. The whole house shakes. You can hear the crystal vibrating in the china cabinet, you can see the water shaking in your water goblet, and you can feel the vibrations running through the floor boards and into your feet as well as through the chair in which you are seated, vibrating your entire body. It is very loud.

You are in the middle of a conversation with your co-worker's spouse, and when the train runs by, the spouse, who had been talking to you from across the table, begins to talk more loudly, almost as if he were yelling, in order to finish his point. Other than this adjustment, there is no change whatsoever in the family's behavior. The kids continue eating, your co-worker passes one of the serving platters to your spouse, and no one seems to react at all to this major intrusion. You look at your spouse, eyes blazing with surprise, as if to say, “Can you believe this?” and she looks right back at you, with an expression conveying a combination of shock, surprise, and amusement.

You are very shaken up. You are taken by surprise at the intensity of the train rushing past and are essentially speechless for what must be at least thirty seconds after the train has gone by.

“Does that happen often?” you finally ask the family. Your co-worker looks at you with a confused expression, and then, slowly, reveals a slight, embarrassed smile.

To your astonishment, she says, “Oh, did the train just pass?” You look around the table and can see that her entire family is likewise seemingly oblivious to what had just happened.

“You mean you didn't hear it?” you ask, incredulously.

“I... guess... I... did,” comes the answer, at first slowly, as if she had to think about it, “but we've just learned not to pay attention to it.”

Not pay attention to it?! How in the world could they not pay attention to it?! Further questioning reveals that, while your co-worker and her family members had actually been aware that the train had indeed passed, they were not truly conscious of it. If asked, “Did a train go by the house while you were eating dinner?” they would have each most likely responded, “I think so.” They have learned to “tune out” this very disruptive event of a train rushing by their home, an

event that stimulated the senses of sight and touch as well as the obvious one of sound. They even had adjusted their behavior, in particular the spouse raising his voice to accommodate the noise, and yet still were apparently unaware of the train passing by.

Sometimes in the treatment of OCD, clients may find themselves at a point in treatment where they have worked hard at exposure therapy and have found that they can successfully control their behavioral compulsions, but they also find that the obsessions, to some degree, continue. There is sometimes the experience of frustration, or even depression, as a result of the realization that even if they can prevent themselves from engaging in washing, checking, or some other compulsive behavior, their obsessive thoughts might continue indefinitely, and might even be omnipresent.

It is important to note that as a matter of course this is not always what happens during ERP treatment. Very often, a reduction or cessation in behavioral compulsions will be followed by an actual reduction in the experience of obsessions; sometimes even the entire elimination of them. But in some cases, the obsessions persist. And it is here where the person with OCD becomes frustrated. During these times, it is important to remember that with time, most anyone can learn to better ignore the “OCD Train” as it passes through the mind. Even if it is not just background noise, even if it makes a significant racket, it need not detract from the experiences in which one is engaged, it need not interrupt the activities in which one is involved.

People can and do get used to just about anything. People not noticing a train passing by their backyard as they sit less than 100 feet away at their dining room table illustrates the extent to which this is true. For those with OCD who struggle with residual obsessional symptoms even after successful OCD behavioral treatment, this story serves as an excellent illustration that they need not be distracted or impaired by their remaining symptoms.



Dr. Allen Weg, Vice President of OCD New Jersey, is executive director and founder of Stress and Anxiety Services of New Jersey in East Brunswick. This story is included in Dr. Weg's book entitled, "OCD Treatment Through Storytelling: a strategy for successful therapy," published by Oxford University Press.

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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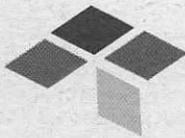
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What's My Line?

By Richard Friedman

Why did I get off that proverbial line? This line could be one that waits for us to find throughout our entire lives. I think about this line quite often.

I believe I was just waiting for the line to take hold of me and say okay let's take you to the next level. I guess I didn't open my eyes wide enough.

If you see a line somewhere or imagine one try and grab hold of it. Take advantage of these opportunities. I was and have been busy jumping from line to line that eventually everything around me began to take another shape perhaps round. That's not right. What happened? Many of my friends chose a good line, stayed on the right path and excelled.

I believe my OCD took over and pulled me elsewhere. I've been asking for some time now why didn't you stay on that same good line. I decided and choose to zig zag. That's what the OCD does to me. I zig zag from one ritual to another. Fortunately for me many of the rituals have found their own line. The current ones are being looked into. Okay. Now everybody line up!!

