

OCF

Newsletter

OBSESSIVE COMPULSIVE FOUNDATION

Every Meeting is a Learning Experience

Dr. Joseph Springer Speaks about Scrupulosity

On Monday, June 9th, our quarterly meeting at Robert Wood Johnson Hospital in New Brunswick featured Dr. Joseph Springer's presentation about Scrupulosity. Dr. Springer defined this OCD condition as "A spiritual or psychological state of anxiety and fear about sin and evil in one's life; an abiding sense of guilt that one is practically always in a state of sin."

Dr. Springer's presentation was different than most, not only because of the particular content, but in his delivery style and the audience circumstances. More than half of the presentation involved audience involvement, where, as Dr. Springer elaborated on different concepts, individuals in the audience asked questions, shared their own personal experiences, or provided insight and information. On this particular night, more than five mental health professionals, an Orthodox rabbi, and a Catholic priest present in the audience made for stimulating and informative discussion.

Dr. Springer reviewed some common themes of Scrupulosity, including repeatedly attending confession or reciting prayers, excessive worry about having "impure" thoughts, preoccupation with sin, and intrusive blasphemous thoughts. He explained that Scrupulosity differs from strictly religious thinking and behavior in that in Scrupulosity, the sufferer focuses on trivial details of rituals, rather than on developing a relationship with God. There is little joy in this religious experience, as opposed to the life affirming and rejuvenating experience of observant worshippers.

When discussing treatment, Dr. Springer reviewed the SSRI medications commonly used with the presentation of OCD, but also talked about the importance of having a trusted Spiritual/Religious Advisor involved in the treatment process. He also articulated in detail how Exposure with

Response Prevention is applied to this particular form of OCD, targeting specific obsessions and compulsions and applying strategies via a prolonged and repeated exercises.

Finally, we were provided handouts which nicely reviewed most of the concepts discussed, and listed several books and websites. These included, "Understanding Scrupulosity," by Thomas Santa; and www.liguori.org/newsletters/scrupanaon.htm for Scrupulous Anonymous.

Once again, those who attended our quarterly meeting came away feeling it was well worth their while to come out on a Monday night and join us. The evening was warm, entertaining, and extremely informative. Keep in mind that Dr. Springer will be one of the professionals on the discussion panel for our 4th Annual Conference in October. —Allen H. Weg, EdD

Dr. Joseph Springer is involved in varied psychological services. He can best be reached at his private practice, located in Manasquan, NJ at 732-223-7927.



Dr. Springer speaks to the NJOCF members at the June 9, 2003 meeting.

Dr. Allen Weg Presents at Our Next Meeting

Our next meeting will be held on Monday evening, September 8th at 7 pm. As usual, we will be meeting at Robert Wood Johnson Hospital in New Brunswick. See this newsletter for directions.

After 14 years of working as a Senior Psychologist at Richard Hall Community Mental Health Center in Bridgewater, Dr. Weg now runs a private practice named "Stress and Anxiety Services of New Jersey," located on the border of Milltown and East Brunswick. He specializes in individual and group Cognitive Behavioral Therapy for people suffering from anxiety disorders. The majority of his caseload consists of children and adults with OCD. He is also, of course, one of the founders and currently vice president of the New Jersey Affiliate of the Obsessive Compulsive Foundation.

The topic for the next quarterly meeting will be entitled, "Getting Past Go." It will be geared towards both OC sufferers and their family members. It will review specific strategies to help the person with OCD who already knows all about Exposure and Response Prevention (ERP), and therefore knows what should be done to get better, but struggles with actually implementing the program. This can lead to feelings of frustration to all involved.

"I wanted to present on a topic that would be universally salient and relevant for any person afflicted with OCD, as well as family members," says Dr. Weg. "Almost always, I find that when clients get to the point where they really understand the therapy protocol for OCD, and fully comprehend how ERP should be applied to their particular set of symptoms, they invariably stall, procrastinate, or just plain forget to implement the treatment each week, or, once started, don't stick with it consistently.

