



Obsessive
Compulsive
Foundation
NJ AFFILIATE

FALL 2009 VOL. 11 NO. 3

Newsletter

Visit us on the web at www.njocf.org

David Rausch, Ph.D. Presents "All Tangled Up: When OCD Has Multiple Layers"

by Allen H. Weg, Ed.D.

On Monday, June 8, 2009 NJOCF hosted our quarterly meeting. Dr. David Rausch, a NJ licensed psychologist with a private practice in Stratford, NJ (near Cherry Hill), presented some interesting, and even controversial ideas about how to think about and how to treat certain kinds of OCD.

Dr. Rausch began his presentation by reviewing the basic definitions behind the diagnosis of OCD as most of us are familiar with them, but which he terms, "The Obvious Layer" of OCD. Basically, these are the "What if?" questions that all persons with OCD suffer with and their resulting compulsions.

For instance, the "What if the door is unlocked?" would lead to the checking compulsion of going back to the door and turning the door knob repeatedly.

But then Dr. Rausch introduced



a new concept which he terms, "The Meta Layer" of OCD. Here, the "What if?" questions and their resulting compulsions are directed specifically at the OCD itself and its treatment. In the Meta Layer, obsessions might consist of thoughts like, "What if I really don't have OCD? What if my OCD is different than everyone else's? What if I am doing the exposure exercise incorrectly? What if I forget or misunderstand what the therapist said?" In this way, the person is actually obsessing about some aspect of having OCD or some factor related to the therapeutic interventions.

continued on page 4

Dr. Franklin & Dr. Antinoro to Present at Next Quarterly Meeting

The next quarterly meeting for NJ OCF will be held on Monday, September 14, 2009 at 7:30 p.m. at Robert Wood Johnson Hospital in New Brunswick. Specific directions may be found elsewhere in this newsletter.

The presentation will focus on recently completed as well as ongoing treatment of outcome research for pediatric OCD, trichotillomania, and Tourette Syndrome. The potential implications of these projects for clinical practice and for informing next-stage research studies with pediatric OCD spectrum disorders will be explored. Attendees will get the chance to ask questions as well.

Martin E. Franklin, Ph.D., returns after being our keynote speaker at our 7th annual conference in 2006. He is an Assistant Professor of Clinical Psychology in Psychiatry and Clinical Director of the Center for the Treatment and Study of Anxiety at the University of Pennsylvania School of Medicine. Dr. Franklin has to his credit over 30 published research articles, and over 15 published book chapters, reviews and editorials. Most of his writings have focused on the treatment of adult and pediatric OCD, social phobia, trichotillomania, PTSD, and Motivational Readiness for Behavior Change in Anxiety Disorders. He is on the Scientific Advisory Board for the Trichotillomania Learning Center and is very active in NIMH-funded studies on pediatric OCD.

Diana Antinoro, Psy.D. is a postdoctoral fellow in Clinical Psychology at the University of Pennsylvania. She received her doctorate in clinical psychology from Rutgers University. Her training and experiences have focused on working with those affected by anxiety, OCD and related disorders, in addition to behavioral difficulties. Her clinical and research interests include therapy and treatment effectiveness for children, as well as adults, with anxiety, OCD, Tic Disorders, and Trichotillomania.

Join Us for the NJ OCF's TENTH ANNUAL CONFERENCE ON OCTOBER 25

On Sunday, October 25, 2009, the NJ OCF will host its Tenth Annual Conference. This year's speaker will be Dr. Fugen Neziroglu, who will present, "Body Dysmorphic Disorder (BDD), Hypochondriasis, Hoarding, and other OCD Spectrum Disorders; Comparing and Contrasting Treatments with OCD". In her presentation, Dr. Neziroglu will address theoretical models, etiology and therapeutic guidelines of OCD spectrum disorders. A closer examination of the clinical characteristics of BDD, hoarding and hypochondriasis disorders will be discussed. Additionally, psychopharmacological and psychological intervention strategies for the aforementioned spectrum disorders will be reviewed.

