

## 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](http://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 Stress and Anxiety Services of NJ which is approved by the American Psychological Association to offer continuing education for psychologists. SASNJ 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



**New Jersey**  
IOCDF affiliate

*presents the*  
**23<sup>rd</sup> Annual Conference in a  
Virtual Environment**

*An Interactive Multimedia Presentation*  
**by Amy Mariaskin, Ph.D.**

***“OCD and Relationships:  
Helping Our Patients Thrive in  
Love, Friendship, and Family”***



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

***Sunday, May 7, 2023***

## Program

Although OCD is conceptualized as an individual disorder, its impact on interpersonal relationships is considerable. Patients may experience difficulties with cultivating fulfilling connections and sustaining them over time (Abramowitz et al, 2013; Borda et al, 2013; Less et al, 2015). This presentation will outline the impact of OCD symptoms on relationships across multiple domains, including romantic partnership, friendship, and family. Clinicians will learn how to assess for relational impacts, include loved ones in treatment, and provide clients with tools derived from evidence-based practice to mitigate the impact of symptoms on relationships.

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

### The Learning Objectives of the presentations will:

1. Participation in this program will enable you to demonstrate conceptual understanding of Relationship OCD (ROCD) and how it manifests in various relationship types.
2. Participation in this program will enable you to identify relational impacts of OCD as shown by research.
3. Participation in this program will enable you to apply the principles of Acceptance and Commitment Therapy and Exposure and Response Prevention to generate a hierarchy of values-based relational exposures for individuals with OCD.
4. Participation in this program will enable you to assist clients in decision making about disclosure of symptoms to others.

**“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



**Amy Mariaskin, PhD**, is a licensed clinical psychologist and founding director of the Nashville OCD & Anxiety Treatment Center in Brentwood, TN. She has expertise in treating individuals across the lifespan with OCD, anxiety, and related disorders and is passionate about working with young children, gender nonconforming clients, and couples impacted by OCD. Dr. Mariaskin is also adjunct faculty at Vanderbilt University where she supervises PhD students. She is the author of the book, *Thriving in Relationships When You Have OCD: How to Keep Obsessions and Compulsions From Sabotaging Connections in Love, Friendship, and Family*.



**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, OCD 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). Dr. Deibler 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 4/25/23) - \$30  
For those who want CEU Credits – (by 4/25/23) - \$65

If you choose to mail in your registration it must be received by 4/25/23 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](http://www.ocdnj.org)

In the rare case of a cancellation, refunds will be issued.

10:00 am	Open Virtual Conference
10:15am-10:30 am	Welcoming Remarks, Dr. Marla Deibler, OCD NJ President
10:30am-12:00pm	Dr. Mariaskin’s presentation (break from 12pm-12:30pm)
12:30pm-2:00pm	Dr. Mariaskin’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 5/05/23 the links for the three conference sessions will be emailed to all registered attendees.**

## Contact OCD New Jersey

For more information, or for complaints,