This presentation will therefore review specific things family members and OC sufferers can do to better insure treatment compliance, follow through, and ultimate success. Look forward to seeing you there!

PRESIDENT'S MESSAGE



I wish to thank the many Newsletter subscribers who not only sent in their yearly subscription fee, but also included generous donations too.

My best wishes for a speedy recovery to our Newsletter Editor who is presently recovering from her recent surgery.

I hope to see everyone at our September 8th meeting next month, and, of course, in attendance at our Annual Conference on October 26, 2003. Details can be found in this newsletter, so mark the date on your calendars. Don't miss hearing an exceptionally marvelous keynote speaker, a great professional panel, and of course, our delicious bountiful buffet.

I look forward to seeing you all at these two important events this fall, which are the highlights of our current year.

Ina Spero
President

In Memorial

Evelyn Gershenson
(1901- 2003)
Mother of Ina Spero

*In her loving memory,
a gift has been
donated to NJOCF*

**Nicole Torella,
Rita Newman,
Harriet & Warren Thayer,
Allen & Nadine Weg,
Jeanne & Bob Yarrow**

NATIONAL OCD FOUNDATION CONTACTS

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PO Box 9573
New Haven, CT 06535

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E-mail: info@ocfoundation.org
Internet: www.ocfoundation.org

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YOU CAN HELP..

With production cost and postage rates climbing and our mailing list growing rapidly, we would like to mention that any voluntary contribution would aid us to keep this NJ Affiliate Newsletter going.

- Board of Directors

\$

Any Comments?????

The staff of the Newsletter encourages all comments on our published articles. Also, any letters and articles, which you wish to submit for our quarterly publications, are welcome. Please submit them to, Ina Spero, NJ OCF, 60 MacAfee Road, Somerset, NJ 08873.

Disclaimer

The information in this Newsletter should not be taken in lieu of proper medical and/or mental health professional services. The Board of Directors of the New Jersey Affiliate of the Obsessive Compulsion Foundation, as well as all other volunteers involved in the development and distribution of this Newsletter, do not endorse any particular viewpoint or information presented here. Again, nothing takes the place of proper medical/mental health professional services.

NJAOCF MISSION

The Affiliate is a community of those who have an interest in Obsessive Compulsive Disorder and whose goals are:

- 1) To educate the public and professional communities about the disorder.
- 2) To support individuals afflicted and their significant others.
- 3) To support research into the causes and treatments of this disorder.

NJAOCF OFFICERS

Ina Spero - President
Dr. Allen Weg - Vice President, Newsletter Editor
Jeanne Yarrow - Secretary
Julian Spero - Treasurer
Nicole Torella - Newsletter Editor
Dr. Rita Roslyn Newman - Advisory Board member

The New Jersey Affiliate of the Obsessive Compulsive Foundation *presents our Fourth Annual Conference...*

**“OCD: Biological Basis and Pharmacotherapy Treatment”
by H. Blair Simpson, MD, PhD**

plus

**“Ask the Experts” Panel
with Drs. Karen Landsman, Joseph Springer, and Allen Weg**

Sunday, October 26, 2003

Somerset Marriott, Somerset, NJ

SCHEDULE

10:00-10:35 Registration and Brunch
10:35-10:45 Welcoming Remarks: NJOCF Board of Directors
10:45-12:50 Dr. Simpson’s Presentation
(includes break time)
12:45-1:50 “Ask the Experts” Panel, Dr. Weg, Moderator
1:50-2:00 Closing Remarks, Ina Spero and Dr. Weg

OUR PRESENTER

H. Blair Simpson, MD, PhD, is Assistant Professor of Clinical Psychiatry, College of Physicians and Surgeons, Columbia University and Research Psychiatrist at the Anxiety Disorders Clinic of the New York State Psychiatric Institute. She is also presently an Assistant Attending Psychiatrist at New York Presbyterian Hospital. Dr. Simpson has been the recipient of several major research and training grants from NIMH and the OC Foundation in the investigation of OCD and its treatment, including brain imaging neurochemistry. She has lectured at multiple professional conferences, and has published nearly 30 articles in professional journals.

