

# 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

The Center for Emotional Health of Greater Philadelphia, LLC is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Emotional Health of Greater Philadelphia, LLC maintains responsibility for this program and its content. The Center for Emotional Health of Greater Philadelphia, LLC is not responsible to verify that American Psychological Association continuing education credits are approved by an attendee's respective state licensing Board. The Center for Emotional Health of Greater Philadelphia, LLC is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0189. The Center for Emotional Health of Greater Philadelphia, LLC, #1820, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: [06/15/2023 – 06/15/2026]. Social workers completing this course receive 4.0 total credits. The Center for Emotional Health of Greater Philadelphia has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7263. Programs that do not qualify for NBCC credit are clearly identified. The Center for Emotional Health of Greater Philadelphia is solely responsible for all aspects of the programs. NBCC ACEP No. 7263.

## 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 1-78W. 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 right lane through tunnel, proceeding straight thru the next traffic light. You will be on Central Avenue. Follow Central Avenue for approximately 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.



**New Jersey  
IOCDF affiliate**

*presents the  
26<sup>th</sup> Annual Conference*

**with Keynote Speaker:  
Josh Spitalnick, PhD, ABPP**

**“Overcoming  
Health Anxiety”**



*plus*

**“Living with OCD” Panel**

Hear from those who deal with OCD every day with moderator Jordan Levy, PhD

**March 22, 2026  
Garwood, NJ**

# Program

Health anxiety, persistent worry about having or developing a serious medical condition, affects approximately 4–10% of people. This presentation explores how health anxiety operates much like OCD, driving cycles of fear, checking, and reassurance seeking. Participants will learn why evidence-based treatments for OCD, such as Cognitive Behavioral Therapy (CBT), Exposure and Response Prevention (ERP), and Acceptance and Commitment Therapy (ACT) are considered the most effective approaches. The session will also address the practical challenges of distinguishing health anxiety from genuine medical issues and the complex relationship between physical symptoms and psychological processes. Through a balanced blend of research, case examples, and clinical guidance, this presentation will highlight common barriers to effective care and introduce flexible, compassionate strategies to support accurate assessment and treatment, even when the presence of OCD or medical conditions are co-occurring. Whether you are a therapist, healthcare professional, or community member seeking a deeper understanding, you will leave with clear, useful tools to inform effective support.

## LEARNING OBJECTIVES

At the completion of this course, participants will be able to:

- Identify and differentiate disorders associated with health anxiety, including Illness Anxiety Disorder, Somatic Symptom Disorder, and other anxiety/OCD or related health themes.
- Describe the common symptoms associated with these psychiatric conditions, including triggers, obsessions, and compulsions, along with more nuanced symptoms associated with health anxiety.
- Identify evidenced-based interventions used to eliminate rituals, embrace anxiety, and prioritize values-based life activities

Participation in this program will enable you to:

- Consider a multidimensional and multidisciplinary approach when assessing and treating health anxiety conditions

## “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. Levy 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.

# Presenters

**Dr. Josh Spitalnick** is a Licensed Psychologist, Board Certified in Behavioral & Cognitive Psychology (ABPP). He is CEO/Founder of Anxiety Specialists of Atlanta, a Center of Excellence for over a decade, specializing in the treatment of OCD, anxiety and mood disorders for all ages, serving over 40 states. Dr. Spitalnick trains clinicians in evidence-based interventions, serves on faculty for the Behavior Therapy Training Institute for the IOCDF and as faculty in Department of Psychiatry at Emory University. Dr. Spitalnick is the co-author "The Complete Guide to Overcoming Health Anxiety," the parenting guide "Raising Resilience: 25 Tips for Parenting Your Child with Anxiety or OCD," and has co-authored over 30 peer-reviewed articles, book chapters, and treatment manuals, having served of Principal Investigator (PI) or co-PI for over 15 federally-funded projects.

**Dr. Jordan Levy, Ph.D.** is a licensed clinical psychologist in private practice. Dr. Levy is the Co-Director and Founder of North Jersey Psychology Associates which is a private practice in Livingston, New Jersey that specializes in the treatment of OCD and Anxiety Disorders. He works primarily with adults, adolescents and children living with anxiety and OCD, including the Purely-Obsessional subtype. Dr. Levy is also licensed in New York and is able to provide telehealth services across many states under the authority of The Psychology Interjurisdictional Compact (PSYPACT). He is President of OCD New Jersey, the New Jersey affiliate of the International OCD Foundation (IOCDF).

# Registration

Register online at  
<https://www.ocdnj.org/meetings/annual-conference/>

## Pricing

Online Registration by  
**3/15/26**

CEU attendees: **\$80**

Students/Non-CEU attendees: **\$65**

## On-Site Registration

CEU attendees: **\$90**

Students/Non-CEU attendees: **\$75**

## Conference Schedule

<b>9:45-10:15am</b>	Registration
<b>10:00-10:30am</b>	Continental Breakfast
<b>10:15-10:30am</b>	Welcoming Remarks, Dr. Levy, OCD NJ President
<b>10:30am-2:00pm</b>	Dr. Spitalnick's Presentation (lunch from 12-12:30pm)
<b>2:00-2:55pm</b>	Living with OCD Panel, Dr. Levy, Moderator
<b>2:55-3:00pm</b>	Closing Remarks