

Winter 2021 Newsletter



New Jersey
IOCDF affiliate



Lisa Coyne, Ph.D.

OCD New Jersey 2021 Virtual Conference

Sunday, April 25th 10:00am - 3:00pm

An Interactive Multimedia Presentation by Lisa Coyne, Ph.D:

“Fear and Flexibility: Integrating ACT with ERP to Shape Bravery-Based Behavior”

plus

The “Living with OCD” Panel with those who deal with OCD every day with instructor Marla Deibler, Psy.D.

Dr. Lisa Coyne will be presenting on "**Fear and Flexibility: Integrating ACT with ERP to Shape Bravery-Based Behavior.**" The focus of this presentation will be to get “under the hood” of how exposure-based treatments work at the level of basic learning processes; to explore clinicians’ barriers to using this treatment approach; and to demonstrate how to use ACT to help enhance exposure-based treatment in youths and adults. Acceptance and Commitment Therapy (ACT) may be used to more finely design and implement exposure-based treatment across anxiety and OCD. Thus, this presentation will discuss how clinicians may use ACT to enhance exposure-based treatment through supporting curiosity, willingness, and flexibility. Specifically, the presenter will a) present an overview of exposure-based treatments and inhibitory learning research and applications; b) give an overview of ACT and its evidence-base; and c) discuss how to incorporate specific ACT interventions into exposure to strengthen and contextualize inhibitory learning in exposure-based treatment. Clinical examples will be used to illustrate therapeutic techniques, in addition to the workshop’s didactic content.

For more information, click this link:

<http://www.ocdnj.org/meetings/annual-conference/>



Parting Words from Immediate Past President of OCD New Jersey

It is with mixed emotions that I inform the OCD New Jersey community that I am

stepping back from my position as President on the Board of Directors of our organization. I will remain on the board, as Immediate Past President, so I will continue to have my hand in, and provide input, into the goings on and future planning of OCDNJ.

These last six years as President, and the 13 years before that as Vice President, have been incredibly rewarding for me, a true labor of love, and I am so proud to have been at the helm of an organization that provides such greatly needed services of information, education, and support to a community of talented and committed mental health professionals, to our community of those with OCD and their families who may lack other resources in coping with OCD in their lives, and to the general community, providing them access to a trusted source of information about this disorder and its treatment.

I am excited to hand over the reins of leadership to Dr. Marla Deibler, who has served as OCD New Jersey Vice President during the years that I was President, and was on the board for many years before that. A New Jersey licensed psychologist, she brings to our organization an amazing skills set, not only as an extremely accomplished specialist in the treatment of OCD, but as an organizational leader, being the Executive Director of a very large independent practice with a national reputation of expertise in the treatment of OCD and OCD related disorders, as well as other psychological services.

In addition, coming nearly a full generation that followed mine, Marla comes with a greater command and knowledge of how to utilize technology to better expand and coordinate services in an organization, and she has already begun to implement important changes that will help catapult us into the 2020s. Together with our new Vice President, Dr. Jordan Levy, also of a more youthful perspective, a NJ licensed psychologist, a veteran OCDNJ board member, and an accomplished OCD specialist with his own independent practice as well, I expect this new leadership team will bring our organization to new levels of impact and relevance to all aspects of the OCD community in the state of New Jersey.

Thank you all for the opportunity to serve this community all these years, and again, I will remain on the board, watching with the rest of you how our organization continues to grow and change.

Allen H Weg, EdD
Immediate Past President, OCD New Jersey



Message from the President of OCD New Jersey

As we welcome March 2021, I find myself reflecting on the past year which brought many changes in our lives as communities around the world navigated the challenges of COVID-19. Schools swiftly introduced online learning environments, businesses changed their operating procedures, mask-wearing became the norm, and individuals learned to practice “social distancing.” As challenging as some of these adaptations have been, the bright light of human ingenuity has been equally as inspiring. Watching individuals create new, innovative ways to use technology to bring people together has been amazing to watch, explore, and support.

As we slowly progress toward a post-pandemic future, we look toward an era of growth and opportunity at OCD New Jersey, utilizing technology to maximize our ability to serve our mission of educating communities about OCD and related disorders, offering support to those living with these disorders, and supporting research. I am both honored and energized to lead OCD New Jersey into this new era, as President of the Board of Directors.