PROGRAM

This program is designed for both professionals and non-professionals. Following a full brunch, Dr. Simpson will present, "OCD: Biological Basis and Pharmacotherapy Treatment." This presentation will review theories of the biology underlying the expression of OCD, as well as the latest in research into OCD treatment, some of which Dr. Simpson is herself involved in.

After, we will have a panel of 3 psychologists; Drs. Joseph Springer, Karen Landsman, and Allen Weg, all of whom have extensive knowledge and experience with the treatment of OCD, and all of whom have previously spoken at our quarterly meetings. They will each speak briefly about their work, and then take questions from the audience.

CEU Credits for Social Workers and CEH Credits for Educators, pending approval of NJ State Board of Social Work Examiners and NJ Department of Education

REGISTRATION FORM

Advance Registration (before 10/6/02) - \$45
Late/On-Site Registration - \$50
CEH Credits - Advance Registration - \$55
CEH Credits - Late/On-Site Registration - \$60
(Includes full brunch and refreshments)

Name _____

Organization _____

Address _____

City/State/Zip _____

Daytime phone: () _____

Mail checks payable to:

NJAOFCF

237 Goat Hill Road, Lambertville, NJ 08530

Questions: Call Ina Spero (732) 828-0099

DIRECTIONS

Somerset Marriott

11 Davidson Ave., Somerset, NJ 08873

Phone: (732) 560-0500

From Route 287 - Traveling North:

Take exit 10 (Rte. 527). Follow Route 527 North to the first traffic light and make a left onto Davidson Avenue. Hotel is 2nd building on the left, second driveway entrance. Hotel is adjacent to Garden State Exhibit Center.

From Route 287 - Traveling South:

Take exit 10 (Rte. 527). At the bottom of the exit ramp, get immediately into the left lane, and make a left hand turn. Once you have turned left, go straight (bearing to your right - 527 North) to the first traffic light, and make a left onto Davidson Avenue. Follow above directions at this point.

From NJ Turnpike:

Take Exit 10 to Route 287 North directions above.

From Garden State Parkway:

Take Exit 129 to Route 287 North directions above.

Eating Brussels Sprouts by Allen Weg

When I was in undergraduate at college, I had a professor who was a child psychologist. I remember once visiting him in his office. He had all kinds of child-friendly things all around his office; games, toys, and a variety of kids' posters hanging all over the walls.

One poster in particular caught my eye, made me think, and then made me laugh. I have never forgotten it. It was a large poster, with a drawing of a couple of heads of brussels sprouts at the top, appearing as if they were drawn in crayon by a child. Below the drawing, again in crayon and appearing in a child's handwriting, was written the following: "I'm glad I hate brussels sprouts, because if I liked 'em, I'd eat lots of 'em, and I hate 'em!"

Read that a couple of times, just to let it sink in (but not too many times, of course!) Let's look at where the error of thinking lies. The child imagines that she is existing at some time in the future. In that future she imagines that, because she has come to like brussels sprouts, she is now eating lots of them. The problem is, once she says it, she focuses on the fact that she is eating lots of brussels sprouts, but NOT on the fact that she is doing so because she likes them. She sees herself, in the future, AS SHE IS NOW, that is, hating brussels sprouts, but eating lots of them, and that grosses her out.

This twisted thinking is at the heart of what is sometimes called "fear of success." It is what often keeps OC sufferers from moving forward in their Exposure and Response Prevention therapies, and I have seen in operation many times.

