

## Living with OCD Panel: Featuring Mothers of Children with OCD

By Dr. Rachel Strohl

On Monday, June 9, 2008, a panel of mothers spoke about their experiences having children with OCD at the New Jersey Obsessive Compulsive Foundation (NJOCF) quarterly meeting. The mothers each shared their stories of how their children were diagnosed with OCD and received various treatments, and then audience members interacted with the panelists during a question and answer session.

These are the four women's stories:

A) A mother of a seven year old son was diagnosed with OCD two years ago. She and her husband noticed their son was asking the same questions over and over again, and demanding the answers in the same way or he would get very upset and frustrated. The boy reported "something didn't feel right," and he would have to repeat an action repetitively (e.g., tying and untying shoelaces) until he relieved the bad feeling. He received cognitive behavioral therapy (CBT), which taught him to externalize the OCD and boss it back. The parents used a reward program to reinforce the therapy at home. Presently, his OCD symptoms are mild, and she is proud that her son has learned to accept and challenge his OCD.

B) A mother of a nine year old daughter noticed that when her daughter was in second grade, she couldn't stop blinking and it was diagnosed as a tic. She developed other behaviors, which were later diagnosed as OCD rituals, such as touching the right side and then needing to touch the left side. Since the mother was a licensed clinical social worker, she expressed feelings of guilt that she "should have known." The mother reported feeling fortunate to receive exposure and response prevention (ERP) therapy. She also shared a negative experience at school when a teacher threw her daughter

## Next Quarterly Meeting: A Specific Obsession Examined

Our next quarterly meeting will take place on Monday, September 8th at 7:30 PM. It will be held at the usual place at Robert Wood Johnson Hospital in New Brunswick. Find directions and a map towards the back of this newsletter. Dr. Monica Terwilliger Williams will be speaking on, "Homosexuality Anxiety: A Misunderstood Symptom of OCD."

Dr. Terwilliger Williams practices at the Center for the Treatment and Study of Anxiety, Pennsylvania School of Medicine in Philadelphia. She is an Assistant Professor at in the Department of Psychiatry at U of P, and has contributed multiple book chapters and published multiple academic publications. She recently contributed a chapter to book, "Leading-Edge Health Education Issues," in which she explored the topic that she will be discussing at our meeting.

Dr. Terwilliger Williams explains in her own words, "Homosexuality concerns are a common symptom [of OCD] that may go unrecognized by professionals who are not well versed in the assessment of OCD. The talk will focus on the phenomenology of homosexuality anxiety, how to distinguish this form of OCD from sexual identity crisis, real examples, and using Cognitive Behavioral Therapy for treatment."

Please consider coming to this meeting, even if yours or your family members' OCD is not of a sexual identity nature. The understanding of this phenomenon, and an in depth review of its treatment will provide important information for people with OCD who may be struggling with many different types of obsessional concerns.

## YOU VOTE: Should We Change Our Meeting Location?

For several years now, we have held our quarterly meetings, which take place on the 2nd Monday evening of the months of March, June, September, and December, at Robert Wood Johnson Hospital in New Brunswick. People have sometimes complained that parking is difficult, negotiating traffic in New Brunswick makes them uncomfortable, and there is a long and convoluted walk from the place you park to the meeting room. People who support this location say that they are happy with the central location, as it is right off of Route 18, and near Route 1 and the NJ Turnpike.

We have been considering changing our venue. Specifically, we have looked into the East Brunswick Library, which is about 15 minutes from New Brunswick. The parking is close and plentiful, the surrounding area is more attractive and subdued, and the library itself is a more intimate environment. While we would not offer our regular selection of coffee and goodies, the library has a snack bar with smoothies and sandwiches and snacks just a few feet outside of our meeting room, and will be open during our meeting time. On the other hand, the library is off of Cranbury Road in the center of East Brunswick, and is a couple of miles off route 18. Still, some believe the drive is more direct and less stressful.

Please let us know what YOU think. But don't wait too long, as we will be making this decision soon, and this will affect the December meeting (which we already have reserved at the library.) Write Dr. Allen Weg at [AllenWeg@aol.com](mailto:AllenWeg@aol.com) to let him know your opinion. We will take very seriously the responses which we receive. If you do not contact us, we will not know what you want. Thanks!

