



OCDNJ Annual Conference Featuring Dr. Eric Storch Likely To Be A Virtual Conference; Rescheduled To Sunday, October 25, 2020

OCDNJ is currently considering the option of hosting this event Online. PLEASE LOOK OUT FOR UPDATES!!! Dr. Storch will be our keynote speaker and will be presenting on the topics of “Clinical complexities in treating youth with OCD: Tips for parents and professionals” and “Determining the right level of care for people with OCD.” The conference will also feature the "Living with OCD Panel." Every year at our annual conference, we collect a handful of people who either have OCD or live with someone who does, and they each spend a little bit of time sharing their personal experiences and then take questions from the audience.

To read the rest of the article, click this link: <http://www.ocdnj.org/meetings/annual-conference/>



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COVID-19 & OCD

The World Health Organization (WHO) has classified the ongoing worldwide outbreak of coronavirus disease (COVID-19) a pandemic. In response, public health experts around the world have asked individuals and organizations to take action to prevent and limit the transmission of this disease in their communities. This may create unique challenges for people in the OCD and related disorders community as we work to balance what's best for population health and what's best for our individual mental health.

The International OCD Foundation has put together a list of resources that may be helpful.

For more information, click this link: <https://iocdf.org/covid19/>

7 Tips for Successful OCD Treatment

by Stacy G. Smith, MS, LPC

Tip #1. Fully Understand the Rationale for Exposure and Response Prevention (ERP)
ERP is the gold-standard treatment for OCD, and while you may be eager to get started, rushing into

a challenging treatment like ERP is likely to be unsuccessful if you do not have a proper understanding of why this treatment is being recommended, and why it works. The first step in proper OCD treatment is psychoeducation, meaning your therapist will take time to review the treatment rationale, and may even provide you with information to read between sessions. Take notes, ask questions, and remember that this step is just as important as the ERP exercises themselves. If your therapist supplements ERP with Acceptance and Commitment Therapy (ACT), it is equally as important to understand the rationale behind these techniques as well. A helpful way to gauge whether you have a good understanding of your treatment is to see how well you can explain its rationale out loud, whether to yourself, or to a close family member or friend.

To read the rest of this article, click this link: <https://www.stacysmithcounseling.com/post/7-tips-for-successful-ocd-treatment>

Research Study

Was your family impacted by the coronavirus? Are you or your child struggling with anxiety or depression about the coronavirus or social distancing? Help CWRU researchers learn more about the impact of the coronavirus on children, parents, and families. If you have a child ages 7-17 and have been impacted by the coronavirus, please fill out our online questionnaires! We hope to use this study to learn more about how families have been impacted by recent events related to the coronavirus. If you complete the surveys, you will be entered into a raffle to win one of four \$25 gift cards.

You can participate by going to https://cwru.az1.qualtrics.com/jfe/form/SV_8678F95dgxjCcm1

OCDNJ DVDs for Sale

We record our annual conferences and the speakers from our quarterly meetings, and provide copies of them to anyone interested. All moneys charged are pumped back into OCDNJ to help defray the costs of the organization. This is a great way to learn more about various topics of interest within and related to OCD. For a listing of DVDs available, click this link: <http://www.ocdnj.org/newsletter/dvds/>

OCD Support Groups in NJ

There is information on support groups throughout the state on our website. Click on the following link to find out if there is a support group in your area: <http://www.ocdnj.org/get-help/support-groups/>

Professional Directory

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