

Fall 2021 Newsletter



New Jersey
IOCDF affiliate



Reid Wilson, Ph.D.

OCD New Jersey 2022 Annual Virtual Conference

Date: Sunday March 27, 2022

Registration information coming soon!

Dr. Reid Wilson will be presenting on "Playing against OCD: Strategies for the 6-Moment Game" at our Virtual Conference. Additionally, the conference will feature the popular "Living with OCD" Panel.



ASK THE EXPERTS



10.13.2021 AT 07.00 PM
LOG IN:
[HTTPS://MEET.GOOGLE.COM/YAZ-YPAJ-GMC](https://meet.google.com/YAZ-YPAJ-GMC)
OR DIAL: +1 413-424-9375
PIN: 414 662 604#

Join the Experts - Licensed Psychologists - for a FREE, interactive Q & A on OCD & Related Disorders

Open to professionals, family members, and individuals living with OCD

OCDNJ Virtual "Ask the Experts Panel" Review

by Rachel Strohl, Psy.D.

On Wednesday October 13, 2021, OCD New Jersey (OCDNJ) hosted an "Ask the Experts" virtual panel. The panel experts, Dr. Marla Deibler, Dr. Jordan Levy, Dr. Rachel Strohl, and Dr. Allen Weg, are all licensed psychologists who specialize in the treatment of OCD and related disorders. The interactive Q and A was open to professionals, family members, and individuals living with OCD. The event was part of the International Obsessive Compulsive Disorder Foundation's (IOCDF) OCD Awareness Week. Participants asked various questions to the experts about many different topics. Some question highlights included discussion about:

- the evidenced based treatment for OCD: Exposure and ritual prevention (ERP)
- new treatment developments on the horizon
- psychiatric medications and long term implications

- request for specialized treatment providers for various comorbid disorders
- correlation between OCD and onset of puberty
- nature and course of OCD and related disorders
- techniques for dealing with intrusive obsession and mental compulsions

The "**OCD Ask the Experts**" panel was a success: participants expressed appreciation for the interactive and educational virtual evening.

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



Thank you to everyone who attended, donated and supported us for the 1 Million Steps 4 OCD Walk on Sunday, Sept. 19 in Oak Ridge Park in Clark, NJ! Please check our

social media for pictures from the day. We look forward to an even more engaging and successful walk in 2022!



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/>



What is Hoarding?

by Marla Deibler, Psy.D.

Hoarding is a key symptom of a mental illness known as hoarding disorder. It's characterized by the extreme difficulty of getting rid of possessions—even those of little or no value. As items accumulate over time, they clutter a person's home to the point where living spaces can't be used as intended. When severe, hoarding can put a person (and others in their home) in danger.

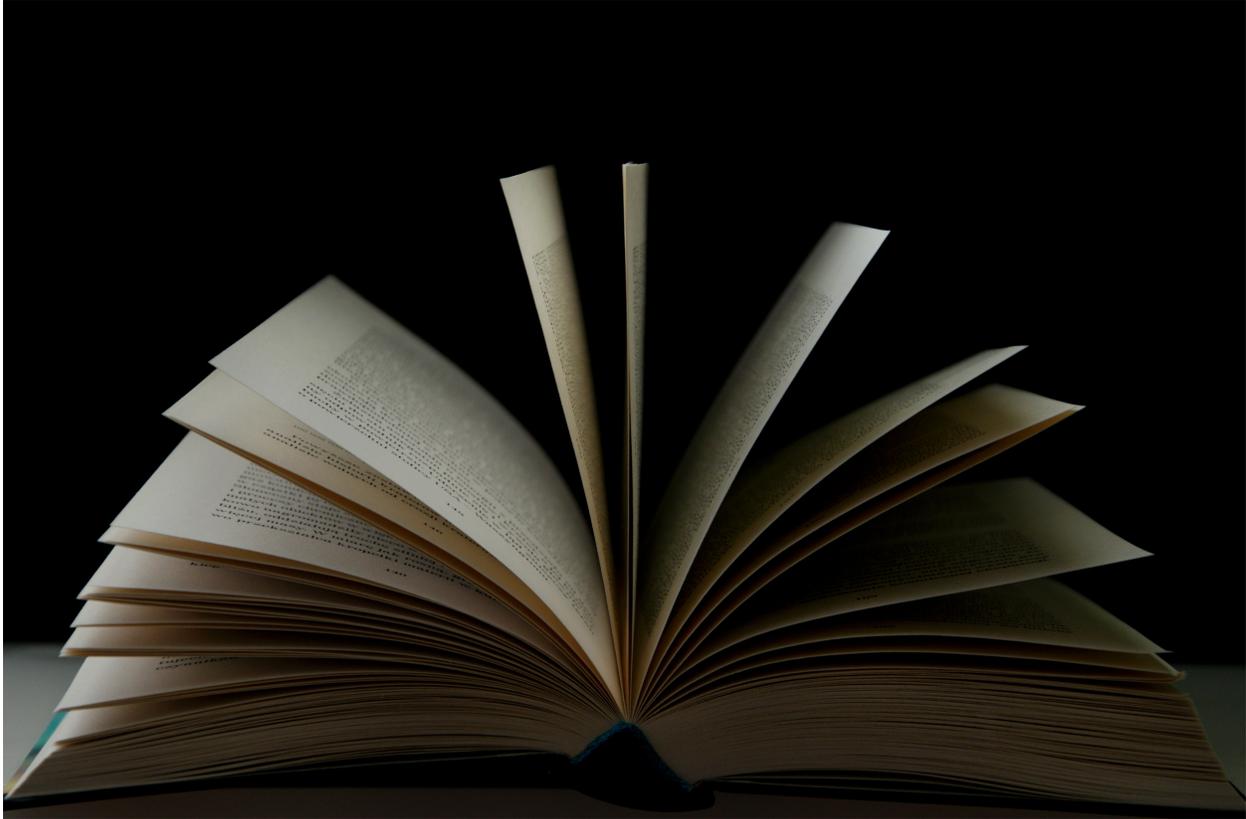
To read the rest of this article, click this link: <https://www.verywellmind.com/what-is-hoarding-disorder-2510602>



Volunteers Needed for OCD New Jersey

OCD New Jersey is currently seeking volunteers for a variety of tasks to help grow our organization. This is a great way to give back to our organization as we continue to expand our reach and educate the public about OCD. Opportunities exist to assist with the annual conference, the virtual walk, general outreach, social media and more!

If you are interested in learning more about volunteering opportunities please contact us at OCDNJmail@gmail.com



Professional Directory

OCD NJ has a list of professionals who choose to advertise on our website. OCD NJ does not review, does not approve, does not endorse, nor certify the qualifications of any mental health professionals to provide any mental health care services. OCD NJ therefore, in making available, for the interest of the public, a list of professionals and their areas of practice, is not making any representations, warranties, nor any guarantees, regarding the providing of mental health care services by these professionals. This link leads to the pages of professionals on our website:

[Professional Directory »](#)



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:

[Support Groups »](#)