*continued on page 5*

**"A Couples-Based Approach to the Treatment of OCD"**

See Dr. Jonathan Abramowitz at the  
**NJ OCF Ninth Annual Conference**  
Information on Page 3!

## PRESIDENT'S MESSAGE



Dear Friends:

I hope everyone was able to enjoyed the unusually warm Summer, and look forward to a bright Autumn season, with much in store from the NJ OCF.

Our NJ Affiliate is now in its 10th year, and I sincerely hope that this organization has helped many of you during these past years. OCD is the 4th most common mental illness affecting many lives. Of course we realize that we still have a long road ahead of us in meeting the challenge of bettering the lives of the OCD sufferers, together with their families and significant others.

I look forward to seeing all of you at our upcoming Fall Meeting on September 8th, at Robert Wood Johnson Hospital, and of course, at our Annual Conference on September 14, 2008. It will be held at the Double Tree Hotel in Somerset, includes a full brunch, and will prove to be a most informative day!

Sincerely,  
*President Ina Spero*

## **ATTENTION! ATTENTION!**

The NJ OCF telephone hours are  
9:00 a.m. to 9:00 p.m.  
(732) 828-0099

## CONDOLENCES

The NJ OCF would like to extend its sincere condolences to:

Barbara Tanz, on the passing of her husband, Ira, who served as the organization's voluntary accountant.

Beverly Roberts, on the passing of her husband, Dr. Albert R. Roberts, Rutgers professor and author. Beverly has volunteered her time to the NJ OCF during many past years at our Annual Conference.

## NATIONAL OCD FOUNDATION CONTACTS

OCF, Inc.  
PO Box 961029  
Boston, MA 02196

Phone: (617) 973-5801

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,

### **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 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, 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.

### **NJ OCF 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.

### **NJ OCF OFFICERS**

Ina Spero - President  
Allen Weg, Ed.D. - Vice President  
Judy Cohen - Secretary  
Rachel Strohl, Psy.D. - Recording Secretary  
Julian Spero - Treasurer  
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# The New Jersey Affiliate of the Obsessive Compulsive Foundation

presents our Ninth Annual Conference...

## “A Couples-Based Approach to the Treatment of OCD”

by Dr. Jonathan Abramowitz

plus

“Living with OCD” Panel, with those who deal with OCD every day

Sunday, September 14, 2008, Doubletree Hotel, Somerset, NJ

### SCHEDULE

10:00 - 10:45	Registration, Brunch opens
10:45 - 11:00	Welcoming Remarks, NJ OCF Board of Directors
11:00 - 1:30	Dr. Abramowitz's Presentation (includes break time)
1:30 - 2:50	“Living with OCD” Panel, Dr. Allen H. Weg, Moderator
2:50 - 3:00	Closing Remarks, Ina Spero and Dr. Weg

### OUR PRESENTER

NJ OCF is thrilled and honored to have Dr. Jonathan Abramowitz as our headline speaker at our next annual conference. Dr. Abramowitz is Associate Professor in the Department of Psychology at the University of North Carolina at Chapel Hill. He is also Associate Chair of the Department of Psychology and Director of the Anxiety and Stress Disorders Clinic at Carolina. Before moving to North Carolina in 2006, Dr. Abramowitz was Director of the OCD/Anxiety Disorders Program at the Mayo Clinic in Rochester, Minnesota.

Dr. Abramowitz received his Ph.D. in Clinical Psychology from the University of Memphis and completed his predoctoral internship training at the Eastern Pennsylvania Psychiatric Institute in Philadelphia, PA. He completed a postdoctoral fellowship at the University of Pennsylvania Center for Treatment and Study of Anxiety, also in Philadelphia. He has authored or edited 5 books and more than 100 research papers, book reviews, invited commentaries, and book chapters, mostly in the areas of cognitive-behavior therapy (CBT), obsessive-compulsive disorder (OCD), and other anxiety disorders. Here is a description of Dr. Abramowitz's presentation in his own words:

