

**Charley Mansueto, Ph. D. presented  
“OCD and Tourette’s Syndrome: Re-examining the Relationship”  
by Rachel Strohl, Psy. D.**

On Sunday, October 28, Charley Mansueto, Ph. D. was the keynote speaker at the NJOCF eighth annual conference. Dr. Mansueto is the Director of The Behavioral Therapy Center of Greater Washington and is on the Scientific Advisory Board of the National OCD Foundation, as well as Chair of the Scientific Advisory Board of the Trichotillomania Learning Center. He has published numerous articles and has presented dozens of times at a national level on the topic of OCD and OCD Spectrum Disorders.

Dr. Mansueto began by explaining that Obsessive Compulsive Disorder (OCD) and Tourette’s Syndrome (TS) are “more closely related than commonly appreciated.” OCD is defined by obsessions with ritualized behaviors that a person feels compelled to perform, while TS is a disorder with multiple motor tics and at least one phonic tic. Tics are simple or complex, repetitive, stereotyped movements or phonic emissions that are often perceived as involuntary or are sometimes preceded with urges.

Based on clinical experience and research, Dr. Mansueto went on to describe the concept of “Tourettic OCD (TOCD),” which has several distinguishing features. A person with TOCD experiences somatic discomfort, sensory phenomena, and urges (not anxiety) that drive the compulsions. There is a preoccupation with unrelenting discomfort, as opposed to obsessions and catastrophic consequences, and compulsions involve “just right” requirements.

The concept of TOCD has important implications for treatment. He explained the gold standard for OCD treatment is cognitive behavioral therapy (CBT), specifically exposure and response prevention (ERP). Based on symptom severity, pharmacotherapy with selective serotonin reuptake inhibitors (SSRI’s) should be used.

For Tourettic OCD, ERP should be used plus augmented with the following: 1) relaxation training, 2) habit reversal

(substitution strategies), 3) contingency management (develop degrees of control with reward systems), and 4) rote practice. Pharmacotherapy should include neuroleptics or alpha-2 agonists, or the augmentation with SSRI treatment.

His presentation focused primarily on children with TOCD, and he described them as “being extra alive with so much energy it bubbles out.” Their nervous systems are easy to arouse, but difficult to settle. Dr. Mansueto provided an encouraging metaphor by comparing these children to Ferraris: they are more difficult to handle and manage, but once they master their “engines,” it’s a beautiful thing.

Dr. Mansueto’s innovative and educational lecture was followed by a panel entitled, “Living with OCD.” Members of the panel included individuals with OCD, ages 11, 15, 18, and 20, parents of the 11 year old, and a mother of a 6 year old with OCD. Audience members had the opportunity to ask a multitude of questions at a microphone stand or anonymously through index cards. By sharing their personal stories of achievement and adversity, the panel members inspired, informed, and offered hope to the individuals with OCD, their loved ones, and the professionals that treat them. DVD’s of the entire conference are available through the website, <http://www.njocf.org>.



*Dr. Rachel Strohl is a licensed psychologist at Stress and Anxiety Services of NJ in East Brunswick. She is on the Board of Directors at NJOCF. She may be reached at 732-390-6694 x3.*

**More photos on page 3**



*Ina Spero, President of NJ OCF, with Dr. Mansueto*



*Dr. Charley Mansueto at the podium*



*Laurie Foster, Faith Rice, and Kim Rice at their display for the Tourette’s Syndrome Association*



*Dr. Allen Weg, VP of NJ OCF, with Dr. Mansueto*



*Board members Nicole Torella and Judith Cohen at the registration desk*



*Harriet Raynes Thaler, LCSW and Barbara Nicholls, LCSW at the DVD sales desk*



*Dr. Robert Zambrano, our volunteer videographer*



*Drs. Weg and Mansueto, with NJ OCF President and Treasurer, Ina and Julian Spero*



*A small part of our wonderful buffet brunch*



*Janet Berkowitz entertained us and touched us all with her mime performance*



*Susan Maron, LPC and Joe Springer, Ph.D. enjoying themselves at the conference*



*Warren Thaler sells tickets for the 50/50*

## PRESIDENT'S MESSAGE



Dear Friends:

For those of you who attended our Annual Conference on October 28, 2007, I am sure you will

agree with me that it was a memorable and enlightening day! Everything was great - Dr. Mansueto's presentation, the panel, Janet Berkowitz, our mime, and the brunch. I want to sincerely thank everyone who contributed to the conference's success.

I hope to see you all at the December meeting and remember to bring a friend!