Dr. Neziroglu is a New York licensed psychologist, and is Board Certified in both Clinical Psychology, and Behavioral Psychology by the American Board of Professional Psychology (ABPP), where she herself has served on the Board of Directors since 1991. She is co-founder of Bio-Behavioral Institute in Great Neck, Long Island, one of the premiere facilities for training, research and treatment of OCD and OCD Spectrum Disorders in the country, and she has been Clinical Director there since 1979. Dr. Neziroglu is presently Clinical Professor in Psychiatry at NYU and an Adjunct Full Professor at Hofstra. She has authored or co-authored over 140 journal articles, 32 books or book chapters, and has made over 200 clinical presentations.

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, NJ OCF Vice President.

Please see page 3 for all the details on the conference and the registration form! Be sure to reserve your place, as it is going to be an informative and enjoyable day!

PRESIDENT'S MESSAGE



Dear Friends:

Just a reminder that T.V. station A&E at 10 p.m. on Monday evenings features a program on O.C.D., entitled "Obsessed", which is indeed worth watching. The program depicts different true to life OCD cases each week covering the many unusual aspects of the disorder.

I am looking forward to seeing you all at the Fall meeting at Robert Wood Johnson hospital on Sept. 14, 2009. This meeting brings us two interesting guest speakers and should be very informative!

Sincerely,
President Ina Spero

ATTENTION! ATTENTION!

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

SPECIAL THANKS!

As always we would like to thank everyone for any level of donation that is sent to the organization.

REMINDER!

If you would like to receive the newsletter by e-mail, see page 8 for details on how to sign up and help save trees!

NATIONAL OCD FOUNDATION CONTACTS

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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

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- Allen Weg, Ed.D. - Vice President
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The New Jersey Affiliate of the Obsessive Compulsive Foundation

presents our **Tenth Annual Conference...**

“Body Dysmorphic Disorder (BDD), Hypochondriasis, Hoarding, and other OCD Spectrum Disorders; Comparing and Contrasting Treatments with OCD”

by Dr. Fugen Neziroglu

plus

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

Sunday, October 25, 2009, Doubletree Hotel, Somerset, NJ

SCHEDULE

10:00 - 10:30	Registration, Brunch opens
10:30 - 10:45	Welcoming Remarks, Ina Spero, NJ OCF President
10:45 - 1:45	Dr. Neziroglu’s Presentation (includes break times)
1:45-2:55	“Living with OCD” Panel, Dr. Allen H. Weg, Moderator
2:55- 3:00	Closing Remarks - Ina Spero and Dr. Weg

OUR PRESENTERS

Dr. Neziroglu is a New York licensed psychologist, and is Board Certified in both Clinical Psychology, and Behavioral Psychology by the American Board of Professional Psychology (ABPP), where she herself has served on the Board of Directors since 1991. She is co-founder of Bio-Behavioral Institute in Great Neck, Long Island, one of the premiere facilities for training, research and treatment of OCD and OCD Spectrum Disorders in the country, and she has been Clinical Director there since 1979. Dr. Neziroglu is presently Clinical Professor in Psychiatry at NYU and an Adjunct Full Professor at Hofstra. She has authored or co-authored over 140 journal articles, 32 books or book chapters, and has made over 200 clinical presentations.

Dr. Weg is one of the co-founders and VP on the Board of Directors of NJOCF. He is Founder and Director of Stress & Anxiety Services of NJ in East Brunswick.

PROGRAM

This program is designed for both professionals and non-professionals. During a full brunch, Dr. Neziroglu will present Body Dysmorphic Disorder (BDD), Hypochondriasis, Hoarding, and other OCD Spectrum Disorders; Comparing and contrasting treatments with OCD." In her presentation, Dr. Neziroglu will address theoretical models, etiology and therapeutic guidelines of OCD spectrum disorders. A closer examination of the clinical characteristics of BDD, hoarding and hypochondriasis disorders will be discussed. Additionally, psychopharmacological and psychological intervention strategies for the aforementioned spectrum disorders will be reviewed.

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, NJ OCF Vice President.

