

OCF

Newsletter

OBSESSIVE COMPULSIVE FOUNDATION

*Every Meeting is a Learning Experience*

## Dr. Dena Rabinowitz "Throws Out" Misconceptions About Hoarding!

I must say in all honesty, the caliber of our Quarterly Meeting Guest Presenters remains incredibly and consistently high. On Monday, March 15, we were treated to a wonderful presentation by Dr. Rabinowitz from Bio-Behavioral Health, which is located in Long Island, New York. Utilizing photo slides to illustrate before and after living conditions of hoarders that she had treated, Dr. Rabinowitz, reviewed specifics of the disorder and the method of treatment.

Dr. Rabinowitz reported that while the reasons for not throwing out objects may vary, hoarders report a cluster of a few more common fears based on cognitive distortions. These include the fear that something thrown out may ultimately be needed, that the hoarder will run out of a particular object, and that items feel more important than they really are. Compulsions common to hoarders include not only the saving of objects, but the checking of them, over-purchasing them, and/or counting them.

The impairments associated with this form of OCD include family/marital discord, physical and health safety concerns, isolation, and limited functional use of the home. Dr. Rabinowitz also emphasized the disorganization of hoarders, and therefore the non-functionality of hoarding behavior.

The possibility of hoarding as being indicative of other disorders rather than OCD (e.g., Anorexia, OC Personality Disorder, Dementia, etc) was reviewed, as were specific interventions and treatment guidelines. Regarding the latter, Dr. Rabinowitz offered the OHIO rule (Only Handle It Once). She emphasized the importance of the clients making the decisions and being in control of the process, and that the therapist touches nothing without permission. The use of certain boxes (for example; one for recycling/shredding, one for garbage, one to be kept and put away at another time) was suggested, as well as the idea of focusing on one target area at a time.

The presentation was thorough and comprehensive, and offered specific ideas of how to treat the problem of hoarding. In addition, Dr. Rabinowitz provided a realistic review of the problems associated specifically with this disorder that can impair treatment. Videotapes of this presentation can be ordered through NJOCF.

- Allen H. Weg, EdD



*Rabinowitz speaking at the meeting.*

## NEXT QUARTERLY MEETING SCHEDULED FOR JUNE 2004

Mark your calendars for our next quarterly meeting on June 14, 2004, when our guest speaker will be Deborah Roth, PhD. Dr. Roth is an Assistant Professor of Psychology in Psychiatry, and is a staff member of the Center for the Treatment and Study of Anxiety at the University of Pennsylvania. Her scholarly publications include multiple scientific articles and book chapters on the nature and treatment of social phobia, obsessive-compulsive disorder, and other anxiety disorders.

Dr. Roth is currently Study Coordinator on an NIMH funded grant examining treatment for adults with obsessive-compulsive disorder (OCD). The study involves adding cognitive behavior therapy to existing medication treatment for OCD.

Dr. Roth will be presenting on several different aspects of the treatment of OCD. A veteran of many presentations on this topic, it is sure to a dynamic and information-packed evening- please do your best to make it to this one!!!

- Allen H. Weg, EdD

**MARK YOUR CALENDAR!  
NJOCF ANNUAL  
CONFERENCE  
OCTOBER 10, 2004  
FEATURING  
DR. JONATHAN GRAYSON**

## **PRESIDENT'S MESSAGE**



Well Spring finally came and before we know it the real Summer will be here and so will the National OCF

Conference being held from July 23-25 in Chicago.

This Conference has workshops for people of all ages and categories, including adult sufferers, supportive and professional people, and children and adolescents. In fact, many of the children and teens that attend enjoy the workshops for their age so much, that their parents may not see them until the events held in the evening, or later. Moreover, many kids make lasting friendships with those they meet at this conference, especially when they come to realize that they are not alone!

In addition, the city of Chicago has a great deal of sightseeing and entertainment to offer to people of all ages. No matter what your interest in OCD is, please consider attending this year.

Hope to see you there.