Just recently I had a young woman with OCD say to me her version of this child's statement. "The OCD keeps me afraid of 'letting go' of the fear," she said, "because if I let go, I might do the things that I was afraid of doing." The piece of the puzzle that is missing in her logic, of course, is the fact that if she let go of the fear of doing the things that she was PRESENTLY afraid of doing, it would be because she was NO

LONGER afraid of doing them! She has projected herself into the future in terms of the behavior, that is, doing things she is now afraid of, but has not projected into the future a sense of herself after having let go of the fear. She sees herself as she is NOW, unchanged, doing the things she would be doing IN THE FUTURE, whilst missing the important idea that she would ONLY be doing those things in the future because she had, in fact, undergone a change in herself- letting go of the fear.

Ultimately, the response to this struggle is to simply focus on your present challenges. Don't think of the process of recovery too much in the future. Just take one step at a time, or as those in the addictions recovery say, "Once Day At A Time." The ancient Chinese are credited with saying, "The Journey of a thousand miles begins with one step." You would be silly to worry about how you will handle college calculus when you are learning your multiplication table in grade school. But very often this is exactly what those with OCD do.

I am presently working with a woman who has successfully challenged her contamination fears at several levels, but yet each time she is challenged with the next level, she is overwhelmed by anxiety that she will "change her mind" later on, and will not be able to "undo" the contamination that she has spread all over the place. What is interesting is that she is never concerned about being able to spread the contamination NOW, in fact she states that she is quite confident that she could do so without much emotional discomfort. What stalls her is the idea that LATER ON, she will all of a sudden be sorry she spread the contamination, get overwhelmed with anxiety, and then be unable to "fix" everything by getting it all back to its pre-contaminated state. This invariably, of course, doesn't happen, but that it is hard to believe when you're feeling the fear.

It all boils down to the same thing.

Take a deep breath, grit your teeth. Trust in your yourself, and your coach or therapist if you have one, and take that next step- and don't think too much about the future.



Dr. Weg, Vice President of the OCF New Jersey Affiliate, runs an independent practice called Stress and Anxiety Services of New Jersey in the East Brunswick area. He can be reached at 732-329-1378, or see his website at www.StressAndAnxiety.com.

Looking Ahead - Something Different for Adolescents

We have something different that we are setting up for our December 8th Quarterly Meeting. Ali Sorkin, a high school student who previously had hosted a column in our newsletter, approached NJOCF and requested the opportunity to put together a panel of adolescents with OCD that could speak about their experiences and take questions from the audience. The focus of the meeting will be on ways for adolescents to cope with having OCD.

We are letting you know about this at this early date, because, if you know of an adolescent who might want to get involved, you should contact us. Likewise, if you are a teacher or in some other way connected to a high school in your area, we might want your help in getting the word out to your school. This is being set up as a forum by, and for, adolescents. While family members, educators, professionals, and others are invited, the December quarterly meeting will be set up to reach out to adolescents with OCD. With four months to spread the word, we are hoping to get a good response.

To get involved, or for more information, contact Dr. Weg at 732-329-1378, or you can email Ali at Allioop8@aol.com.

Poetry Corner

Lula is successfully combating her hoarding problem, and uses poetry and art as a way of expressing her struggles with OCD.

- Allen H. Weg, EdD

Try again
To be more and more
The work is never done
Rushing from
Task to task
There is no time for fun
If you want to be the best
Do not pause or take a rest
Does it matter how I've tried?
I never will be satisfied.

Lula Huber
6/27/03

INFORMATION UPDATE



Dr. Karen Landsman spoke at our previous quarterly meeting back in March. A review of her presentation, "Risk-Taking Behavior in OCD Treatment" may be found in our last newsletter. When we printed the review article, we neglected to include her photograph, so we thought we'd share it with you now. Dr. Landsman has a practice in Westfield and Chatham, NJ, and has a new office phone number, (973) 895-2442.

SAVE THE DATES FOR THE 2003 MEETINGS!

The New Jersey Affiliate of the Obsessive Compulsive Foundation will have its quarterly meetings on the following Monday evenings:

September 8, 2003
December 8, 2003

Please plan to join us! Our meetings begin at 7:00 p.m. and will be held at Robert Wood Johnson Hospital in New Brunswick, NJ. We hope to see you there!

