



FALL 2012 VOL. 14 NO. 3

Quarterly Newsletter

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Robert Zambrano, Psy.D. Presented on “Tourette Syndrome and OCD”

by Rachel Strohl, Psy.D.

On Monday June 11, 2012, Robert Zambrano, Psy.D. presented at the quarterly meeting of OCD New Jersey (OCD NJ). Dr. Zambrano is a New Jersey licensed psychologist and is on the staff at Stress & Anxiety Services of New Jersey in East Brunswick. He also heads one of the committees at OCD NJ. Previously, Dr. Zambrano worked for the Tourette Syndrome Program at Rutgers University. Presently, he gives presentations to educators and families across the state on behalf of the New Jersey Center for Tourette Syndrome.

Dr. Zambrano began the talk by defining Tourette Syndrome (TS) as a neurobiological disorder that is genetic, involuntary, and more common than previously thought. Symptoms of TS involve both motor and vocal tics, and symptoms vary from person to person. Tics are sudden, brief, recurrent, non-rhythmic, stereotyped motor movements or vocalizations which “occur on a background of otherwise normal motor activity,” such as talking or walking.

Examples of motor tics are the following, but not limited to: blinking, grimacing, twirling, head shaking, smiling, tapping, spinning, lip licking, and shoulder shrugging. Examples of vocal tics are the following, but not limited to: sniffing, coughing, hissing, grunting, throat clearing, snorting, spitting, whistling, and laughing. A complex motor or vocal tic is a series of move-



continued on page 9

Next Quarterly Meeting: "Sex, Violence, Blasphemy and Sin: Treatment of 'Bad Thoughts' in OCD"

Our next quarterly meeting will be held on Monday, September 10, 2012 at RWJ Hospital in New Brunswick- see directions later in this newsletter. The catchy title as per above promises a presentation that covers a very common but often very frightening and embarrassing expression of OCD symptoms- uncharacteristic intrusive thoughts of sex, violence, and/or religious blasphemy that strongly impacts and often confuses the person with OCD as well as his or her family members.

David H. Rosmarin, Ph.D. is an Instructor at Harvard Medical School and Assistant Psychologist at McLean Hospital, and Director of the Center for Anxiety in Manhattan

(www.centerforanxiety.org). Dr. Rosmarin received training in Cognitive Behavioral Therapy (CBT) at the Center for Anxiety and Related Disorders at Boston University, and the Anxiety Treatment & Research Center in Hamilton, Ontario (Canada's top anxiety treatment facility). At McLean Hospital he was a clinical supervisor at the Obsessive Compulsive Disorders Institute (OCDI). He has published over 20 peer-reviewed publications, delivered over 40 scientific presentations, and is an active member of the Association for Behavioral and Cognitive Therapies (ABCT). Dr. Rosmarin's research and innovative clinical approaches have received media attention from ABC, NPR, US News and World Report, the Boston Globe, and the India Times.



Please join us for what we expect will be an extremely informative presentation on a very relevant OCD topic, given by an accomplished professional in the field. As always, free and open to the lay public as well as mental health professionals.

Welcome Dr. Deibler to Our Board

Dr. Maria Deibler is the Founder and Executive Director of The Center for Emotional Health of Greater Philadelphia, LLC, an outpatient behavioral health treatment center that specializes in the evidence-based treatment of anxiety and obsessive-compulsive spectrum disorders, located in Cherry Hill, New Jersey. You can find out more about her practice and what she does by going to her web site at <http://thecenterforemotionalhealth.com/>



13th Annual Conference
Dr. Barbara Van Noppen - Keynote Speaker
Sunday, October 21, 2012, Doubletree Hotel in Somerset, New Jersey

Barbara Van Noppen, Ph.D. LCSW 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.” Four CE credits have already been approved. See page 3 for details.

JOIN US FOR OCD AWARENESS WEEK

OCD New Jersey will be joining OCD New York on October 13, 2012, at Columbia University for a day of events for OCD Awareness Week. Dr. Allen Weg will be presenting, “Explanation of CBT Concepts via Stories” beginning at 11a.m. and the Mental Health Players of New Jersey will perform at 1p.m. For more information on the day's events, visit www.ocdny.org.

PRESIDENT'S MESSAGE



Dear Friends:

I hope you are enjoying this very hot summer and spending some time relaxing in the sun. We have been busy here at OCD NJ, planning our Annual Conference and our participation in OCD Awareness Week in October with another local affiliate, OCD NY.