“Many people with OCD have close interpersonal (e.g., marital) relationships. Although often a means of support, these relationships can negatively impact the course of OCD and the outcome of cognitive-behavioral therapy (CBT). Relationship dissatisfaction, for example, serves as a stressor that can make OCD symptoms worse. Even if a couple does not seem to be having relationship problems, some types of behavioral patterns between partners can maintain OCD symptoms and interfere with CBT. Examples include a spouse who willingly engages in avoidance of certain “contaminated” areas to appease his partner with OCD, and a girlfriend who willingly provides reassurance to her partner when repeatedly asked questions about obsessional fears. Because such behaviors prevent the affected individual from overcoming OCD, they should be addressed in CBT. At the University of North Carolina, we are presently developing a couples-based CBT program for OCD. In my talk, I will first describe ways in which maladaptive couple behaviors can interfere with CBT. Next, I will describe how we are working to enhance CBT for OCD using couple therapy strategies that facilitate exposure therapy and promote new learning for the partner with OCD.”

The second part of the program, entitled, “Living with OCD,” will consist of a panel of those affected by OCD, who will each briefly speak about their experience and then take questions from conference attendees. This will be moderated by Allen H. Weg, EdD, Vice President of NJ OCF.

CEU Credits for Social Workers and CEH Credits for Educators, pending approval of NJ State Board of Social Work Examiners and NJ Department of Education

### REGISTRATION FORM

Advance Registration (before 9/1/08) - \$65

Late/On-Site Registration - \$75

CEU Credits - Advance Registration - \$75

CEU Credits - Late/On-Site Registration - \$85

Student Fee (full-time with proper I.D.) - \$25

### CREDIT CARDS ARE NOT ACCEPTED

Includes full brunch • kosher meals available with advance registration only  
No confirmation of registration will be sent

Name \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

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

Daytime phone: ( ) \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Mail checks payable to:

NJAOFCF

60 MacAfee Road, Somerset, NJ 08873

Questions: Call Ina Spero (732) 828-0099

### DIRECTIONS

Doubletree Hotel

200 Atrium Ave., Somerset, NJ 08873

Phone: (732) 469-2600

### From Route 287 - Traveling North:

Take exit 10 (Rte. 527). Follow Route 527 North to the first traffic light and make a left onto Davidson Avenue. Then make a left onto Atrium Avenue.

### From Route 287 - Traveling South:

Take exit 10 (Rte. 527). At the bottom of the exit ramp, get immediately into the left lane, and make a left hand turn. Once you have turned left, go straight (bearing to your right - 527 North) to the first traffic light, and make a left onto Davidson Avenue. Then make a left onto Atrium Avenue.

### From NJ Turnpike:

Take Exit 10 to Route 287 North directions above.

### From Garden State Parkway:

Take Exit 129 to Route 287 North directions above.

# **2009 ENTERTAINMENT BOOKS ON SALE NOW!**

The NJ OCF is now taking orders for the new 2008 Entertainment Book. This is our major fundraiser for the year and part of the proceeds go to the NJ OCF. You will save with **“Two-for-One”** and 50% off discounts at hundreds of great names you know in your area.

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**UP TO 50% SAVINGS** on all the things you do!

***“Entertainment” - The book that pays for itself!***

2009 Entertainment Books will be available for purchase at our Ninth Annual Conference, but to purchase one right now, please contact Ina Spero at (732) 828-0099.

No matter where you live in NJ, there is an Entertainment Book just for you! They’re specifically designed to give you the most convenient opportunities to save on dining, sports, theater, movies, travel, and more -- right in your area.

**#52 - NORTH/BERGEN - \$25**

Bergen and Passaic Counties, the Hudson County and Waterfront, and surrounding areas.

**#26 - NORTH/ESSEX - \$25**

Essex, Hudson, and Union Counties, highlighting eastern Morris County and surrounding areas.

**#93 - NORTH/MORRIS - \$25**

Morris, Sussex, Warren, Northern Hunterdon, Northern Somerset Counties and surrounding areas.

**#48 - CENTRAL/MIDDLESEX - \$25**

Middlesex, Somerset, Hunterdon, and Southern Union Counties and surrounding areas.

**#94 - CENTRAL/MONMOUTH - \$25**

Monmouth, Ocean, Mercer, Southern Middlesex Counties and surrounding areas.

**#76 - NJ SOUTH - \$25**

Cape May, Atlantic, Burlington, Camden, Gloucester, Salem, and Cumberland counties.