Sincerely,  
*President Ina Spero*

## **ATTENTION! ATTENTION!**

**The NJ OCF telephone hours are  
9:00 a.m. to 9:00 p.m.  
(732) 828-0099**

## **THANK YOU!**

A special thank you to:  
Vicki & Ted Wisneski  
Judy Cohen  
&

Summit Board of Education

Also, a special thanks goes to Janet Berkowitz, the Mime, who once again delighted those in attendance with her imaginative portrayal of OCD symptoms in silence.

## NATIONAL OCD FOUNDATION CONTACTS

OCF  
PO Box 9573  
New Haven, CT 06535

Phone: (203) 401-2070  
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

\$

### **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.

### **NJ OCF MISSION**

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

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

### **NJ OCF OFFICERS**

Ina Spero - President  
Dr. Allen Weg - Vice President, Newsletter Editor  
Judy Cohen - Secretary  
Dr. Rachel Strohl - Recording Secretary  
Julian Spero - Treasurer  
Nicole Torella - Newsletter Editor  
Steven I. Dyckman, M.D. - Advisory Board member

**Visit us on the web at [www.njocf.org](http://www.njocf.org)**

## Dr. Marsha Kleinman to Present on EMDR at Our Next Quarterly Meeting

Our next quarterly meeting will be held on Monday, December 10 at 7 PM at Robert Wood Johnson Hospital. The speaker will be Dr. Marsha Kleinman. Directions and more details may be found at the end of our newsletter.

Marsha J. Kleinman, Psy.D. received her doctorate from the Graduate School of Applied and Professional Psychology at Rutgers University and a Master's Degree in Community Psychology from Temple University. She is in private practice as a behavior therapist where she employs cognitive behavioral techniques as well as Eye Movement Desensitization and Reprocessing (EMDR) and other tools to reduce and ameliorate anxiety. She works with children as well as adults for a variety of conditions. Her experience has been that EMDR has made it possible to successfully resolve a variety of anxiety-related conditions that previously were difficult to treat.

She is considered an expert in the area of family violence and her work has been relied upon in many seminal N.J. Supreme Court decisions.

Dr. Kleinman has been an invited guest on many television and radio shows over the years, most recently on Fox television to talk about the release of O.J. Simpson's book, "If I did it". She has been an Op-Ed writer for The Home News and presently consults with schools, attorneys, and other professionals in a variety of capacities, including teaching effective communication and resolution skills in the workplace.

At our quarterly meeting, Dr. Kleinman will give a brief introduction and explanation of EMDR as one technique for reducing anxiety in a variety of situations. Some case information will be provided to illustrate how and when EMDR is used in situations where overwhelming anxiety interferes in someone's ability to function as well as they would like. All tool belts need many tools: EMDR is one that can be adapted well with a variety of cognitive behavioral techniques for helping people who suffer with anxiety. Persons with OCD or those who treat them may find this tool very effective in their arsenal of techniques to deal with this disorder.

## Allen Weg, Ed.D. Moderated "You are the Therapist" By Robert Zambrano, Psy.D.

On Monday, September 10, 2007, Allen Weg, Ed.D moderated at the New Jersey Obsessive Compulsive Foundation's (NJOCF) quarterly meeting. Dr. Weg received his Doctorate in Counseling Psychology at Rutgers University and is the founder and director of Stress and Anxiety Services of New Jersey, PA, an independent practice in East Brunswick, New Jersey in Middlesex County. He is one of the original founders and presently Vice President of the New Jersey Affiliate of the Obsessive Compulsive Foundation.

The evening's presentation was unique in that the true presenters were the audience. Dr. Weg acknowledged that the audience was full of a wealth of experience in living and coping with OCD. Members of the audience were asked to anonymously write any questions they had about OCD. Dr. Weg shared some of the questions for the audience to respond to. Then the members of the audience were asked to provide answers based on their experiences and knowledge.

One audience member asked how you could tell the difference between doing things "your way" versus doing things in an "OCD" way. Audience members suggested that the best way to know is to ask if the behavior is becoming a problem. For parents of children with OCD, it's important to help their children know the difference.

Another member asked if "flooding" (exposure to your worst fear and preventing avoidance or ritualizing until the anxiety decreases significantly) could traumatize someone who is trying to get over OCD. Audience members suggested that although it might be helpful, many felt it would be too difficult for many to do and would not give the sufferer the opportunity to have control of the process of getting better.

One member wanted to know if it is ever "OK" to give in to the urge to ritualize? Most of the audience agreed that although it is important to fight the urge, it's important not to be perfectionist about it. For example, if its 3AM and your child has been screaming for hours waiting for you to help with a ritual, it's ok to give in. The important thing is to acknowledge that its OCD making you do it and we'll "live to fight (the OCD) another day".

Finally, someone asked what most clients can expect in terms of recovery. The truth is that everyone has a different experience with recovery. Some have symptoms go away and never come back. Others would do well for months at a time and experience "flare ups" either randomly or during times of heightened stress. Others still find that the symptoms are always present but manageable.