Please see the next page for the information on our Annual Conference in October. We are excited to announce that we are already approved for 4 CE credits, for social workers and educators. So register soon!

Of course I hope to see everyone at our Sept. 10th meeting in which Dr. Rosmarin will be speaking.

Sincerely,
President Ina Spero

"OC87" - A GREAT FILM

On May 5, 2012, OCD New Jersey hosted a free showing of "OC87: The Obsessive Compulsive, Major Depression, Bipolar, Asperger's Movie," at the East Brunswick Library. The film is by Bud Clayman and his struggles with OCD, depression, bipolar disorder, and Asperger's. We were joined by Bud that afternoon and following the film he spoke to a crowd of more than 50 attendees. Bud answered some very candid questions and explained that since the film was produced he has continued in his therapy and is happy with all he is doing. He is working to have "OC87" shown in cities throughout the country this fall and we hope that he is successful with not only this project, but all that he continues to endeavor.



An extra special "Thank You" to Board Member Adrienne Friedman for all of the time and effort she put forth to make this film viewing a possibility. It was a fantastic event. Thank you to the East Brunswick Library for the use of their beautiful facilities and to Stop 'n Shop of East Brunswick for the refreshments and water they donated in support of OCD NJ.

NATIONAL OCD FOUNDATION CONTACTS

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Boston, MA 02196
E-mail: info@ocfoundation.org
Internet: www.ocfoundation.org

Any Comments?????

The staff of the Newsletter encourages all comments on our published articles. Also, any letters and articles, which you wish to submit for our quarterly publications, are welcome. Please submit them to, Ina Spero, OCD New Jersey, 60 MacAfee Road, Somerset, NJ 08873.

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

Disclaimer

The information presented in this Newsletter should not be taken in lieu of proper medical and/or mental health professional services. The Board of Directors of OCD New Jersey, as well as all other volunteers involved in the development and distribution of this Newsletter, do not endorse any particular viewpoint or information presented here, and are not liable for any damages resulting from any misrepresentations made by the readership of this newsletter or treatment by any organization member, newsletter advertiser, or article author.

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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OCD New Jersey presents our 13th Annual Conference...

"The Role of the Family in OCD: Current Trends in Research and Treatment Implications" *An Interactive Multimedia Presentation* by Barbara Van Noppen, PhD, LCSW

plus "Living with OCD" Panel

Sunday, October 21, 2012 • 9:45 AM TO 3 PM • Doubletree Hotel Somerset, NJ

***This program has been approved for 4 CE credits by the State Board of Psychological Examiners
and the State Board of Social Work Examiners***



PROGRAM

This program is designed for both professionals and non-professionals. Dr. Van Noppen will present, "The Role of the Family in OCD: Current Trends in Research and Treatment Implications." In this interactive, multimedia presentation, Dr. Van Noppen explains that, "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."

The second part of the program, entitled, "Living with OCD," will consist of a panel of those affected by OCD. Each panel member will briefly speak about his/her experiences and then take questions from the audience attendees. This will be moderated by Dr. Weg.

OUR PRESENTERS

Barbara Van Noppen is a licensed clinical social worker and a licensed psychologist. She is presently an Assistant Professor of Clinical Psychiatry, Department of Psychiatry and the Behavioral Sciences at Keck School of Medicine in Los Angeles, University of Southern California. In addition, she holds positions as the Administrative Director of the Adult Outpatient Psychiatric Clinic; is the Obsessive Compulsive Disorder Treatment and Research Program Co-Director, Department of Psychiatry; is the Assistant Chair of Education, Department of Psychiatry; and is on the Curriculum Development and Psychotherapy Task Force, all at Keck. In the International OCD Foundation (IOCDF), Dr. Van Noppen currently holds positions on the Pediatric and Family Subcommittee, the Conference Planning Committee, and the Scientific Advisory Board. She has authored over a dozen publications, all examining some aspect of families and OCD, and has made dozens of presentations. She has also been involved in multiple funded research projects, most focusing on families and OCD.

Allen H. Weg, Ed.D. is one of the co-founders and Vice President on the Board of Directors of OCD NJ. He is author of "OCD Treatment Through Storytelling: A Strategy for Successful Therapy," (Oxford University Press, 2010) and is on the Scientific Advisory Board of the International OCD Foundation. He is also Founder and Director of Stress & Anxiety Services of NJ, a clinical practice in East Brunswick specializing in the treatment of OCD.