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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

Book #: \_\_\_\_\_ Quantity: \_\_\_\_\_    Book #: \_\_\_\_\_ Quantity: \_\_\_\_\_    Book #: \_\_\_\_\_ Quantity: \_\_\_\_\_

Include \$3.50 per book for shipping fee.

Total Enclosed: \_\_\_\_\_

Name \_\_\_\_\_

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

## Living with OCD Panel...

*continued from page 1*

out of class for "behavior problems." The mother educated the school that OCD is a neurological disorder, not a behavior disorder, and there are more beneficial ways to respond to her daughter's actions.

C) A mother of an eight year old daughter realized her daughter kept checking "if mom would die" when she was three. At age four, she was diagnosed with generalized anxiety disorder and separation anxiety and received "sand therapy, which was not helpful." By five years old, she was asking her mother "strange, intimate questions . . . and confessing everything." She was diagnosed with OCD with sexual obsessions and began CBT and a psychotropic medication, a type of SSRI. The mother described the psychiatrist taking her off the medication after about two years, but within several months, her daughter requested the medication because she "couldn't live with the thoughts." Her mother proudly described her as "the bravest human being I know."

D) A mother of a sixteen year old daughter described how her daughter has been severely debilitated by perfectionistic OCD since she was nine years old. She has worked with many therapists, but since her daughter "refused to do the work" of ERP, she has maintained her severe OCD symptoms. She explained that her daughter has "tried all the medications and they didn't work for her." Her daughter has been in two hospitals specialized to treat OCD and is being admitted to another one at the end of the month. Currently, her daughter is in a resource room at school but doesn't read or write because of her symptoms. The mother described the struggle with OCD as "tough, but we're hanging in."

It was clearly evident that the audience members were emotionally moved by the panelist's personal stories of their children. Many people asked thoughtful questions regarding many of the topics in their stories, such as therapy, medication management, and family roles. Audience members shared their own personal battles and their children's fight against OCD, and most importantly, they shared hope, support, and compassion.

*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 NJOCF. She may be reached at 732-390-6694.*



## Do you suffer from Obsessive-Compulsive Disorder?

If you are on medication but still have symptoms, you may be eligible for a treatment study at Columbia University/NYSPI that would provide medication or cognitive-behavioral therapy at no cost to you (IRB#5188).

If you are not on medication, you may be eligible for a brain scan study that will provide payment for your time and treatment at no cost to you (IRB#5494R).

**For more information, visit [www.columbia-ocd.org](http://www.columbia-ocd.org) or call us for a confidential screening at (212) 543-5367.**

## Presenting At Your Local School

Whether layperson or professional, if you have an interest in presenting to a faculty meeting at your local school on the topic of OCD in the school environment, please contact Dr. Cindy Haines at 732-390-6694 x5. You will make the contact and arrange for the presentation. We will provide you with a very specific script that you can read from and handouts which you can leave with the school staff. We will give you very specific instructions on what to say and how to share the handouts. The presentation takes less than 10 minutes.

This is being done as a way of fulfilling the National Obsessive Compulsive Foundation's mission of educating the general public about the disorder and encouraging early identification and treatment of OCD in school-age children. Please consider helping us out in this very worthwhile project.

## SAVE THE DATE! FREE! FREE! FOR THE 2008 MEETINGS!

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

**September 8 and December 8**

Please plan to join us! Our meetings begin at 7:30 p.m. and will be held at Robert Wood Johnson Hospital in New Brunswick, NJ. We hope to see you there!

## Professional Directory (See 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.

## Obsessive Compulsive Thinking

by Janet Berkowitz

"Suicide, suicide, suicide, now, now, do it now... suicide, suicide". That's how my mind works when I'm isolating too much or I'm on the wrong combination of medications. The best way I know to describe this obsessive compulsive thinking is (that it feels like no oxygen is going to my brain) - that my brain can't breathe. It's not that I want to act on it - on the contrary, I dread doing it. (In fact, I'm a firm believer that an unhealed mind is no more or less painful whether it's encased in a body or not. So if I'm thinking about suicide and go through with it, then I may not have all the opportunities available to cure the symptoms that I have while I'm in a body.) Besides, and more importantly, life looks like it has so much to offer. And I can't bear the idea of leaving my family.