NJOCF Newsletter Now Has a Subscription Fee!

After careful budget review, the NJOCF has come realize that in order to continue the production and mailing of the quarterly newsletter, we are going to need to charge a minimal annual Subscription Fee. This fee will directly cover the printing and mailing of each quarterly newsletter.

The Subscription Fee for 2003 is \$5.00.

In order to continue receiving the newsletter, please either bring payment to the September meeting or return the form below with payment by cash, check, or money order to: CNJAOCF, 60 MacAfee Road, Somerset, NJ 08873-2951

We at the NJOCF appreciate your continued support and interest in OCD.

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ E-mail _____

OCD on the Web *by Christopher J. Dunn*

In my ongoing quest for new and interesting material, I often allow myself to have fun with a Google search. Entering "OCD" brings up a lot of interesting links, but there are so many of them I find it difficult to sort the wheat from the other wheat (Since any knowledge on the subject of OCD is good knowledge, there is no chaff). Instead, I narrow my search and try not to use the term "OCD." That way, if I find an item related to OCD, I'll know it's connected to my more specific quest.

Today I did four searches on OCD topics interesting to me, a mostly pure obsessional: "Metaphysical Obsessions," "Philosophical Obsessions," "Obsessions about Truth," and "Pure Obsessions." There were many good hits, but one I found particularly interesting was on a website for Clarocet, a "Natural Uptake Inhibitor." I didn't delve into what the medication was, but found a thought-provoking article with the deceptively general title "Learning to Cope with Obsessions and Compulsions." The article can be reached at <http://clarocet.com/encyclopedia/ob-coping.htm>.

The author seems influenced to some degree by Freud. While many studies have suggested that psychoanalysis has little effect on the treatment of OCD, this article hints at some relevance, suggesting an unconscious origin for the themes of the obsessions, if not the obsessions themselves.

I understand that the origin of OCD is biochemical, but this article made me think. On an OCD Yahoo Group list I belong to, the idea of "themes" to obsessions was mentioned by one of the doctors on the list. Another idea that is always emphasized on the list is that everyone has bizarre thoughts, but someone with OCD gives an exaggerated value to those thoughts, and an exhaustive cycle of self-analysis occurs. Ruminating on a thought is obviously not helpful, but perhaps finding a common pattern for most of one's obsessions and addressing the overarching fear might sap power from numerous, often seemingly different obsessive thoughts. Many of my own obsessions center on books. I used to fear that somehow the words I had already read would somehow change, and so I would turn back to make sure that what I remembered reading was what I actually read. This particular obsession seems a little silly to me now, but in a similar vein I now obsess about skipping pages in a book. What if the pages had stuck together and I had missed reading two or more pages? What if I missed a sentence or two when I was distracted by a noise or glanced up at what page I am on? In those cases anxiety wells up in me as I force myself to continue to read without looking back, feeling I haven't "earned" the right to continue if I've skipped something.

When considering all my book-related obsessions (and similar obsessions with TV shows and movies—"I missed that. What did he say?"), I noticed some themes—a fear of missing something important and a fear of being unworthy of the accomplishment of finishing a book. I have a similar problem with the quotes listed on the tops of the pages of my Franklin Planner—what if I forgot to read today's quote? What if I missed reading the words that will change my life? The theme, I have determined, is an obsession with overlooking something important, and with this the flawed assumption that every word in every book or inspirational quote I read or movie or TV show I see is equally vitally important. I must confess that I gave into the quote compulsion a few days ago in an effort to combat this fear. Purchasing some new pages starting with July, I decided to read the quotes starting with July 8th, the day I had purchased the pages. I was doing something else mentioned later in the article, purposely creating the "error" of skipping over something. I held out for a week, but a few days ago I gave in and read the first seven quotes. I know, I was weak!

