

OCD New Jersey Spring 2019 Newsletter



C. Alec Pollard, Ph.D. Presented on “Academic and occupational perfectionism: When striving for just right is just wrong”

by Rachel Strohl, Psy.D.

On Sunday March 3, 2019, C. Alec Pollard, Ph.D. presented at the annual conference of OCD NJ. Dr. Pollard is Founder and Director of the Center for OCD and Anxiety-Related Disorders at Saint Louis Behavioral Medicine Institute and Professor Emeritus of Family and Community Medicine at Saint Louis University. He is a licensed psychologist who works with a range of obsessive-compulsive and anxiety-related disorders. He is on the Scientific and Clinical Advisory Board of the International OCD Foundation and chairs the organization's Training Subcommittee, including a national training initiative called the Behavior Therapy Training Institute. Dr. Pollard also serves on the Scientific Advisory Committee of the Canadian Institute for Obsessive-Compulsive Disorders and the Obsessive-Compulsive Cognitive working group research collaborative. He is former chair of the Clinical Advisory Board of the Anxiety and Depression Association of America. He serves as a reviewer for a number of professional journals and conference program committees and has authored over 100 publications, including 2 books.

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



Dr. Alec Pollard presented on "Academic and Occupational Perfectionism: When Striving for Just-Right is Just Wrong"

Ask the Experts Review: A Panel of OCD Treatment Specialists

Drs. Rob Zambrano, Rachel Strohl, and Jordan Levy joined our panel

On December 10, 2018, Drs. Zambrano, Strohl, and Levy presented as a panel of experts at the quarterly meeting of OCD New Jersey. The audience consisted of professionals in the field, as well as individuals or family members of those suffering from OCD symptoms. Audience members asked a number of relevant and thought-provoking questions to the panel, which led to an informative and stimulating discussion.

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



Drs. Zambrano, Strohl, and Levy presented as a panel of experts at the quarterly meeting of OCD New Jersey

Dr. Michael Gotlib, Psy.D. Presented on “Enhancing OCD Treatment By Increasing Psychological Flexibility”

by Rachel Strohl, Psy.D.

On Monday September 17, 2018, Michael Gotlib, Psy.D. presented at the quarterly meeting of OCD NJ at the Cherry Hill library. Dr. Gotlib provided an overview of the Acceptance and Commitment Therapy (ACT) framework for OCD. He explained that while exposure and response prevention (ERP) is the main piece of OCD treatment, it can be a difficult treatment for some. The ACT framework views ERP as a process to increase psychological flexibility, which is our ability to recognize and adapt to various situations and shift both our mind and body towards the people and behaviors that are valued to us. Within an ACT framework, individuals increase their willingness to experience obsessions and anxiety in order to move toward their values.

To read the rest of the article, click this link:

<http://www.ocdnj.org/meetings/quarterly-presentation/gotlib-september-2018/>



Dr. Michael Gotlib presented on "Enhancing OCD Treatment By Increasing Psychological Flexibility"

East Brunswick Day Review

by Michelle Villani

OCD New Jersey attended East Brunswick Day on October 7th, 2018. Volunteers shared information about the IOCDF, OCD NJ, and provided information on OCD, related disorders and how the public could become more involved. Participants tested their knowledge of OCD and were informed on the nature of the disorder and effective treatment modalities. Volunteers that tabled at East Brunswick Day included Adrian Levine, Nick Greco, and Samuel Jones.



Volunteers for OCDNJ tabling at East Brunswick Day

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/>

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