

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.ocdni.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 (SASNJ), 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 workshop is also sponsored by The Center for Emotional Health of Greater Philadelphia which is approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7263.

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.

Directions to The Westwood

The Westwood, 438 North Avenue, Garwood, NJ 07027. Telephone: (908) 789-0808. Handicap accessible facility.

TRAVELING NJ TURNPIKE NORTH: Take NJ Turnpike North to Exit 11. Follow signs to Garden State Parkway North. Follow directions as in Traveling Garden State Parkway North.

TRAVELING NJ TURNPIKE SOUTH: Take NJ Turnpike South to Exit 14. Follow signs to I-78 west towards US-22/US9/US1. Merge onto I-78W. Take the Garden State Parkway Exit 52. Keep right at the fork, follow signs to Garden State Parkway and merge onto Garden State Parkway South. Take Exit 137 and bear right for State Highway 28 towards Cranford. The Westwood is 2.2 miles on the right side.

TRAVELING GARDEN STATE PARKWAY NORTH: Parkway North to Exit 135. Bear left and proceed straight through first traffic light. Make a left at a second traffic light. Stay in the right lane through the tunnel, proceeding straight thru the next traffic light. You will be on Central Avenue. Follow Central Avenue for about 3.5 miles to North Avenue. Turn right onto North Avenue (the intersection after you've gone under the railroad tracks). The Westwood is approximately .5 miles on the left.

TRAVELING GARDEN STATE PARKWAY SOUTH: Take Parkway South to Exit 137. Bear right onto Westfield Avenue (also called Route 28 West and North Avenue). The Westwood is located 2.2 miles on the right.



presents the
25th Annual Conference

An Interactive Multimedia Presentation
by Jonathan Hershfield, MA, LCMFT

“Integrating ERP and DBT in the Treatment of Unwanted Thoughts and Intense Emotions”



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

Sunday, March 16, 2025

The Westwood
438 North Avenue, Garwood, NJ 07027

Program

The gold standard treatment for OCD and related disorders is a form of cognitive behavioral therapy (CBT) that emphasizes exposure and response prevention (ERP). Inherent in exposure approaches to unwanted thoughts is an engagement with distress (anxiety, disgust, or other difficult emotions). In ideal circumstances, the patient is a witness to the distress rising and then subsequently abating throughout the exposure process without having to engage in compulsions. However, for OCD sufferers who are especially sensitive to intense emotions, including those with trauma, borderline personality disorder, and other comorbid conditions, these experiences can lead to dissociation, self-harm, and even suicidality. As a learning process, in order for ERP to be effective, the patient needs to be able to remain present throughout the learning experience. As such, strategic modification might be made for some patients to keep them in the “zone” of intensity that can be maintained and observed. Many of these distress tolerance and emotional regulations skills can be found in dialectical behavioral therapy (DBT). Contrary to some misconceptions, that exposure can never involve distress reduction or coping techniques, this workshop aims to highlight how ERP and DBT can be simultaneously incorporated to help patients navigate unwanted thoughts and intense emotions together. Target audience: professionals, individuals with OCD and their support persons

The Learning Objectives of the presentations will:

- Identify core concepts in the application of ERP to unwanted thoughts.
- Describe specific DBT skills that can be used to address intense emotions.
- Distinguish between effective coping skills and compulsive avoidance.

“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



Jonathan Hershfield, MA, LCMFT is the director of the Center of OCD and Anxiety at Sheppard Pratt in Towson, Maryland, where he specializes in the treatment of OCD and related disorders in both outpatient and residential settings. He is the author of *When a Family Member has OCD*, *Overcoming Harm OCD*, and *The OCD Workbook for Teens*, and co-authored of *Everyday Mindfulness for OCD*, *The Mindfulness Workbook for OCD*, and the *Unwanted Thoughts and Intense Emotions Workbook*. Jon is a member of the Scientific and Clinical Advisory Board of the International OCD Foundation and faculty member of the BTTI.



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 (BTTI).

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, PO Box 958, East Brunswick, NJ 08816.

Registration

Registration for Student/Non-CEU Credits (before 3/9/25) - \$65
For CEU Credits – (by 3/9/25) - \$80

On-site Registration on 3/16/25:
Registration for Student/Non-CEU Credits: \$75
For CEU Credits - \$90

If you mail in your registration, we must receive it by 3/1/25 or we cannot guarantee you will be registered. We encourage all registrations to be made through our website for immediate processing.

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

For a kosher meal at the conference, please email nicole.torella@gmail.com

Conference Schedule

9:45-10:15am	Registration
10:00-10:30am	Continental Breakfast
10:15-10:30am	Welcoming Remarks, Dr. Marla Deibler, OCD NJ President
10:30am-2:00pm	Mr. Hershfield’s presentation (lunch from 12-12:30pm)
2:00-2:55pm	“Living with OCD Panel,” Dr. Deibler, Instructor
2:55-3:00pm	Closing Remarks