The article delves into the idea of the unconscious pull that is at all too many moments stronger than reason in the life of someone with OCD. One quote I liked in the article described OCD as "a kind of private religion based on superstition and primitive magic." Even someone like me who values reason and has made many great strides against this Beast loses a few battles. Check out this article. You may not agree with a lot of what is said in it, but anything that makes you look at your OCD from a different perspective is a learning experience.

Any particular Google searches you would like me to do for my next column? E-mail me at cdunndunn@earthlink.net. See you next issue!

- CJD

WANT TO HAVE A SUPPORT GROUP IN YOUR AREA? WE CAN HELP!

If you look at the back of this Newsletter, you will see that there is only a small handful of support groups for OCD around the state. It is one of the goals of NJAOCF to help create more of these groups. We at NJAOCF receive several phone calls every month asking for support groups in areas of New Jersey where there are none. Northern counties and southern counties are especially devoid of groups.

If you are interested in having a group in your area, we can help. Here's how:

1) If you want to have a group, you need to find a place to meet. Local churches, synagogues, libraries, high schools, hospitals, and community mental health centers are good places to find free rooms. If you say you will be working with the NJ Affiliate of the OC Foundation, it might also give you some "clout."

2) Determine the day and time- this will in part be determined by room space availability- no more than twice a month is needed, and once a month is often a good place to start. An hour and 15 minutes or an hour and a half is usually the length.

3) Contact us. Call Ina Spero at 732- 828-0099. We can put your name and contact number on our website and in our Newsletter. We will announce the formation of your group at our quarterly meetings. We will help to put out the word. You can also do your part by letting local mental health professionals and facilities know about the group (sometimes this means going door to door with a flyer). Decide whether this is a group only for adults, only for sufferers, or open to everybody- we recommend the latter- friends, family, and children with OCD.

4) Once you have a minimum number of people- 5 is enough to get started, let us know. We will give you some guidelines about how to run the group, provide you with handouts that you can give to members of the group, and answer questions that you may have regarding the mechanics of how to facilitate group discussion.- Don't worry if you've never done anything like this before. We will "hold your hand" in the early phases of the group until you feel more comfortable. WE ARE HERE TO HELP!

5) If you have any questions of a clinical nature regarding running or forming a group, you can phone Dr. Allen Weg at 732-329-1378.

OCD SUPPORT GROUP ATLANTIC COUNTY AREA

To all who suffer from Obsessive Compulsive Disorder, you are invited to attend a meeting once per month on the last Thursday night at 7:30 p.m. We will meet at the Bacharach Institute for Rehabilitation Conference Room in Pomona, NJ. The Institute is located in the same building as the Atlantic City Medical Center, Mainland Division, which is at 61 W. Jimmie Leeds Road and can easily be found by following the blue "H" signs (Hospital) on the White Horse Pike, which is also Route 30. Use the main entrance to the hospital and take the right corridor to the end. Make a right and then the 2nd left. The Conference Room is about 50 feet ahead on the right. We expect to have guest speakers from time to time, but mostly it will be a gathering of people who, like you, suffer from OCD. The

dress is casual, the format is informal, and no one is expected to share if they choose not to do so. You may come and just listen to others, if you wish, and you may bring a relative, if desired. Please contact Wayne at (609) 266-3666 with any questions.

TIME & LOCATION CHANGE FOR HOWELL MEETING!

Every Wednesday evening in Howell, NJ, an OCD support group meets. **The new meeting time is now 8:00 p.m.** The meeting is located at: The Prince of Peace Lutheran Church, 434 East Aldrich Road, Howell. (Meets in the Education Hall. Church is off Rt. 9) For more information, please call Ronald L. at (732) 618-1690.

OCD SUPPORT GROUP NOW IN MARLTON, NJ

The Marlton, New Jersey, Obsessive Compulsive Support Group meets on the **second** and **fourth Mondays** of each month from 7:00 to 9:00 p.m. It meets in the Scarborough Room, Virtua-West Jersey Hospital, Marlton, 90 Brick Road, Marlton, New Jersey.