Sincerely,  
Ina Spero  
*President*

## ***HELP RAISE FUNDS FOR THE NJOCF!***

***Help us raise money so we  
can continue to support you!  
Please bring old cell phones  
to the next quarterly meeting  
in June or to our Annual  
Conference in October!***

## **NATIONAL OCD FOUNDATION CONTACTS**

OCF  
PO Box 9573  
New Haven, CT 06535

Phone: (203) 315-2190  
Fax: (203) 315-2196

E-mail: [info@ocfoundation.org](mailto:info@ocfoundation.org)  
Internet: [www.ocfoundation.org](http://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

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### **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 following is a paid advertisement:

**OCD Treatment Group**

Run by Dr. Allen H. Weg\*

To run 8 consecutive Tuesday evenings,  
From 6/29/04 -through 8/17/04  
Milltown/East Brunswick area

For More information go to  
**www.StressAndAnxiety.com**  
(click on link for Group Schedules  
and Fees)

or phone 732-390-6694

\*Licensed NJ Psychologist #2720

**THIS YEAR'S NJOCF ANNUAL  
CONFERENCE ANNOUNCED!!!**

Please mark your calendars - on Sunday, October 10th, NJOCF will host our Annual Conference. This time, we are honored to have as our main speaker, Dr. Jonathan Grayson, the director of the Anxiety and Agoraphobia Treatment Center in Bala Cynwyd, PA (just outside of Philadelphia). Dr. Grayson spoke at one of our quarterly meetings several years ago, but he is most noted for his creation of the first G.O.A.L. support group in the country, his publications, his OCD camping trips (featured last year in *People*), and for his strong presence and involvement in the annual National OC Foundation conference. We are pleased to have him return, this time as our main presenter for the annual conference. As always, there will also be a panel presentation - we'll let you know the details of that at a later time! The next newsletter will include more information and a registration form!

**Make Your Reservation Now!**  
**Annual National OC Foundation Conference**  
**July 23 - 25, 2004**  
**in Chicago**

The OC Foundation Conference is being held at the Hyatt Regency Chicago.

This conference is beneficial to all people with an interest in learning more about Obsessive Compulsive Disorder. Workshops will be held covering information of interest to people of all ages, including children and adult sufferers, and supporters, including family members, spouses, psychologists, and psychiatrists.

***For more information on attending the conference,  
contact Ina Spero, NJ OCF President, at (732) 828-0099.***

# Allergies - Understanding Different Presentations of OCD

by Allen H. Weg, EdD

I have friends who have had multiple allergies to different foods ever since they were kids. They complain about memories of the heartache of watching their friends eating chocolate or strawberries without a thought, while they were deprived of such treats because of their allergic sensitivity. Others complain about their need to be cautious about a variety of foods because of a single, often hidden ingredient, such as peanuts or wheat gluten.

However, despite the inconvenience of these allergic problems, sufferers have for the most part been able to spare themselves the physical discomfort, or at times even the life-threatening anaphylactic shock from these allergic reactions. This can be accomplished through tedious self-education about the content of the foods around them, hyper-vigilance about what they eat, and the careful the exercise of self-discipline. But this is not true for all allergy sufferers.

Seasonal allergies, unlike specific allergies like food allergies or animal dander allergies, cannot be so easily controlled via avoidance. While medication can be particularly helpful to many, some people cannot tolerate the side effects, or do not experience the same level of relief from the use of medication as do most others. For these people, coping with allergies can be a very challenging task. Even regular air conditioning may not provide the necessary protection from the environmental allergens, and special filtering machines are required in their homes. Their allergic state is not a specific reaction to a specific activity, such as eating a forbidden food or going to a pet owner's home, but rather it is omnipresent, torturing the sufferer for weeks or months at a time with little recourse for control or relief.

This depiction of two different types of allergy sufferers has a corollary in the world of OCD. On the one hand, the OCD sufferer may experience his OCD as a specific stimulus-reaction in response to very specific environmental trigger, in the same way that some people will have an allergic reaction only when they eat certain foods.