Schedule: The conference includes a continental breakfast followed by a full buffet lunch.

| | |
|------------------|--|
| 9:45-10:15 am | Registration |
| 10:00-10:30 am | Continental Breakfast Available |
| 10:15-10:30 am | Welcoming Remarks, Ina Spero, OCD NJ President |
| 10:30 am- 2:00pm | Dr. Van Noppen's Presentation (lunch break from 12-12:30pm) |
| 2:00-2:55pm | "Living with OCD" Panel, Dr. Allen H. Weg, Moderator |
| 2:55- 3:00pm | Closing Remarks - Ina Spero |

REGISTRATION FORM

Advance Registration (before 10/15/12) - \$85

Late/On-Site Registration - \$95

CEU Credits - Advance Registration - \$95

CEU Credits - Late/On-Site Registration - \$105

Student Fee (full-time with proper I.D.) - \$50

Includes full brunch • kosher meals available with advance registration only

No confirmation of registration will be sent

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OCD NJ, 401 Rt. 22 Unit 15C, N. Plainfield, NJ 07060

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

Or register on our website as of 9/10/12: www.ocdnj.org

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Reflections on the IOCDF Conference, Acceptance Commitment Therapy and OCD

by Joseph Springer, Ph.D.

I recently returned from the International OCD Foundation annual conference in Chicago. It was a great opportunity to hear professional presentations given by some of the OCD “all stars” as well as to have a great time enjoying a terrific city. During the next several days afterward I reflected on my conference experience, since sometimes it’s easier to get the overall picture from a little distance. One of the things that I find to be compelling about the IOCDF conference as opposed to some of the other conferences I attend is that the attendees are a mix of people involving not only professionals, but individuals with OCD as well as family members of individuals with OCD, and there are presentations geared for each group. However, anyone can go to any presentation, and there is also ample opportunity to meet and talk with others between or after presentations. This provides a wonderful chance to interact with individuals from all backgrounds. In fact, some of my most stimulating and thought-provoking discussions are with individuals who fall into the “consumer” category.

I noticed that one of the topics that was generating a lot of “buzz” was Acceptance and Commitment Therapy (ACT) and its application for treating OCD and OCD spectrum disorders. I’ve been trained in ACT and am quite familiar with the approach, however I attended almost all of the ACT presentations with the intentions of perhaps picking up new “tidbits” and reinforcing what I already know. Although much of the content was review for me due to my familiarity with the subject, I got a sense that for some individuals who were new to the topic, many of the ACT concepts seemed to be a bit abstract or esoteric. I decided that if my perception was accurate, then it might be a good idea to try to disseminate the main concepts of ACT in a way that’s accessible and practical. So, it’s in that spirit that I’m offering what I consider to be a brief ACT “primer”.

Acceptance and Commitment Therapy (often referred to as ACT, which is pronounced as one word instead of the individual letters) is one of the relatively newer approaches to treatment that emphasizes a “mindfulness” perspective, and was developed by psychologists Stephen Hayes, Kirk Strosahl and Kelly Wilson in the 1990’s. Although ACT is not the only approach that utilizes mindfulness, it is one of the best known, at least in part because it attempts to provide a relatively systematized approach to treatment and the fact that there are now quite a few scientific studies that have provided evidence that this approach is efficacious in addressing a wide variety of presenting psychological problems. The mindfulness perspective differs somewhat from many of the previous perspectives in psychology and psychiatry, in that whereas these other perspectives often seek to control or reduce unpleasant or painful internal experiences (e.g., thoughts, images, emotions or sensations), mindfulness involves learning to notice, accept and make room for these experiences without trying to directly control or reduce them. This is based on the premise that attempts to control or eliminate unpleasant or painful internal experiences frequently are not as successful as advertised because these strategies either do not work very well or they create more problems than they solve. However, we are able to exert better control over *what we do*, and ACT focuses on committing to engaging in behaviors that are consistent with our values *whether or not* unpleasant or painful internal experiences are present. It is important to point out, however, that ACT involves more than just “gritting your teeth” and telling yourself to “just do it.” The approach also involves teaching people how to handle their internal experiences more *skillfully*, so they will be more likely to engage in values-driven behavior instead of being pulled off-course by what is going on inside of them. There are a number of exercises and metaphors that are designed to teach these skills and develop a mindfulness perspective. However, it’s important to know that just as with any skills, no matter how much we practice it we’re still not going to do it correctly 100% of the time! I often say to my clients “Derek Jeter has a lifetime batting average of .313, which means that he gets a

hit 31.3% of the time and he’s going to the Hall of Fame!” If we expect perfection, we’ll be set up to be disappointed. However, if we seek to live our lives in a more meaningful and fuller way a greater percentage of the time than we’re doing right now (kind of like raising our batting average from .150 to .313) we’ll be on the right track.