The course, “Living with OCD”, NBCC Approval #: SP-1566, provided by NJ OCF is approved for continuing education by the National Association of Social Workers - NJ Chapter (NASW-NJ), 200 Metroplex Drive, Suite 404 Edison, NJ 08817. NASW-NJ CE Approval Program Approval Period: September 1, 2008 to August 31, 2010.

For the “BDD, Hypochondriasis, Hoarding, and other OCD Spectrum Disorders,” presentation, please contact Ina Spero at 732-828-0099 for information about continuing education credits for social workers.

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 10/12/09) - \$70

Late/On-Site Registration - \$80

CEU Credits - Advance Registration - \$80

CEU Credits - Late/On-Site Registration - \$90

Student Fee (full-time with proper I.D.) - \$35

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:

NJAOFC

60 MacAfee Road, Somerset, NJ 08873

Questions: Call Ina Spero (732) 828-0099 (9 a.m. to 9 p.m.)

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.

David Rausch, Ph.D. - *continued*

by Allen H. Weg, Ed.D.

Compulsions at the Meta Layer consist of such things as checking and re-checking by asking many questions about the accuracy of the diagnosis and/or the efficacy of the behavioral treatment. Compulsive note taking during sessions or trying to execute ERP "perfectly" in between sessions are other examples of compulsions manifested at the Meta Layer.

Dr. Rausch explained that OCD manifested at the Meta Layer often results in patient unwillingness to engage in treatment, frustration in both therapist and patient, and overall lack of progress. "This is because," Dr. Rausch explains, "in the same way that because I obsess about the possible danger of knives I avoid knives, if I obsess about being successful in OCD treatment, I will not engage in treatment" These dynamics are often a sign that Meta Layer OCD is being manifested, according to Dr. Rausch.

The implications for treatment are significant. Dr. Rausch explained that exposure exercises themselves become a compulsion at the Meta Layer. That being the case, resisting the urge to work on the Obvious Level becomes the exposure treatment for the Meta Layer. Essentially, Dr. Rausch espoused the idea of forgoing discreet, scheduled exposure therapy for the Obvious Layer under these circumstances, and instead perform spontaneous exposure over the course of one's day. He also suggested working on improving other aspects of one's life rather than the OCD itself, and to keep the idea of a Meta Layer high in one's awareness. These controversial remarks were discussed and even debated amongst professional as well as lay people in the audience, making for a stirring and exciting presentation. The video of this presentation will be made available through NJOCF. Go to our website and contact Julian Spero to order copies.



Dr. Allen Weg, Vice President of NJOCF, runs an independent practice in East Brunswick called Stress and Anxiety Services of New Jersey. He is presently in contract negotiations with Oxford University Press to publish a book which is a collection of stories reflecting the experience and treatment of OCD. Dr. Weg's website is www.StressAndAnxiety.com.

SAVE THE DATE! LAST TWO MEETINGS IN 2009!

The NJ OCF will have its final two quarterly meetings for 2009 on Monday, September 14, 2009 and Monday, December 8, 2009. 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.

CRISIS IN THE OVAL OFFICE (What do you mean, "You're not sure?")

by Allen H. Weg, Ed.D.

John lives in the Washington, DC area and works in a factory that manufactures electronic components. He works on an assembly line and has a very simple, very repetitive, very boring job. All day long John assembles the electrical connections in a particular piece of equipment.

There are four wires: red, blue, orange, and green. All John has to do when the product moves down to him on the production line is to take the red wire and the blue wire and twist the exposed ends together, creating a connection. He then takes the orange and the green wires and twists them together, completing a second circuit. This he does all day long, hour after hour, day after day, over and over again.

Over the course of the day John will often go into a hypnotic state. This is something that happens to most of us when we are engaged in doing repetitive actions, and is most commonly experienced when driving a car on a repeated route, such as one would do when you commute the same way to work every day. We call this phenomenon, "highway hypnosis."

You're driving in the morning and you're half asleep and you don't remember actually stopping at all the lights on the way to work, or making a certain turn on a certain street, but notwithstanding, you usually seem to make it to work without any incident. This seems to almost always be the case, even though you are not always really paying attention during the commute. You're what many people would call, "zoned out," in that you are not fully conscious of what is around you at all times. You may be engaged in listening to a radio talk show, or your favorite music, or you may just be planning the day's work events in your mind, or thinking about your next vacation.