In OCD, this is most clear with such OC sufferers as motor vehicle accident checkers, or MVA checkers. For some of these people, their obsessions are triggered only when they drive, and they get flooded with thoughts that they have hit someone and might get into trouble for having fled the sight of an accident. Their attempts to neutralize these fears are usually limited to driving back repeatedly over the same route to check for bodies, ambulances, or police activity, or searching through newspapers or TV news channels in an attempt to see if any hit and run accidents were reported. While a particular obsession may plague them for long periods of time, even years, the source of a particular obsession is a specific incident- a particular ride past a school that was letting children out, for instance, or a rainy drive past a bicyclist. For these people, as much as they are vulnerable to the emotional pain of OCD, through avoidance of driving, they can influence some control over their OCD experience and avoid the obsessive-compulsive cycle.

Likewise, in the case of a typical contamination phobia, the OCD sufferer only experiences heightened anxiety if he is exposed to a perceived contaminant. While neutralization is achieved through ritualistic washing, avoidance of potentially contaminated places or situations can minimize the experience of the OC struggle.

In these ways, the checker and the washer are much like the person with food allergies. While terribly inconvenient, one can successfully influence the degree to which one's reactions are triggered in the first place, thus minimizing suffering by changing life habits and adjusting to the restrictions which the disorder generates.

On the other hand, there are people with OCD whose suffering more closely resembles that of the seasonal allergy sufferer. These are people who don't present with any one set of OCD triggers, but rather a multitude of triggers which wax, wane, overlap and morph constantly. Their experience of

doubt and danger is not limited to a specific set of circumstances, but rather is triggered by the process of living itself. These are the people who feel they must engage in rituals to get out of bed, to wash and dress, to eat breakfast, and to walk the dog. They are most often in a constant state of self-doubt and anxiety, and can only successfully avoid if they stop doing virtually everything, and even then they are not fully free of the constant obsessive state.

These latter OC sufferers are particularly vulnerable to depression, because they are so overwhelmed by the complexity of their experience. Not to minimize the suffering of those with more simple forms of OCD, those with non-specific OCD get even less respite and relief from their constant obsessive state, just as the seasonal allergy sufferer has no recourse but to move to another region, or wait for the seasons to change.

Yet the treatment for these individuals remains the same as for the others. This includes acceptance of the state of doubt-even the purposeful exacerbation of it-, labeling it as an OCD symptom, "avoidance of avoidance" whenever possible, and remembering that by "surrendering" the idea of combating these thoughts directly, the sufferer can ultimately transcend even those obsessions which remain active, and lead normal, productive lives. – Allen H. Weg



*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 his NEW TELEPHONE NUMBER, 732-390-6694, or visit his website at [www.StressAndAnxiety.com](http://www.StressAndAnxiety.com).*

**OCD on the Web**  
*by Christopher J. Dunn*



Please note that our writer for "OCD on the Web", Chris Dunn, is busy studying to get his law degree. That, together with us giving him a very late notice, made it impossible for him to put together his column for us this newsletter installment. He promises us though, that he will be back for our next newsletter. In the meantime, we are giving you his photo to look at!

To be a part of "OCD on the Web" column, and to help this busy law student out, email your findings of interesting OCD websites to:  
dunranaldo@hotmail.com

## **SAVE THE DATES**

### **FOR THE 2004 MEETINGS!**

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

**June 14, 2004**  
**September 13, 2004**  
**December 13, 2004**

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 2004 is \$5.00.**

In order to continue receiving the newsletter, please either bring payment to the June 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 \_\_\_\_\_

# Family As An Agent of Change

by Karen J. Landsman, PhD

OCD often impacts the entire family, resulting in tremendous confusion and conflict among everyone in the family. It's important to remember, however, that everyone is trying to cope with the situation the best they can. Through choices made by each family member trying to cope with OCD in the home, OCD can become a family disorder. Fortunately, getting well can become a family effort.

Family members can feel helpless as they watch their spouse or child in the depths of suffering and struggling with obsessive-compulsive disorder. Likewise, people with OCD often feel powerlessness and helplessness in their OCD world. Families are frequently confused about what it means to be supportive, helpful, and therapeutic.