The first time the perseverating ('shrink' talk for repeating) thought of suicide entered my mind was when I was 8 years old. I kept it a secret, shrouded in thick blankets of fear. Secrecy, I'm convinced, is the most dangerous emotion known to man. Somehow it passed and didn't return until my 21st year. After a very manic episode, which I refer to as 'my manic summer of '79', I fell into this suicidal depression that was horrific. The repetitive thoughts began with a vengeance. The only difference between that occurrence and current occurrences of this phenomenon was that in 1979/80 I really believed I was going to follow through with it and that I deserved it.

Finally I surrendered to hospitalization and discovered that I had bipolar disorder. What I didn't realize til many years later was that I also had OCD, a common friend to manic depression. One of its manifestations in my life has been excessive nose picking (obsessive impulse disorder), which I wrote about in this newsletter years ago. Knock on wood, I've been free of this for almost 8 months.

Obsessive compulsive thinking is not what usually comes to mind when considering OCD, but it's very common. Repetitive thoughts and/or negative images can seem like a broken record, (or in modern terms, a CD that skips). And it's important to know that it's treatable.

According to psychologist Jonathan Grayson, who is also an OCD specialist (and luckily for me, my therapist) there is a difference between negative thinking (or stinking thinking as it is called in 12 step programs) and obsessive thinking. "A negative thought", he says, "is a way a person beats himself up; for example 'I'm a jerk and I know it'. There's no uncertainty about the thought. An obsessive compulsive approach would sound more like this: 'I'm a bad person because I did "such and such"'. On the other hand, maybe "such and such" wasn't so bad.'" OC has a constant waffling tendency with a lot of doubt.

For me, the OC thinking is agonizing. I have had everything from homicidal thoughts (not aimed at anyone in particular), to thoughts of hurting animals, which I very much love. They are intrusive, darting in and out equally as fast. That is where the antipsychotic medications come in. Years ago I started taking Seroquel, which immediately slowed down the racing thoughts, but also increased my desire for food and sleep (and my waistline has increased). Now as a size 2X, I have begged my psychiatrist to put me on something else. Abilify, the newest member in my psychotropic regimen of drugs is giving me a new life. I can now stay awake for a whole day. But I still take a little seroquel to keep the fast thoughts at bay. I have a great respect for the medical world but also for my instincts which tell me when too much of something is too much. I must be on my 20th psychologist and 15th psychiatrist, but it's worth finding experts who acknowledge my internal expertise. I urge anyone with racing and intrusive thoughts to have hope. There is help. I am open to talking about this and related topics: Janet B. (856) 222-1715 and my email: berkyl22@gmail.com. Peace.

## Therapy Groups for OCD, Panic Disorder, & Social Phobia

**Short-term, intensive learning,  
change-focused experiences  
led by Drs. Rachel Strohl and Allen H. Weg  
Groups for Children as well as Adults**

Monday or Tuesday evenings in East Brunswick  
Dates to be announced

**GO TO [www.StressAndAnxiety.com](http://www.StressAndAnxiety.com)  
for more information**

**If interested, phone Dr. Strohl immediately  
at 732-390-6694 x3  
Or email us your information as instructed on our website**

This is a paid advertisement

## NJ OCF Newsletter Has a Subscription Fee!

After careful budget review, the NJ OCF has come to 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 2008 is \$5.00.**

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

**However, if you would like to receive the newsletter by e-mail for FREE, please e-mail Nicole Torella at [torellani@aol.com](mailto:torellani@aol.com) and you will receive a pdf file each time we produce the newsletter!**

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

## **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 NJ OCF to help create more of these groups. We at NJ OCF 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 (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. 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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### **NEW WOMEN'S ONLY GROUP IN JACKSON**

A new Women's only support group is being held in Jackson, New Jersey. This group meets on the first Sunday of each month, from 8:00 to 9:30 p.m. at the Debows United Methodist Church at 509 Monmouth Road in Jackson. If you are interested in attending the group, or would like more information, please contact Kathy at (732) 644-3291.

### **NEW SUPPORT GROUP IN WARREN COUNTY**

Margaret DeCorso, who was on our "Living with OCD" Panel at our last annual conference, is trying to put together a Children Support Group in Warren County for children and adolescents. For more information, call Margaret at (908) 637-8806 or email [m.decorso1@comcast.net](mailto:m.decorso1@comcast.net).