Yet, if someone were to ask you, "Are you sure you didn't go through any red lights on your way into work today?" or "Did you make any wrong turns?" you would be fairly certain that you did not. You have come to trust that while you are not always fully aware of your surroundings when you drive to work, you negotiate the commute successfully. After all, the proof is in the pudding, as they say. You are getting to work, aren't you? You obviously make it there successfully and in one piece.

Beyond the idea that you didn't make an error during your commute, you would probably go so far as to say that you would even trust that if something out of the ordinary had in fact occurred which required your attention while driving in your hypnotic state, you would have reacted appropriately. Say, for instance, a car was sitting in your lane up the road a bit with its hazard lights flashing, or a car in an adjacent lane suddenly pulled into your lane right in front of you. You would claim that you would have taken notice and would have reacted quickly, even if you were in that "zoned out" state of highway hypnosis. You know this in fact because it has probably happened to you on at least several occasions.

So in general, if you're doing something really repetitive, you're probably in the state of highway hypnosis much of the time. This is in fact exactly what would happen to John. (You remember John- this is a story about John- are you paying attention?) Just as in the driving situation above, if you came to John at the end of the day and you said, "Do you think you got all the orange and green wires together and all the red and blue ones together in the right way?" He would most likely say, "Yeah probably, no problem. I'm fine." And, in fact, John has a very good performance record; the product always works well, and the colored wires always seem to be properly connected. John has in fact developed a reputation in the DC area as being an extremely competent worker. He knows his colors, and he knows his wires.

John's brother-in-law works at the White House, and on this particular day, a terrible event has occurred. Terrorists have somehow gotten a fully armed nuclear warhead into the Oval Office. Bomb squads have been called in and they have determined that the warhead is too dangerous to move as is and must be disarmed right there in the White House before being removed. After much deliberation, they figure out that there is only one way to disarm the warhead. There are four loose wires- you guessed it- blue, red, green, and orange. What is required is for the blue and red wires to be connected, and for the green and orange ones to be connected. Then all that needs to be done is for a switch on the side of the warhead to be turned off, and the bomb will be disarmed. If, however, the wrong wires are connected to each other, the bomb will instantly detonate when the switch is turned off.

John's brother-in-law, who is intimately aware of John's area of expertise, notifies the White House staff, and they immediately send for him. The bomb squad explains the details of the situation to John and then say to him, "What you have to do for us is twist together the blue with the

CRISIS IN THE OVAL OFFICE (What do you mean, “You’re not sure?”)

continued
by Allen H. Weg, Ed.D.

red wire, and the green with the orange wire, just like you do a thousand times a day. Then we just flip the switch to deactivate the warhead. Of course, if you don't do it correctly and we flip the switch, then half the East Coast is going to be blown away." So there's a little bit of pressure here on John.

John stands in the Oval Office leaning over the front of the warhead, examining the situation. He takes a deep breath, and carefully twists the wires together the way he does a thousand times a day, every single day, week after week, month after month, year after year. He then stares for a bit at the wires.

Members of the bomb squad, who are crouched behind a couch on the other side of the room (as if that could protect them should the warhead detonate) hear John say out loud to himself, "Okay, the orange is connected to the green and the red is connected to the blue. I see it. It is there. Right. It's definitely there." He touches the wires with his hands to make sure they are connected in the correct way. "There. I'm looking at it. I'm holding it. It looks right...but what if..."

"What's going on? Have you connected the wires correctly?" cries the bomb squad leader from across the room. "I'm still not sure!" is the reply. "Whadya mean 'you're still not sure?!' Did you connect them or didn't you?"

"Well, I connected them," comes the reply.

"So? Can we flip the switch?"

"Wait... I'm still not completely sure..."