Family members experience a wide range of emotions. They can feel confused, guilty, fearful, angry, doubtful, disappointed, and distraught. They're often filled with heartache, and they may blame themselves or feel blamed by others and burdened by guilt, hostility, or resentment. You might be feeling overwhelmed and helpless, having tried everything in attempts to help your family member. Perhaps your attempts have been ineffective or rejected by your loved one. When this happens, feelings of helplessness and despair grow.

Other family members may be resentful of the attention, albeit negative, that the person with OCD receives. Family members can become overly involved or, alternatively, too distanced from each other. Parents may share mutual beliefs and feelings about how to deal with their child's OCD or differ widely in their reactions to the OCD. Or they may vary their reactions unpredictably between compassion and hostility. Meanwhile the family dysfunction and chaos grows. Acknowledging negative feelings is an important first step toward choosing healthier, more supportive responses to your loved one's OCD.

Giving in, reassuring, or debating are not constructive ways to help decrease the symptoms of OCD. These efforts at support are in fact OCD accommodations in disguise.

Let's take a closer look at the natural, intuitive approaches to supporting your loved one with OCD. These are often accommodating behaviors and can be likened to an "OCD Welcome Wagon." You essentially invite OCD into your home and make it comfortable through your accommodations. Just as you try to make an old friend or other guest feel comfortable and welcome in your home, you extend yourself to OCD and its demands. It's as if you cater to OCD as you would a guest: "What can I

do for you? What can I get for you? Anything you need, just let me know." The more comfortable you make the OCD, the longer it wants to stay in your home.

When we say you may be accommodating, we're referring to any of your behaviors or reactions to OCD symptoms that can undermine the therapeutic goal of exposure and risk-taking. It is a way of paying undue respect to OCD and its demands on you and your loved one. Accommodating supports OCD, not the person with OCD. By changing these behaviors, you are making a conscious decision to support your loved one instead of the OCD. You may actually act as if you're scared of your family member's OCD, when you may really be fearful of his or her reaction to the obsessions. Or perhaps you're really trying to protect your family member from the unfounded fear.

Accommodating behaviors occur quite naturally and make sense at the time. Your attempts at helping are genuine and come from the heart. They sometimes give you a sense of control over a virtually uncontrollable situation – a situation that has left you feeling fearful, helpless, and exhausted. No "small" accommodation is ever truly small. Each accommodation serves as "food" for the OCD and any "feeding" is meaningful and serves to help OCD grow stronger. Here is one example of accommodating behavior that often occurs in families.

## **Accommodation Trap #1: Providing Reassurance**

How often do you find yourself telling your loved one some thing to make them feel better, such as answering the same questions over and over again? "Yes, I am sure that you checked that the stove is turned off, "Yes, I'm sure you washed your hands well enough," "Yes, I'm sure that you didn't make a mistake," "Yes I am sure you said the numbers in the right order," or "Yes I'm sure they do not have AIDS." This is what we refer to as repeatedly reassuring your loved one. He or she may ask you the exact same question over and over again, or repeatedly re-word the question in many different ways. Sometimes, your response even becomes part of the ritual so that there are rules about how your reassurance should be worded.

Reassurance involves assurance of the unfounded nature of the obsessive thoughts and fears. Your loved one may seek reassurance that the ritual itself was performed correctly and/or that the feared outcome will not happen. Reassurance reinforces the "fear messages" sent by the "worry" part of the brain. The "worry" part demands that they make certain of something that could otherwise have terrible consequences. You help provide that demanded reassurance and certainty.

When trapped in the cycle of reassurance, you may feel like you're talking to someone who just isn't listening or is of limited intelligence. A more accurate way to think about this trap is that you and your loved are creating a skip on a record player, and one of you needs to move the needle ahead to continue the song. To move ahead, you both must recognize the reassurance trap for what it truly is and agree that risk-taking and exposure is the way to move past the moment. Remember, when you give reassurance, you reduce the risks of uncertainty that have to be confronted head-on. By reducing the risks that need to be confronted through exposure, you feed the OCD.