This only covers some of the topics covered during the presentation, but it serves to highlight why it's so important to join us at the quarterly meetings. We hope to see you there in December!

*Dr. Robert Zambrano works at Stress and Anxiety Services of New Jersey, P.A., a private practice in East Brunswick specializing in the cognitive behavioral treatment of anxiety disorders. He may be reached at 732-390-6694 x2. Dr. Zambrano is also employed at the newly formed New Jersey Center for Tourette Syndrome, a collaborated effort by New Jersey Department of Health and Senior Services, the Tourette's Syndrome Association of New Jersey, UMDNJ Medical Schools, and Rutgers University Graduate School of Applied and Professional Psychology.*

## Annual Conference Photos

*continued*



Caillin Carey at her display for her website, StepOutOfTheDarkness.org, for teens with psychiatric disorders



Dr. Weg and the Living with OCD Panel: L-R: Joseph, Rachel, Rocco flanked by each of his parents, Suzanne, and Matt



The Panel takes questions from the audience



The Panel



Julie Powers collects support for her NYC Marathon race, where she ran to raise money for the Tourette's Syndrome Association



The Decorso Family. Sister Jeanmarie was there to support her mother Margaret, brother Rocco, and father John as they were part of the Living with OCD Panel

## **2008 ENTERTAINMENT BOOKS ON SALE NOW!**

The NJ OCF is now taking orders for the new 2008 Entertainment Book. This is our major fundraiser for the year and part of the proceeds go to the NJ OCF. You will save with **“Two-for-One”** and 50% off discounts at hundreds of great names you know in your area such as restaurants, travel, shopping, hotels, attractions, golf, movies, car rentals and more.

*“Entertainment” - The book that pays for itself!*

For questions about the books, please contact Ina Spero at (732) 828-0099 (9 a.m. - 9 p.m.)

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 - \$25**

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

### **#26 - NORTH/ESSEX - \$25**

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

### **#93 - NORTH/MORRIS - \$25**

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

### **#48 - CENTRAL/MIDDLESEX - \$25**

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

### **#94 - CENTRAL/MONMOUTH - \$25**

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

### **#76 - NJ SOUTH - \$30**

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

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 (9 a.m. - 9 p.m.)

Book #: \_\_\_\_\_ Quantity: \_\_\_\_\_    Book #: \_\_\_\_\_ Quantity: \_\_\_\_\_    Book #: \_\_\_\_\_ Quantity: \_\_\_\_\_

Include \$3.50 per book for shipping fee.

Total Enclosed: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

### **Professional Directory (See pages 6 & 7)**

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 individual who have indicated that they treat OCD.

If you are interested in advertising in our Professional Directory, please contact Ina Spero at (732) 828-0099 from 9 a.m. to 9 p.m.

## OCD on the Web By Christopher J. Dunn

I apologize for my brief absence from the column, but I return with what I feel is an interesting topic. Most of us with OCD, I'm sure, get frustrated when our fortunate friends and relatives who don't go through what we do say things like, "Why don't you just stop thinking about it?" or, "Why not just do it once and let it go?" They can't seem to understand why our obsessions and compulsions plague us so much. But what about us who do suffer from it? I must confess that, when I hear of someone with a different kind of OCD than my own, I am sometimes baffled why that person can't reason his way out of it, forgetting that another person, even someone with OCD, might easily be able to dismiss my own troublesome obsessions.

I found a wonderful web page that taught me new things about the disorder, including the interesting fact that the prevalence of OCD is more common among upper-income, somewhat more intelligent individuals. I recommend this article at <http://suphawut.com/perfectionist/ocd.htm>. It also features several stories in people's own words. My first thought upon reading the following anecdote from the site gave me the idea for this article: "A man who suffered from fears of contamination from AIDS felt a drop in his eye as he looked up while passing under a building. He became obsessed that the drop was actually from someone spitting out of a window who had AIDS. He felt compelled to go to every office on the 16 floors of that side of the building and ask if anyone had spit out the window."

My first thought was, of course, "First, what are the odds that the drop was someone spitting, and even if it was spit, what are the odds that the person had AIDS. Not to mention the fact that AIDS can't be transmitted through saliva." But my second thought was that perhaps the man in the anecdote was aware of these odds, too, but that didn't get rid of the obsession. That's not how OCD works; we can't reason our way out of it. Why, then, can we reason our way out of other people's obsessions?

The article also has an interesting anecdote about a woman with a fear that she has poisoned others or put razor blades in their food. Again, probably not an obsession most of us have, and probably one most of us can reason our way out of. But I am certain that such reasoning doesn't help the woman in question when she's in the middle of an obsession.