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 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.

"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

NJ OCF - 9th Annual Conference, Parts I and II

"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.

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may impact how successfully these milestones are navigated, impairing the thinking process. For example, for children between the ages of 6 and 12, childhood is a time of exploration and measuring oneself against others. A child with OCD may have difficulty navigating the change process occurring at this time. At this stage of life, children make play dates and attend sleepovers at friends and relatives. A child with OCD may refuse to sleep over anyone's house or play at a house other than his own. Children may be obsessing that "something terrible" may happen to a member of their family if he/she is not there (magical thinking). Or, perhaps the child is afraid of contamination and is afraid to eat or touch anything at a friend's house. Compulsive ritualizing such as hand washing may keep a child from wanting to leave home. OCD can affect self-concept, causing the child to wonder, "Who am I?" or "What is me and what is my OCD? Children may develop an inflated sense of responsibility, taking blame for the illness of a family member or the death of a family pet.

A child suffering with OCD could actually regress during this time, as frustration and anger interfere with the ability to focus on others for social cues. Children can have a difficult time regulating their feelings, usually taking out their anger on parents and siblings. Children may have a hard time "fitting in," appearing immature in comparison to peers.

Dr. Turovsky also discussed how OCD can be confused with Attention-Deficit Hyperactive Disorder. A teacher may notice a child who is not paying attention in class and inaccurately believe this is an issue related to ADHD. However, the child may actually be performing mental rituals in an attempt to stop the "scary thoughts." OCD can interfere with the cognitive process as the child becomes unable to focus on the lessons in class.

During the adolescent years of 13 – 17, children begin to think abstractly. They become more self-conscious and begin "thinking about thinking." During this stage of development more time is spent with peers, and the search for an identity begins. An adolescent suffering with OCD may not want to be with peers. He/she may have severe separation anxiety from parents. At this stage, adolescents usually begin individuating themselves, developing thoughts and ideas different from their parents. The adolescent may have to struggle with the normal developmental need for independence and the fear and anxiety of separation, as the family can provide a "safety zone" for the rituals and obsessions inherent in OCD. An adolescent with OCD may miss out on school activities, such as class trips and the prom. Social development can be seriously impaired during this time. Peer pressure can negatively impact the adolescent. He/she may feel "different" from everyone else and begin isolating themselves from social situations. It can be difficult to speak about OCD, and the teenager may choose silence and avoidance rather than face ridicule.

It is during the time of adolescence that some teenagers can experience intrusive thoughts concerning sexuality, and have difficulty separating what is real from what is the OCD. Fears concerning sexuality may lead to isolation from peers. As young adulthood approaches, finding one's niche

and dreams become the focus of development. Milestones include independence, a need for intimacy and developing strong work ties. Someone suffering from OCD may feel unable to move out of the house and be unable to attend college. He/she may be afraid of developing intimate relationships for fear something "bad" could happen.

As the 30's and 40's approach, challenges in establishing intimate relationships can continue and dating during this time can be significantly impaired.

Older adults face additional challenges. At this stage of human development failing health could be a problem. Also, older adults may have regrets about life accomplishments. The "empty nest" syndrome may leave too much time for rumination over personal disappointments.

Dr. Turovsky discussed the importance of treating the presenting problem. Negotiating developmental milestones is a challenge for us all, and for those who suffer from OCD the battle can be even greater.



Dr. Cindy Haines is a licensed psychologist at Stress and Anxiety Services of NJ in East Brunswick. She may be reached at Cindy.Haines@StressAndAnxiety.com or (732) 390-6694.

VOLUNTEERS NEEDED

OCD NJ is always looking for volunteers. You can help in so many ways, such as distributing information on the organization by delivering newsletters to area doctors and schools. Volunteers are needed to help with marketing, the mailing of the quarterly newsletter, and to help find future sponsorships, including grants. If you are interested in getting more involved, in any way, please contact Ina Spero at (732) 828-0099.

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 every body-we recommend the latter- friends, family, and children with OCD.

4) Once you have a few people- 5 is enough to get started, let us know. We will give you some guidelines about how to run the group, provide you with handouts that you can give to members of the group, and answer questions that you may have regarding the mechanics of how to facilitate group discussion. **WE ARE HERE TO HELP!**

5) If you have any questions of a clinical nature regarding running or forming a group, you can phone Dr. Allen Weg at 732-390-6694.