Now, for a few thoughts on ACT as it applies to OCD. As you are most likely aware, there is a very well-validated approach to treating OCD, which is Exposure and Response Prevention (ERP). ACT is not antithetical to ERP, and in fact, ERP fits in very well within the ACT perspective. Although I frequently utilize an ACT approach with my OCD clients, ERP is always the central part of our treatment plan. So then, you might ask, “How might an ACT approach enhance treatment?” I have several answers to this question. The first is that ERP is a very challenging type of treatment, and although it is quite effective for those who actively engage in it, the rates of treatment dropout and the percentage of individuals who do not fully commit themselves to this type of treatment are significant. I can certainly empathize with those who struggle with ERP treatment. After all, who wants to deliberately expose themselves to uncomfortable or unpleasant internal experiences? However, by teaching people how to relate to their internal experiences in a more skillful way, ACT can help them deal with these experiences more effectively, even if the experiences themselves are not changed. By the way, with practice, the pain or discomfort often does go down, or at least it is not present as often, however when this occurs, it is a fortuitous *by-product* of treatment instead of being the primary focus. In any case, the utilization ACT principles to deal with unpleasant or painful internal experiences more skillfully may help some people to “hang in there” with exposure-based treatment when they might otherwise choose not to do so. My second answer to the question is that by emphasizing values-based behavior and on living a full and meaningful life as the criteria for therapeutic success, ACT helps people to find reasons to commit to treatment. As the revered psychiatrist, Dr. Viktor Frankl said in his book *Man’s Search for Meaning*, “Those who have a ‘why’ to live can bear almost any ‘how’.”

There are quite a few good references to learn more about ACT. One of my favorites is the book *The Happiness Trap* by Dr. Russ Harris. I have found it to be very readable and clear, and I recommend it to my clients as a “textbook” for our course of treatment. There’s also a very nice interview with Dr. Harris on YouTube. It runs about 30 minutes and he is interviewed by someone named Zara, whom I guess might be something like an Australian version of Oprah. In any case, if you enter “Zara speaks with Dr. Russ Harris” on the YouTube page you’ll get to it. I’d also like to mention *When in Doubt, Make Belief* by Jeff Bell. Jeff is one of the spokespeople for the International OCD Foundation and has suffered with OCD. Although this book is not specifically about ACT, Jeff’s discussion of “The Greater Good” concept overlaps considerably with the emphasis that ACT places on committing to living a full and meaningful life that is consistent with one’s values, even in the face of OCD.

Finally, I’d like to leave you with an ACT metaphor that I developed, which I frequently use with my clients:

There are two basic ways to ride a roller coaster. One way is to grip the bar tightly, grit your teeth and close your eyes with the plan of “white-knuckling” it through the experience. The other is to raise your arms over your head, let go of the illusion of control and open yourself up to the experience. With OCD, you’re going to find yourself on the roller-coaster at times whether you want to be on it or not. Learn to ride it with your hands up in the air.

Dr. Joe Springer is a NJ licensed psychologist and a new member of our Scientific Advisory Board. He runs a private practice specializing in OCD in Manasquan.



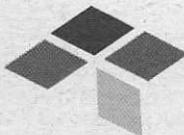
Professional Directory (continued on pages 6 & 7)

The professionals included in this Directory have expressed an interest in treating individuals with OCD. This Affiliate has not investigated these individuals, nor does it have the facilities to evaluate their competence in treating OCD. This Affiliate does not recommend or endorse the competence or expertise of anyone listed. This Directory of treatment providers is not an endorsement, but merely a source of individuals who have indicated that they treat OCD. If you are interested in advertising in our Professional Directory, please contact Ina Spero at (732) 828-0099 from 9 a.m. to 9 p.m.

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NEUROBEHAVIORAL TASKS IN OCD

Do you have OCD? Are you currently not taking any psychiatric medications?

We are looking for individuals with OCD to participate in a research study comparing patients with OCD to patients with several other disorders to help us understand the differences in the neurocircuitry of the brain across disorders.