This group is for those with OCD and OCD spectrum disorders and their families. There is no fee to attend.

For more information on this Support Group, please contact Betty Beach at (856) 751-1957.

WAYS TO SUPPORT NJAOCF

NJAOCF VIDEOTAPES

We videotape 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 NJAOCF to help defray the costs of the organization. The following are videotapes now available for purchase and pickup, or delivery:

"Red Flags, Relapse, and Recovery," Jonathan Grayson, PhD	\$15.00 _____
"Families and OCD: How to Coexist," Elna Yadin, PhD	\$15.00 _____
"Flying Towards the Darkness", NJAOCF First Annual Conference: Parts 1 & 2 (combined discount price)	\$25.00 _____
"Flying Towards the Darkness"- Part 1 only, Allen H. Weg, EdD, NJAOCF 1st Annual Conference	\$15.00 _____
"Flying Towards the Darkness"- Part 2 only: The OCD Panel, NJAOCF 1st Annual Conference	\$15.00 _____
"Generalized Anxiety Disorder and OCD", David Raush, PhD	\$15.00 _____
"OCD Spectrum Disorders", Nancy Soleymani, PhD	\$15.00 _____
"Living With Someone With OCD...", Fred Penzel, PhD, Part I- NJAOCF 2nd Annual Conference	\$15.00 _____
"The OCD Kids Panel" Part II- NJAOCF 2nd Annual Conference	\$15.00 _____
NJAOCF- 2nd Annual Conference, Parts I and II	\$25.00 _____
"Panic and OCD", Allen H. Weg, EdD	\$15.00 _____
"Medications and OCD", Dr. Rita Newman	\$15.00 _____
"OCD", Dr. William Gordon	\$15.00 _____
"You, Me, and OCD: Improving Couple Relationships", Harriet Raynes-Thaler, MSW, ACSW	\$15.00 _____
"Freeing Your Child from OCD", Dr. Tamar Chansky, Part I - NJOCF 3rd Annual Conference	\$15.00 _____
"The Parents Panel of Kids with OCD" Part II - NJOCF 3rd Annual Conference	\$15.00 _____
NJOCF - 3rd Annual Conference, Parts I and II	\$25.00 _____
"Neurobiology of OCD," Dr. Jessice Page	\$15.00 _____

Add \$3.95 each for S & H: _____ @ \$3.95 ea _____

Your Total cost: _____

Send check or money order, made out CNJAOCF, and mail to: CNJAOCF,
60 Mac Afee Rd, Somerset, New Jersey 08873-2951

Questions? Call Ina Spero at 732-828-0099

Name _____

Address _____

City _____ State _____ Zip Code _____

2004 ENTERTAINMENT BOOKS ON SALE NOW!

The NJAOCF is now taking orders for the new 2004 Entertainment Book. You will save with **"Two-for-One"** and 50% off discounts at hundreds of great names you know in your area.

Restaurants	Travel
Shopping	Hotels
Attractions	Golf
Movies	Car Rentals

UP TO 50% SAVINGS on all the things you do!

"Entertainment" - The book that pays for itself!

2004 Entertainment Books will be available for purchase at our Fourth Annual Conference, but to purchase one right now, please contact Ina Spero at (732) 828-0099.

No matter where you live in NJ, there is an Entertainment Book just for you! They're specifically designed to give you the most convenient opportunities to save on dining, sports, theater, movies, travel, and more -- right in your area.

#52 - NORTH/BERGEN - \$22

Bergen and Passaic Counties, the Hudson County and Waterfront, and surrounding areas.

#26 - NORTH/ESSEX - \$22

Essex, Hudson, and Union Counties, highlighting eastern Morris County and surrounding areas.

#93 - NORTH/MORRIS - \$22

Morris, Sussex, Warren, Northern Hunterdon, Northern Somerset Counties and surrounding areas.