PARENT SUPPORT GROUP IN WEST WINDSOR

A Parent Support Group has been started in West Windsor. The group meets the first Tuesday of each month at the West Windsor Library from 12:00 to 1:30 p.m. For more information, please contact Carey Bloom at 609-275-5487.

NEW TRICHOTILLOMANIA GROUP FORMING IN MERCER CTY/CENTRAL NJ

Looking for women of all ages to participate in a self-led support group. I recently moved from the Boston area, where I was in a support group for fifteen years. The group was immeasurably helpful to me on many levels, and gave all members the rare and wonderful opportunity to help each other live with this challenging disorder. I can't overestimate the benefits of peer support and the freedom to discuss personal issues with women who share them. Please contact me at mercertrich@yahoo.com.

PARENT SUPPORT GROUP IN RANDOLPH

A new support group for the parent's of adolescents is forming in Randolph. For more information, please call Terry or Claire at (973) 366-3564

FIND A GROUP FOR YOU!

BDD GROUP IN ROSELLE PARK

A support group for body dysmorphic disorder (BDD) is in the Roselle Park area. If you are interested in participating in this group, please call Bob at home at (908) 298-1777 or on his cell at (908) 247-8282.

GROUP IN HOWELL

A support group is in the process of being formed in Howell. It will be held every Wednesday from 8:15 to 9:45 p.m. at Southard Grange #218, 4860 Hwy 9 South, Howell. For questions, call Ron L. at (848) 702-5044.

S. JERSEY/PHILADELPHIA TRICHOTILLOMANIA

The South Jersey/Philadelphia Trichotillomania support group is a free meeting for children, adolescents, and adults living with trichotillomania. Family members are also welcome. This therapist-assisted group is led by members of the Trichotillomania community. This is not a therapy group, but a venue to share experiences and connect with others. Dr. Deibler will be present at meetings as a facilitator and to answer questions. If you are interested in learning more about the group, please contact Dr. Deibler at (856) 220-9672. Meetings are held on the first Saturday of each month from 10:00 to 11:00 a.m. in Cherry Hill.

NEW GROUP IN EAST BRUNSWICK

A new group will meet at the East Brunswick Library on Civic Drive (off Ryders Lane). Please call Adrienne at (908) 672-1927 or e-mail 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 Bellerio at (609) 259-2004 or e-mail ocdteenmercer@verizon.net.

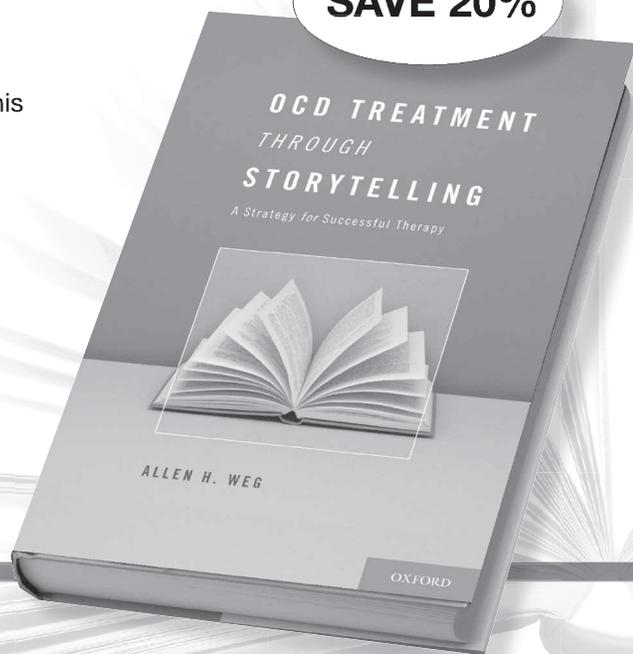
NIT-PICKING

Let's Talk....If that is what you are doing, then let's get together and talk about it. We can support one another : Looking to start a support group for Dermatillomania (skin picking), in the East Brunswick area. We could meet once a month and share our experiences with each other. Let's try and make this work, so maybe we can help one another toward a healthier lifestyle. Please feel free to contact me: Deborah Frost...732-613-8538.

“ 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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DIRECTIONS TO OUR MEETING

Our quarterly meetings, are held 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.