### **NEW SUPPORT GROUP IN BRICK TOWNSHIP**

The NJ OCF is pleased to announce that there is a group in Brick Township. The group meets every Friday evening from 8:00 p.m. to 9:30 p.m. at St. Paul's United Methodist Church, 714 Herbertsville Road, Room # 6, Brick, NJ 08724. For more information on the group, call Mary F. at (908) 675-2627. If you live in the area and are looking for some OCD support, be sure to stop by and check it out!

**Starting a group?  
Want it included here?  
Call Ina at  
(732) 828-0099  
(9 a.m. - 9 p.m.)  
and let her know the details  
so it can be added to the  
newsletter!**

### **PRINCETON GROUP WANTS PARTICIPANTS**

I would like to put together a support group for parents of children with OCD, one that would meet in the Princeton area. Interested parents should e-mail [griffith@princeton.edu](mailto:griffith@princeton.edu).

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### **GROUP FORMING IN BASKING RIDGE**

A new support group is in the process of being formed in Basking Ridge, NJ. For more information on this group, please call Carol Durso at (908) 350-3440.

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### **SUPPORT GROUP IN BERGEN COUNTY**

A new support group is forming in Bergen County and those of all ages are welcome to attend. For more information, call Evan Wechman at (845) 709-7065.

## **NJ OCF DVDS NOW AVAILABLE!**

We videotape our annual conferences and the speakers from our quarterly meetings, and provide copies of them to anyone interested. All moneys charged are put back into NJ OCF to help defray the costs of the organization. The following are now available in DVD format. We still have some videotapes available for purchase and they are on sale buy 1, get 1 free! Also note that on our website, [www.njocf.org](http://www.njocf.org), a full description of each DVD is available.

"Living with OCD Panel: Featuring Mothers of Children with OCD"	\$15.00
"OCD in the Classroom", Rachel Strohl, Psy.D.	\$15.00
NJ OCF - 8th Annual Conference, Parts I and II	\$25.00
"Parenting Children and Adolescents with OCD: A Four Step Approach" Allen H. Weg, Ed.D.	\$15.00
"NAMI" Mr. Philip Lubitz	\$15.00
NJ OCF - 7th Annual Conference, Parts I and II	\$25.00
"Living with OCD" Panel, Part II - NJ OCF 7th Annual Conference	\$15.00
"Cognitive Behavioral Therapy for OCD & Related Disorders..." Dr. Martin Franklin (7th Conference)	\$15.00
"New and Experimental Pharmacological Treatments for OCD." William Greenberg, MD.	\$15.00
"Obsessive Compulsive Disorder, A Survival Guide for Family and Friends." Roy C.	\$15.00
NJ OCF - 6th Annual Conference - Parts I and II	\$25.00
"Living with OCD" Panel, Part II - NJ OCF 6th Annual Conference	\$15.00
"Potholes in the Road to Recovery...", Fred Penzel, Ph.D. - Part I - NJ OCF 6th Annual Conference	\$15.00
"Incorporating Mindfulness Into Treatment of OCD", Jessica Page, Psy.D.	\$15.00
"Beyond Exposure and Response Prevention", Milton Spett, Ph.D.	\$15.00
NJ OCF - 5th Annual Conference, Parts I and II	\$25.00
"Panels of Drs. Grayson, Springer, & Weg" Part II - NJ OCF 5th Annual Conference	\$15.00
"Using Scripts to Counter the Voice of OCD" Jonathan Grayson, Ph.D., Part I - 5th Annual Conference	\$15.00
"Improving Outcomes in Treatment for OCD", Deborah Roth Ledley, Ph.D.	\$15.00
"Hoarding", Dr. Dena Rabinowitz	\$15.00
"Getting Past Go," Dr. Allen H. Weg, Ed.D.	\$15.00
"Neurobiology of OCD," Dr. Jessice Page	\$15.00
NJ OCF - 3rd Annual Conference, Parts I and II	\$25.00
"The Parents Panel of Kids with OCD" Part II - NJ OCF 3rd Annual Conference	\$15.00
"Freeing Your Child from OCD", Dr. Tamar Chansky, Part I - NJ OCF 3rd Annual Conference	\$15.00
"You, Me, and OCD: Improving Couple Relationships.", Harriet Raynes Thaler, MSW, ACSW	\$15.00
"OCD", Dr. William Gordon	\$15.00
"Medications and OCD", Dr. Rita Newman	\$15.00
"Panic and OCD", Allen H. Weg, Ed.D.	\$15.00
NJ OCF- 2nd Annual Conference, Parts I and II (combined discount price)	\$25.00
"The OCD Kids Panel", Part II- NJ COF 2nd Annual Conference	\$15.00
"Living With Someone With OCD...", Fred Penzel, Ph.D., Part I - NJ OCF 2nd Annual Conference	\$15.00
"OCD Spectrum Disorders", Nancy Soleymani, Ph.D.	\$15.00
"Generalized Anxiety Disorder and OCD", David Raush, Ph.D.	\$15.00
"Flying Towards the Darkness", NJ OCF First Annual Conference:Parts 1 & 2	\$25.00
"Flying Towards the Darkness"- Part 1 only, Allen H. Weg, Ed.D. NJ OCF 1st Annual Conference	\$15.00
"Flying Towards the Darkness"- Part 2 only: The OCD Panel, NJ OCF 1st Annual Conference	\$15.00
Families and OCD: How to Coexist," Elna Yadin, PhD	\$15.00
"Red Flags, Relapse, and Recovery," Jonathan Grayson, PhD	\$15.00