This study uses different behavioral tasks and questionnaires to measure participants' stress reactivity, startle reflexes, and preferences. All information will be kept completely confidential.

WHO CAN PARTICIPATE:

- * You may be eligible to participate if OCD is your primary problem, if you are between the ages of 18 to 50 and are not currently on any psychiatric medications or currently on hormonal birth control, and if you are not pregnant.
- * Subjects must be able to travel to New York State Psychiatric Institute /Columbia University at 1051 Riverside Drive (at 168th Street) in Manhattan.

COMPENSATION FOR PARTICIPATION:

Participants will be compensated \$200 for completing all study procedures, consisting of approximately 6 hours of testing over 2 consecutive days. Additional payment of up to \$85 will also be provided based on performance on one of the tasks.

PROCEDURES:

1. Screening by phone.
2. If potentially eligible, a psychiatric evaluation (and urine test) and clinical assessments to confirm eligibility (time estimated) of 2 hours.
3. If eligible, up to 6 hours of testing over 2 consecutive days (4 hours on day 2 and 2 hours on day 2.)

FOR MORE INFORMATION, PLEASE CONTACT:

Anxiety Disorders Clinic, Columbia University Medical Center:
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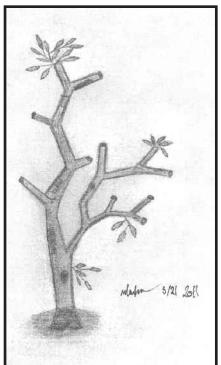
Design A: "Crabs vs. Dan" by Daniel Lumsden - age 11
Design B: "Growing Again" by Michael N. Levine - age 14

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Design A



Design B



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.
- NJ OCF - 10th Annual Conference, "Body Dysmorphic Disorder (BDD), Hypochondriasis, Hoarding, and other OCD Spectrum Disorders; Comparing and Contrasting Treatments with OCD," Dr. Fugen Neziroglu.
- "The Latest Research on Pediatric OCD and Trichotillomania," Dr. Marty Franklin & Dr. Diana Antinoro.
- "Medications & OCD," Dr. Steven Dyckman.

We hope to update the website soon so that the DVDs can be purchased online.

Understanding Obsessive Compulsive Personality Features

Principal Investigator: Anthony Pinto, Ph.D.

Is perfectionism causing problems for you?
Do others complain about your rigidity?
Do you worry too much about order and details?
Do you find it difficult to relax and enjoy free time?
Are you constantly trying to control things?
Do you plan out every minute of your day?

Researchers at Columbia University Medical Center/NYSPI in Manhattan are seeking participants (age 18-60) in the NY metro area with several of these features. Participants will receive a confidential evaluation at no cost and payment upon completion of an interview, questionnaires, and computer tasks.

For more information about the study, contact Ashley at (212) 543-5938. To learn more, visit www.columbia-ocd.org

Child/Adolescent OCD, Tic, Trich, & Anxiety Group (COTTAGE) at the University of Pennsylvania

Pediatric OCD Treatment Study:

Does your little child have to have things "just right"? Does he have to do something over and over again? Does she have intrusive thoughts? Our center is looking for kids ages 5-8 with OCD to participate in a research study at the University of Pennsylvania. Those eligible receive a full assessment of symptoms and 12 weeks of behavioral therapy at no cost. Call Aubrey Edson at 215-746-3327 if interested.

Pediatric Trichotillomania Treatment Study:

Does your adolescent or teen pull their hair? If so, it may be Trichotillomania. Our group is conducting a research study to assess different treatments for children and teens between 10-17 years old with Trichotillomania. Those eligible receive a full assessment of symptoms and 16 weeks of behavioral therapy at no cost. Call Michelle Wilson at 215-746-3327 if interested.

Zambrano

continued from page 1

ments, or a number of simple tics that occur together. Coprolalia is a vocal tic that is the utterance of obscene words, but Dr. Zambrano discussed that contrary to public opinion, only 8 to 25% of people with TS have it.

The following are the nature of tics: 1) naturally wax and wane, 2) change in appearance and frequency, 3) change in severity and intensity, 4) increase with stress, fatigue or excitement, 5) diminish during sleep, and 6) can sometimes be suppressed for short periods of time. He detailed the diagnostic criteria for TS, and outlined the features of the disorder as well as differential diagnoses and comorbidity.