Now, how can John be so unsure of something he watched himself do? He held those wires in his own hands, he studied them with his own eyes, he even reassuringly reviewed verbally that the task was done. How can he still question himself, especially John- the most expert blue-to-red/green-to-orange wire person in the country? After all, this is the same guy who, even when not paying attention because of the process of high-way hypnosis, feels very confident that he has successfully connected those wires. What's different here?

The difference, of course, is that the consequences of being wrong are so much greater here. If John makes an error on the assembly line, the component won't work and the electronic device will malfunction. The ultimate result is that it the electronic device holding the component will need to be returned. In the Oval Office, an error means the end to John's life and many other lives. It means instant death to millions of people in the Northeastern United States, and the complete destruction of the center of the leadership of the free world on this planet.

This is what underlies the doubting experience of the person with OCD. They are like John in the Oval Office. The only difference between John and somebody who has OCD is that John is very clear about what the consequences of his error would be. The person who has OCD feels the anxiety as a result of what he believes "might" happen.

For instance, for a person suffering with a contamination/washing form of OCD, "I might get sick and die," or "I might make someone else sick and die," are common attributions to the anxiety of not washing one's hands. By believing that the potential consequence of not washing one's hands are extreme and severe (e.g., "people might die,"), the OCD sufferer makes the act of washing one's hands more akin to John working with the wires in the Oval Office rather than when he is on the assembly line. The consequences of not washing become so great that it increases the level of self doubt.

The feeling that a person has while performing the ritual, the intensity of his anxiety stemming from the thought, "What happens if I get it wrong?" is no different than the way John felt when he was working in the Oval Office and waiting for the guy to flip that switch. Because of that, the doubting, just as in the case of John, escalates. Washers can examine their own hands even while they are washing, see with their very own eyes that their hands are clean, and still doubt it. They turn assembly line situations into Oval Office situations, escalating doubt and fueling anxiety,

resulting in the need to repeat, lengthen, or slow down the compulsive action.

This is torture for people with OCD. When signing a check to pay a bill, for instance, and getting ready to put it in the envelope to be mailed, they can look at the check, study it, touch it, hold it, and check again. Even while it's in their hands, as they are examining it, they are not sure. They don't trust their own senses. They feel what John felt in the Oval Office. And that's what it's like. When it gets really bad, that's what it's like.

Casual observers, even if they understand the need to wash or check or ritualize in some other way, often have problems with the repetitiveness of the behavior. They often say things like, "Okay, I get it, you have to do this thing, but enough already! Why can't you just sort of let go of it, just forget it, just move on?" People with OCD would say, "Well, if I could do that, 'Duh,' I would!" But this still leaves the observer in the dark. It is easy to misunderstand the experience of getting caught in the ritual. Understanding the concept of "Oval Office" thinking may help those with-out OCD better empathize with those that do have it.

Do you suffer from OCD?

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 or call us for a confidential screening at (212) 543-5367.

Family Genetic Study of Tourette Syndrome (TS), Attention Deficit Hyperactivity Disorder (ADHD), & Obsessive Compulsive Disorder (OCD)

We are conducting a research study that focuses on families affected by Tourette Syndrome (TS), Attention Deficit Hyperactivity Disorder (ADHD), and/or Obsessive Compulsive Disorder (OCD). We are looking for common behavioral traits, such as attentional difficulties and impulsivity, which may be shared by these conditions. If found, we want to determine whether these traits are heritable, that is, can be passed down from parents to children. We hope that the information we learn will eventually help researchers to develop better treatments for these conditions.

We are enrolling families in which there is at least one child, 6 years of age or older, who has TS, ADHD and/or OCD, or any combination of these conditions. We would like the whole family (both parents, brothers and sisters) to participate. Subjects will complete interviews, questionnaires and assessments examining areas such as attention, impulsivity, problem-solving, and visual-spatial skills. We will also collect a blood or saliva sample for DNA testing. Study participation is strictly voluntary and may require 3-6 hours per person for the completion of all study tasks. Study visits can be at MGH or in your own home. Families coming to MGH will have parking and meal expenses paid for them. Upon completion of all study tasks, families will be paid \$100 for their participation.

