

OCD NEW JERSEY

OCD New Jersey is a nonprofit organization sanctioned by the International OCD Foundation (IOCDF). We offer educational support to those with OCD and their families. Members include mental health professionals as well as those with OCD, their families, and friends.

We publish an online newsletter, host an annual conference, and sponsor special events during the year. Visit our website at www.ocdnj.org for additional information about our dynamic and growing organization.

Continuing Education Credits

This conference is intended to provide information for those interested in learning more about OCD, including both professionals as well as those living with OCD and their family members. This program is approved for 4 CE credits for psychologists. This workshop is sponsored by CEH – the Center for Emotional Health - to offer continuing education for psychologists. CEH maintains responsibility for this program and its content. It is also approved for 4 CE credits for social workers - approved for continuing education by the New Jersey Social Work Continuing Education Approval Collaborative, which is administered by NASW-NJ.

This program provides information of intermediate level and is ideal for professionals with a basic foundation of learning in OCD and Exposure and Response Prevention (ERP) treatment.

OCD New Jersey
PO Box 958
East Brunswick, NJ
08816



presents the
**22nd Annual Conference in a
Virtual Environment**

*An Interactive Multimedia Presentation
by Reid Wilson, Ph.D.*

**“Playing the Game Against
OCD: Strategies for the 6
Moment Game”**



plus
the “Living with OCD” Panel
with those who deal with OCD every day
and instructor Marla Deibler, Psy.D., ABPP

Sunday, March 27, 2022

Program

The tenacity and strength of OCD can be intimidating to both therapist and client. Obviously, winning over OCD requires trust and faith in the principles of treatment, since resistance to change often stems from distressing uncertainty. But success also requires the resilience to push forward despite adversity. Ultimately, we are looking for a lifestyle of exposure that continues to push OCD back each and every time it tries to dominate us. In this workshop, Dr. Wilson will present the principles of a strategic approach which centers around delivering moment-by-moment self-help tactics against this challenger. The approach requires a few giant shifts in perspective. But, once taken, they can guide the difficult but simple – not complex – task that win the moment against the disorder.

Target audience: professionals, individuals with OCD and their support persons

The Learning Objectives of the presentations will:

Instruct a client in logically dismantling the common dysfunctional frames of reference of OCD

Establish a new, internally-consistent paradoxical frame of reference

Explain how to activate “approach” emotions toward anxious uncertainty during exposure

Defend the importance of altering perception, as opposed to utilizing technique, to help clients with OCD

Demonstrate how to activate the therapeutic strategy moment-by-moment within threatening situations

“Living With OCD” Panel: A diverse panel of individuals who are living with OCD will briefly share their personal struggles with the disorder and its treatment. Instructional commentary will be provided by Dr. Deibler who will illustrate and expand on the diagnosis, expression, and treatment of this disorder. Common questions will be discussed utilizing these “real world” examples of life with OCD in the service of deepening the understanding of the disorder.

Our Presenters



REID WILSON, Ph.D., a clinical psychologist in Chapel Hill, NC, is author of [Stopping the Noise in Your Head: The New Way to Overcome Anxiety and Worry](#) and the classic self-help book [Don't Panic: Taking Control of Anxiety Attacks](#). He is co-author with Edna Foa, PhD, of [Stop Obsessing!](#) and co-author with Lynn Lyons, LICSW, of [Anxious Kids, Anxious Parents](#), as well as [Playing with Anxiety](#). He is a Founding Clinical Fellow of the Anxiety and Depression Association of America (ADAA) and Fellow of the Association for Behavioral and Cognitive Therapies (ABCT). He designed American Airlines' first national program for the fearful flier and served as the expert on anxiety for WebMD's Mental Health Community. He blogs for *Psychology Today* at “All about Anxiety.” In 2014 he received ADAA's highest award, and received the 2019 Service Award by the International OCD Foundation. His free self-help site is www.anxieties.com. In January 2022 he released his online course, “OCD and the 6-Moment Game: Strategies and Tactics.”

Dr. Wilson has no identified conflicts of interest or sources of commercial support. NJPA ensures that permission to use proprietary information, and steps to safeguard such information, are discussed with presenters at NJPA co-sponsored programs. No materials (physical or electronic) provided to attendees at such programs may be shared.



Marla W. Deibler, Psy.D, ABPP is a Licensed Clinical Psychologist (NJ #4380), Board Certified in Behavioral and Cognitive Psychology. She is the Founder and Executive Director of The Center for Emotional Health of Greater Philadelphia (CEH), a multi-site, behavioral healthcare center specializing in the evaluation and evidence-based treatment of anxiety disorders, obsessive-compulsive and related disorders, and neurodevelopmental disorders, with office locations in Cherry Hill and Princeton, NJ and providing telehealth services across the US under the authority of The Psychology Interjurisdictional Compact (PSYPACT). She is President of OCD New Jersey, the NJ affiliate of the International OCD Foundation (IOCDF), and Faculty of IOCDF's Behavior Therapy Training Institute (BTI).

Registration

Regular Registration (by 3/20/22) - \$25
For those who want CEU Credits –
(by 3/20/22) - \$65

If you choose to mail in your registration it must be received by 3/10/22 or we cannot guarantee you will be registered. We encourage all registrations to be made through our website so your information is received immediately following your payment to attend.

Name _____
Organization _____
Address _____
City/State/Zip _____
Cell phone: () _____
E-mail _____
Mail checks payable to: OCD New Jersey,
PO Box 958, East Brunswick, NJ 08816
Or register online: www.ocdnj.org

10:00 am	Open Virtual Conference
10:15am-10:30 am	Welcoming Remarks, Dr. Marla Deibler, OCD NJ President
10:30am-12:00pm	Dr. Wilson's presentation (break from 12pm-12:30pm)
12:30pm-2:00pm	Dr. Wilson's presentation
2:00pm-3:00pm	“Living with OCD Panel, Dr. Deibler, Instructor
3:00 pm-3:05pm	Closing Remarks

Please note that on Friday 3/25/22 the links for the three conference sessions will be emailed to all registered attendees.

Contact OCD New Jersey

For more information, or for complaints, grievances, or American Disabilities Act accommodations, please call (732) 476-4021 or write to OCD New Jersey, P O Box 958, East Brunswick, NJ 08816.