Add \$4.95 each for S & H: \_\_\_\_\_@\$4.95 ea\_\_\_\_\_ Your Total cost:\_\_\_\_\_

**Send check or money order, made out CNJAOCF, and mail to: NJ OCF, 60 MacAfee Rd, Somerset, New Jersey 08873. Be sure to include your Name, Address, Town, State, and Zip Code so the DVDs can be shipped! Questions? Call Ina Spero at 732-828-0099 (9 a.m. - 9 p.m.)**



# DIRECTIONS TO OUR MEETING LOCATION!

Our next quarterly meeting, which will take place on *Monday evening, September 8, at 7:30 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:**

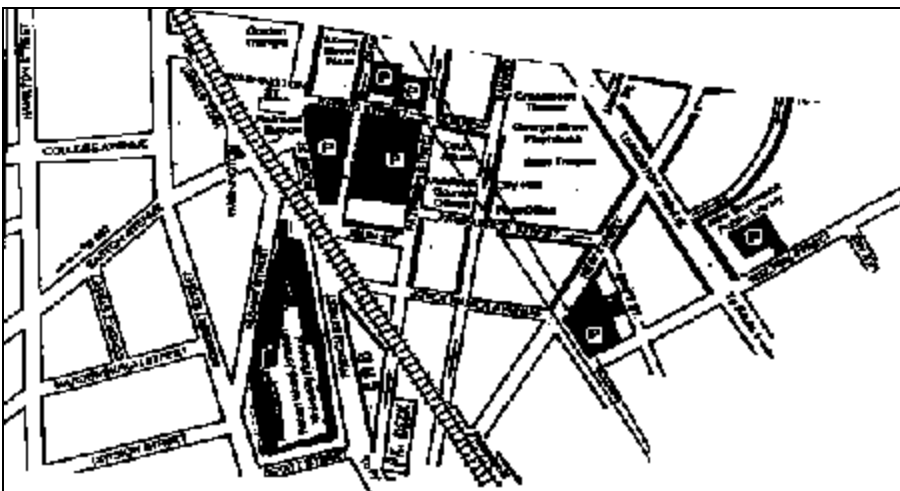
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking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

**NOTICE NOTICE NOTICE NOTICE**

**Obsessive-Compulsive Disorder Support Groups**

Berkeley Heights (O.C.A.)	(973) 571-9563 (Diamond Hill United Methodist)
Boonton	(862) 268-6397
Brick	(908) 675-2627
Howell	(848) 702-5044
Jackson	(732) 644-3291
Marlton	(856) 751-1957
Montclair	(973) 472-8215
Piscataway	(732) 445-5384
Somerville	(908) 725-5595
Woodbury	(856) 853-2011 (day #) (Underwood Hospital)

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60 MacAfee Road  
Somerset, New Jersey 08873-2951

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