The focus of interventions for TS include: 1) educating others about TS and focusing on acceptance of symptoms, 2) if a tic isn't harmful and the person with the tic reports that it causes little distress, then ignore it, 3) prioritize issues, and 4) teach tic suppression. Tic suppression involves habit reversal training (HRT). HRT includes 1) awareness training, 2) competing response training, 3) rewarding treatment compliance, 4) relaxation training, and 5) generalization. However, when people learn about HRT, they are prepared for the fact that it is a technique that can feel frustrating and is typically only successful in people who can identify the urge to engage in a tic before the actual tic occurs. We refer to this urge as a premonitory urge.

Dr. Zambrano explained that most people with OCD do not have TS, but some studies estimate that up to 50% of people with TS have OCD. OCD and TS both "essentially involve an unpleasant feeling that is alleviated by unnecessary behaviors." Treatment involves denying the urge until it passes in hopes habituation will occur. OCD and TS are different because triggering of an obsession is usually more predictable than the triggering of a premonitory urge. Also, OCD treatment is exposure and response prevention (ERP) and TS treatment tends to focus on more complicated comorbid issues. "Tourettic OCD" is a form of OCD that has features of TS where a person feels the need to repeat a compulsion until it feels "just right."

Through out the presentation, Dr. Zambrano guided the audience in several interactive activities to mimic the experience a person has with TS. The goal was achieved of assisting the audience members to develop their empathy for people with the disorder. Audience members enjoyed the question and answer period and Dr. Zambrano's relatable and engaging talk.



Dr. Rachel Strohl is a licensed psychologist at Stress and Anxiety Services of NJ in East Brunswick. She is on the Board of Directors at OCD New Jersey. She may be reached at 732-390-6694.

Media/Marketing/Advertising College Majors- Looking for Volunteers

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

YOU HAVE OCD

by Richard Friedman

You have OCD. Stress comes and goes easily. Issues are in our lives every day, some are easy to deal with, others not so easy. Then this happens....your wife goes into a major electronic retailer to pay a bill from that store. Customer service representative informs her that they can't take her cash, cash mind you to pay the bill. What do you mean you can't take cash? This is your wife attempting to pay a bill but because only your name is on the bill they can't touch your money.

You want to buy a car. The monthly payment could be as low as \$169 per month. However they expect you to pay \$3000 up front. Why can't you get the same car with no money down and the monthly payment around the same.

Your house is affected by a hurricane. A major service company comes out and does some work. Then you are billed and there are many items listed of things that were not done. You have proof. They don't care. Nobody you talk to helps. And you are billed an astronomical amount of money.

My point of all the above is, why are we treated like this today when this country is still going thru such financial difficulties? Why do you think people who are afflicted with OCD react the way they do. Think positive. Be strong.

HOW START A SUPPORT GROUP

If you look at the back of this Newsletter, you will see that there is only a small handful of support groups for OCD around the state. It is one of the goals of OCD New Jersey to help create more of these groups. If you are interested in having a group in your area, we can help. Here's how:

1) If you want to have a group, you need to find a place to meet such as at local churches, synagogues, libraries, and high schools, are good places to find free rooms. If you say you will be working with OCD New Jersey, it might also give you some "clout."

2) Determine the day and time- which may be determined by room space availability and once a month is a good place to start. An hour and 15 minutes or an hour and a half is usually the length.

3) Contact us. Call Ina Spero at 732-828-0099 (9 a.m. - 9 p.m.). We can put your name and contact number on our website and in our Newsletter. We will announce the formation of your group at our quarterly meetings. Decide if the group is only for adults, only for sufferers, or open to everybody-we recommend the latter- friends, family, and children with OCD.

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

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

PARENT SUPPORT GROUP IN WEST WINDSOR

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

NEW TRICHOTILLOMANIA GROUP FORMING IN MERCER CTY/CENTRAL NJ

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

PARENT SUPPORT GROUP IN RANDOLPH

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

FIND A GROUP FOR YOU!

BDD GROUP IN ROSELLE PARK

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

GROUP IN HOWELL

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

S. JERSEY/PHILADELPHIA TRICHOTILLOMANIA

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

GROUP IN EAST BRUNSWICK

A group will be meeting in the East Brunswick area. Please email Adrienne at listeningears123@aol.com for the time and location of the next meeting.