You may find yourself trying incessantly to drill your loved one with logic against the unfounded fear through rationalizing and arguing with the OCD. You're struggling with the OCD rather than your loved one; they're also struggling with the OCD. You're trying to reason logically and debate with someone who is reasoning by feelings alone in that OC moment. Family members report the frustration of trying to rationalize away fears, which sometimes will "work" for a short period of time. The unfortunate fact that rationalizing sometimes appears to work in the short-run only serves to reinforce its use. That means that the next time you and your loved one are in a similar OCD situation, you're more likely to react with a rational debate or argument instead of risk-taking. Debating works along the same lines as giving reassurance.

Beware! Accommodating reactions are often a short-term fix to a longer-term problem. It may work at first, but as the demands of OCD increase, you will have to make more and more of an effort to accommodate OCD in just the "right" way. By stepping in to protect your loved one from OCD, you are modeling the belief that he or she cannot cope in other ways. You model the belief that your loved one needs to be protected and shielded from the fears. The message sent is that your loved one is too weak and too vulnerable to cope with the fears, the uncertainty, and the risk-taking required to overpower and overcome OCD.

Excerpt from *Loving Someone with OCD*, to be published in 2004, by Karen J. Landsman, Ph.D., Kathy Parrish, M.A., and Cherry Pedrick, R.N. Karen J. Landsman, Ph.D., clinical psychologist, (973) 895-2442 and practices in Westfield and Chatham, New Jersey.

## 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 732-390-6694.

### SUPPORT GROUP IN 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.

### SUPPORT GROUP TO BEGIN IN LIVINGSTON, NJ

Poonem Dutte is interested in starting a Support Group in the Livingston, NJ area. Anyone interested in attending her group, please call her at (973) 535-0826.

### 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.

### CHANGES TO SUPPORT GROUP MEETING IN BOONTON

The support group that meets in Boonton, New Jersey will now be meeting on the second and fourth Wednesday of each month at 7:30 p.m. For information on this support group, the phone number has changed to (973) 827-6818.



## 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- NJACOF 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. Jessica Page	\$15.00_____
"Getting Past Go", Dr. Allen H. Weg, EdD	\$15.00_____
"Hoarding", Dr. Dena Rabinowitz	\$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 \_\_\_\_\_

# DIRECTIONS TO OUR MEETING LOCATION!

Our next quarterly meeting, which will take place on *Monday evening, June 14, 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:**

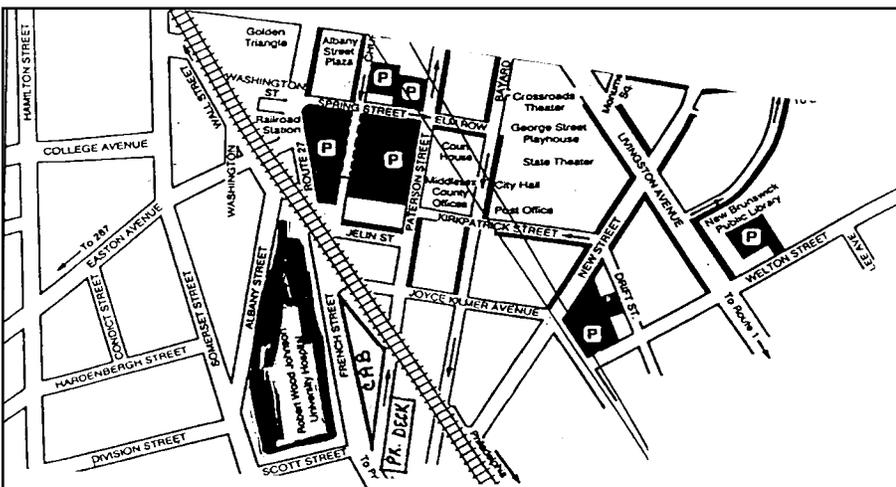
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking 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.



# Professional Directory

The professionals included in this Directory have expressed an interest in treating individuals with OCD. This Affiliate has not investigated these individuals, nor does it have the facilities to evaluate their competence in treating OCD. This Affiliate does not recommend or endorse the competence or expertise of anyone listed. This Directory of treatment providers is not an endorsement, but merely a source of individuals who have indicated that they treat OCD.

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