#48 - CENTRAL/MIDDLESEX - \$30

Middlesex, Somerset, Hunterdon, and Southern Union Counties and surrounding areas.

#94 - CENTRAL/MONMOUTH - \$30

Monmouth, Ocean, Mercer, Southern Middlesex Counties and surrounding areas.

#76 - NJ SOUTH - \$30

Cape May, Atlantic, Burlington, Camden, Gloucester, Salem, and Cumberland counties.

DIRECTIONS TO OUR NEW MEETING LOCATION!

Our next quarterly meeting, which will take place on *Monday evening, March 10th, at 7:00 p.m.* The location is: **Robert Wood Johnson University Hospital, New Brunswick, NJ, in the Medical Education Building, Room 108A.**

From the New Jersey Turnpike:

Take Exit #9 (New Brunswick) and proceed on Route 18 North, approximately 2 miles to the exit Route 27 South (Princeton Exit). Follow Route 27 South (Albany Street) to the 4th light (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. (Parking Deck fee: \$1 per hour). To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From Southern New Jersey:

Take Route 18 North to Route 27 South (Princeton exit). Follow Route 27 South (Albany Street) for 4 lights (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. (Parking Deck fee: \$1 per hour). To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From Route 1 (North or South):

Take Route 18 North to Route 27 South (Princeton Exit). Follow the Route 27 South (Albany Street) directions above. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From Route 287:

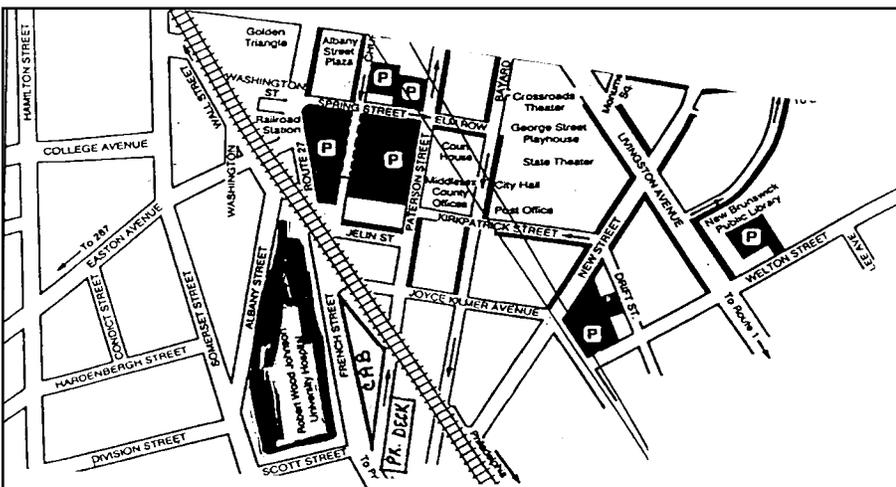
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From the Garden State Parkway:

Exit Route 1 South. Proceed approximately 9 miles to Route 18 North. Take Route 18 North to Route 27 South (Princeton Exit). Follow Route 27 South (Albany Street) to the 4th light (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

Medical Education Building (MEB):

Take the hospital's parking deck elevator to the first floor and upon exiting make a right. Walk across the Arline & Henry Schwartzman Courtyard to the double glass doors; the sign above will read "Medical Education Building". For Room #108-A, make an immediate right and the room is on your left-hand side.



Parking is also available by the Clinical Academic Building (CAB)!

Parking at the CAB is provided by the New Brunswick Parking Authority in the Paterson St. Parking Deck (across from the CAB). To park in this deck you have to access it via Paterson St. From Rt. 287N, make right onto Paterson St. From Rt. 287S, make a left onto Paterson. From the Turnpike, take exit 9 to Rt. 18N, exit at Rt. 27S (towards Princeton), pass the train station and CAB is on left. After it, make sharp left onto Paterson St. Parking deck is on right. For Rt. 1N or S follow directions above from Rt. 18. For Garden State Parkway, follow directions above from Turnpike.