If your family meets these criteria and you are interested in learning more about this study, please call the Genetic Family Study at 1-800-471-2730, option 2 or email cillmann@partners.org. Please visit our website at www.ts-adhd-ocd.org.

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.**



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2010 ENTERTAINMENT BOOKS
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The NJ OCF is now taking orders for the new 2010 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 on restaurants, travel, shopping, hotels, attractions, golf, movies, and car rentals.

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2010 Entertainment Books will be available for purchase at our Tenth Annual Conference being held on October 25, 2009, but to purchase one right now, please contact Ina Spero at (732) 828-0099 (9 a.m. to 9 p.m).

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**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 2009 is \$7.00.

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 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 _____

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WANT TO START A SUPPORT GROUP? 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. 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- which may 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. Let local mental health professionals and facilities know about the group. Decide if the group is only for adults, only for sufferers, or open to everybody- we recommend the latter- friends, family, and children with OCD.

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

TEENS GROUP IN GLEN RIDGE

An OCD Support Group has formed for Teens in Glen Ridge, NJ. Meetings will be held on the first Sunday of each month at 6:30 p.m. at the Glen Ridge Women's Club, 219 Ridgewood Avenue. For information, please call Julie at (973) 508-8719.

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!

NEW WOMEN'S ONLY GROUP IN JACKSON

A Women's only support group is being held in Jackson, NJ. 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. For more information, please contact Kathy at (732) 644-3291.

NEW 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!

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.

NEW GROUP IN EAST BRUNSWICK

A new group will meet on Aug. 20, 2009 at 7:30 p.m. 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 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.

NEW GROUP FORMING IN ROXBURY

A new support group is trying to get underway in Roxbury, NJ. It will meet on Tuesday evenings, once a month, from 7:30 to 9:00 p.m. at the Roxbury Public Library in Succasunna. Jenna Yiu is forming the group and can be reached at (201) 323-6204 from 8:00 a.m. to 9:00 p.m.

NEW GROUP FORMING IN TEANECK

A new support group is forming in Teaneck. It will meet every Wednesday at 7:00 p.m. at the "Veggie Heaven" restaurant at 473 Cedar Lane, Teaneck, NJ (201-836-0887). For more information on the group, please call Gregory at (917) 318-3003.

**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!**

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, a full description of each DVD is available.

“OCD, Safety and Self-Esteem: Hitting You Where it Hurts”, William Gordon, Ph.D.	\$15.00
NJ OCF - 9th Annual Conference, Parts I and II	\$25.00
Medications & OCD” Dr. Steven Dyckman	\$15.00
“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
“Medications” Dr. William Hayes	\$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

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 14, 2009 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:

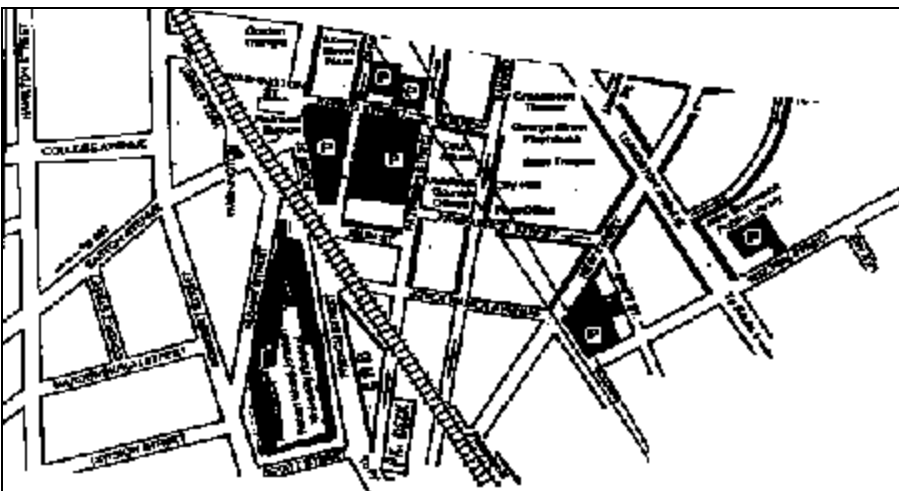
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking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

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