NEW TEEN GROUP IN ROBBINSVILLE

Teen Support Group in Mercer County will meet at the Robbinsville Branch of the Mercer County Library. This group is for teens and young adults and their parents. If you are interested in learning more about the group and when it will meet, please call Mike Bellero at (609) 259-2004 or e-mail ocdteenmercer@verizon.net.

NIT-PICKING

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

“ Dr. Weg has produced a **masterpiece** that shows clinicians innovative ways to teach patients and their family members about the complexities of OCD. I **highly recommend** this book. It is entertaining and teaches a very useful way of communicating the difficult and often very frightening aspects of OCD symptoms and treatment. ”

— Michael Jenike, M.D., Professor of Psychiatry and Founder of the OCD Clinical and Research program, Harvard Medical School and Founder of the OCD Institute, McLean Hospital

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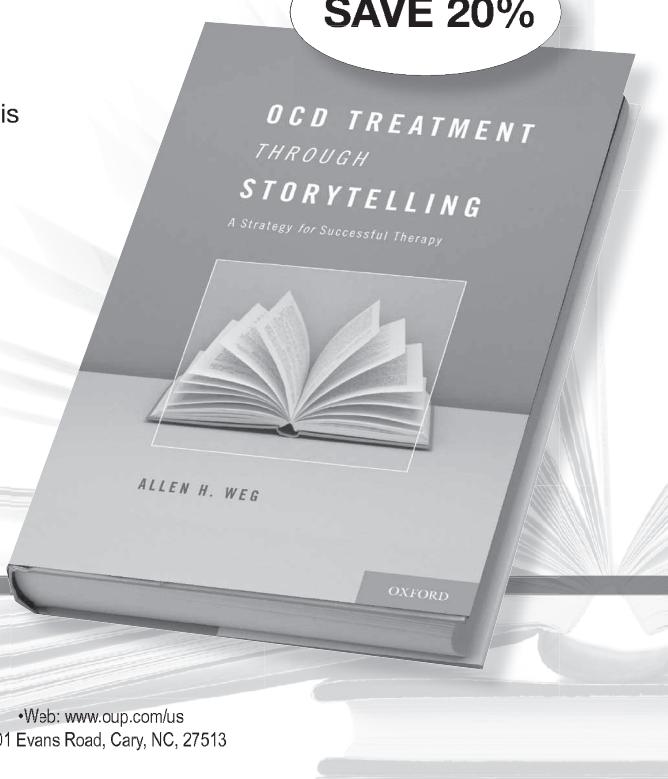
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DIRECTIONS TO OUR MEETING

Our next quarterly meeting, which will take place on **Monday evening, September 10, 2012 at 7:30 p.m** at **Robert Wood Johnson University Hospital, New Brunswick, NJ, in the Medical Education Building, Room 108A.**

From the New Jersey Turnpike:

Take Exit #9 (New Brunswick) and proceed on Route 18 North, approximately 2 miles to the exit Route 27 South (Princeton Exit). Follow Route 27 South (Albany Street) to the 4th light (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. (Parking Deck fee: \$1 per hour). To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From Southern New Jersey:

Take Route 18 North to Route 27 South (Princeton exit). Follow Route 27 South (Albany Street) for 4 lights (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. (Parking Deck fee: \$1 per hour). To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From Route 1 (North or South):

Take Route 18 North to Route 27 South (Princeton Exit). Follow

the Route 27 South (Albany Street) directions above. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From Route 287:

Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From the Garden State Parkway:

Exit Route 1 South. Proceed approximately 9 miles to Route 18 North. Take Route 18 North to Route 27 South (Princeton Exit). Follow Route 27 South (Albany Street) to the 4th light (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

Medical Education Building (MEB):

Take the hospital's parking deck elevator to the first floor and upon exiting make a right. Walk across the Arline & Henry Schwartzman Courtyard to the double glass doors; the sign above will read "Medical Education Building". For Room #108-A, make an immediate right and the room is on your left-hand side.

NOTICE NOTICE NOTICE NOTICE

Obsessive Compulsive Disorder Support Groups

| | |
|----------------|--------------------------|
| Boonton | (862) 268-6397 |
| East Brunswick | listeningears123@aol.com |
| Howell | (848) 702-5044 |
| Montclair | (973) 472-8215 |
| Piscataway | (732) 445-5384 |
| Randolph | (973) 366-3564 |
| Robbinsville | (609) 259-2004 |
| Somerville | (908) 725-5595 |
| West Windsor | (609) 275-5487 |
| Woodbury | (856) 853-2011 (day #) |

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