Along with a dedicated team of OCD New Jersey colleagues with whom I serve on the Board, I am excited for the prospects of our organization as we seek to bolster awareness and education in new ways. I am committed to these goals in the service of supporting the OCD community and look forward to expanding our reach across the state, providing much-needed support, and reaching new parts of our professional community to enrich the evidence-based treatment resources available to those who are suffering.

I am grateful to Allen Weg, EdD for his years of service as President of OCDNJ. His commitment to the organization, along with our devoted founding members, Julian and Ina Spero, have ensured that so many residents of NJ have greater access to resources for OCD and related disorders. I look forward to continuing this legacy of steadfast dedication, meeting these challenges, forming new partnerships, and greeting new members.

I welcome the opportunity to hear from you about how OCD New Jersey can best support you in this moment and as we move toward a more resourceful future.

Sincerely,

Marla W. Deibler, PsyD

President, OCD New Jersey



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/>



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!

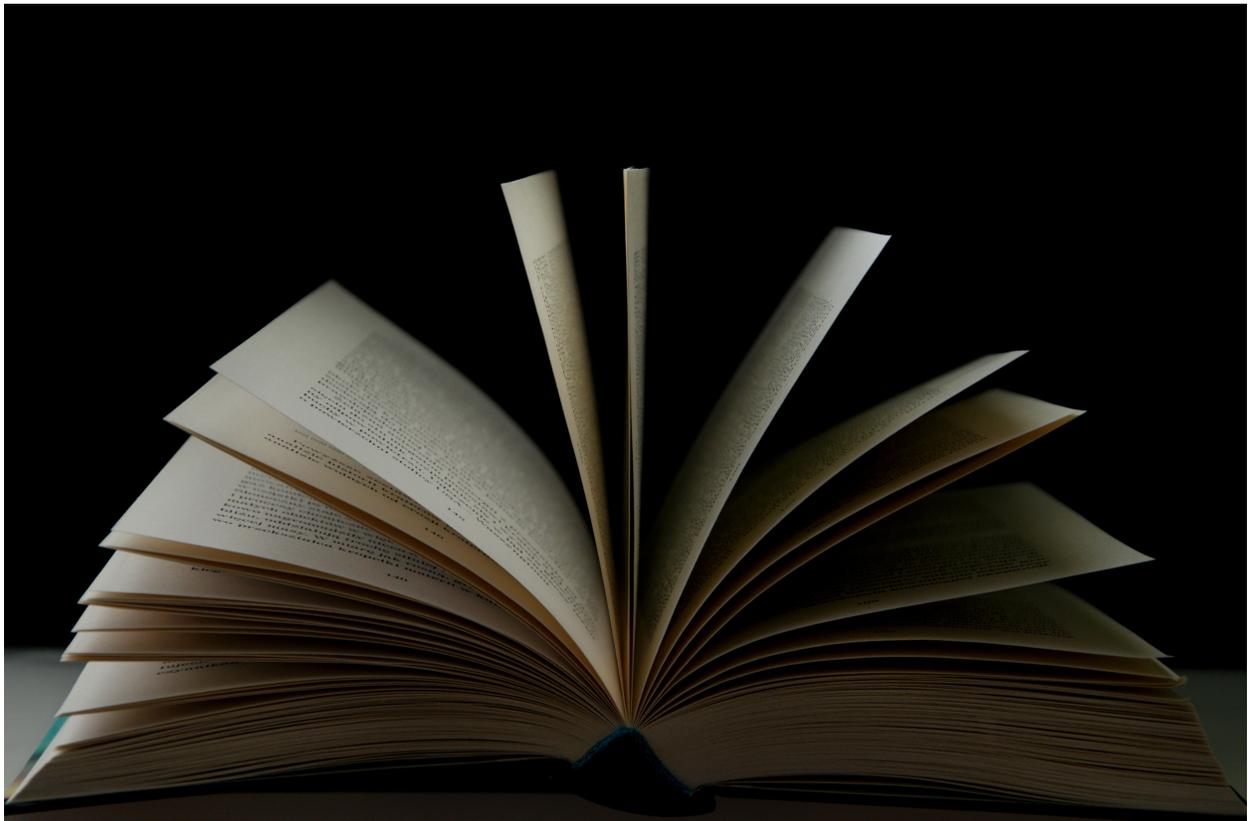
If you are interested in learning more about volunteering opportunities please contact us at OCDNJmail@gmail.com



OCD New Jersey 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 put 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:

[DVDs for Sale »](#)



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 »](#)