I'm sure a lot of us have searched the Internet for stories of people with OCD that is the same or at least similar to our own. I know I have, since my own Pure O can get pretty specific. But in my search for common ground, I often fail to empathize with all the other kinds of OCD I don't suffer from, even though OCD can manifest in innumerable forms. And in doing so, I do the same thing I get angry about in people without OCD when they dismiss it so nonchalantly.

But this doesn't mean that it isn't comforting to find others to talk to with similar obsessions. This site, for instance, has a discussion area where people can talk about their specific obsessions. This link is to a discussion about obsessions with going to the bathroom:

<http://www.healthboards.com/boards/showthread.php?t=410420>. There are also links to other discussion topics, and readers can start their own threads here as well.

Even for us with OCD it is sometimes hard to be objective and to understand other people's obsessions. I guess that goes part and parcel with being human. But I think there is wisdom to be gleaned even from OCD in different forms, so I'll keep on reading about it and reporting to you here. As always, I welcome your feedback and conversation about OCD; please e-mail me at [dunnranoldo@hotmail.com](mailto:dunnranoldo@hotmail.com). Until next issue!

## INFORMATION ON THE NJ OCF & HOW YOU CAN GET INVOLVED!

Here are some ways that you can get involved with the NJ OCF.

### FOR PROFESSIONALS, CONSUMERS, AND THEIR FAMILIES:

- Tell your friends, family members, and other mental health professionals about us- word of mouth is one our best advertisements!
- Join the National OC Foundation ([www.ocfoundation.org](http://www.ocfoundation.org)). The New Jersey Affiliate gets some money from National each year to help keep us going. The amount of financial assistance we receive from them is dependent on the number of NJ residents that belong to the National Foundation.
- Subscribe to our newsletter. Help the NJ OCF save money and sign-up to receive via e-mail by contacting Nicole at [torellani@aol.com](mailto:torellani@aol.com). However, if you prefer to receive it in hard copy, please send the NJ OCF the annual subscription fee of \$5 to cover the mailing cost. We appreciate it!
- Write articles for our newsletter- you may write from a professional, consumer, or family member perspective. Book, movie, or TV reviews (see the latest Monk episode? What did you think?), personal experiences, poems, letters to the editor, or informative clinical material, reviews of our meetings and conferences, are all welcome.
- Advertise in our newsletter- we have a professional directory of business cards in each newsletter. At present, the newsletter goes out to over 1200 individuals and consumers throughout New Jersey.
- Come to our quarterly meetings- we always have great and informative speakers. The meetings are advertised in our quarterly newsletters (which come out approximately 4 weeks before each meeting), as well as on our website. They now take place at Robert Wood Johnson Hospital in New Brunswick, 7-9 pm on the 2nd Monday evening in the months of March, June, September, and December.
- Visit our website - [www.njocf.org](http://www.njocf.org).
- Buy our DVDs – see the listings on our website and in the newsletter. We sell them at our annual conference also.
- Help us to get the word out about our meetings and conferences by volunteering to hand deliver our quarterly newsletters and our NJ OCF brochure once every 3 months to professionals and/or clinics that are in the area where you live and/or work. A personal delivery and a few words directly to a therapist or clinic director about an upcoming meeting or conference helps our information from getting lost in the deluge of mail that most professionals regularly get. Contact Ina at 732-828-0099 (9 a.m. - 9 p.m.)
- Start a self-help or a professionally run support group. We can help with getting the word out for free and, for self-help groups, to guide you through the process. Contact Ina.
- Help us with fundraisers- we had wanted to have an OCD picnic this past Spring, and a gift wrap program for bookstores this December, but we didn't have the manpower to put it together and make it happen. Contact Ina.
- Donate money- contributions are always helpful!

**SAVE THE DATE! FREE! FREE!  
FOR THE 2008 MEETINGS!**

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

**March 10  
June 9  
September 8  
December 8**

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!

**Therapy Groups for OCD,  
Panic Disorder, & Social Phobia**

**Short-term, intensive learning,  
change-focused experiences  
led by Drs. Rachel Strohl and Allen H. Weg  
Groups for Children as well as Adults**

Monday or Tuesday evenings in East Brunswick  
Dates to be announced

**GO TO [www.StressAndAnxiety.com](http://www.StressAndAnxiety.com)  
for more information**

**If interested, phone Dr. Strohl immediately  
at 732-390-6694 x3**

**Or email us your information as instructed on our website**

This is a paid advertisement

**Presenting At Your Local School**

Whether layperson or professional, if you have an interest in presenting to a faculty meeting at your local school on the topic of OCD in the school environment, please contact Dr. Allen Weg at 732-390-6694 x1. You will make the contact and arrange for the presentation. We will provide you with a very specific script that you can read from and handouts which you can leave with the school staff. We will give you very specific instructions on what to say and how to share the handouts. The presentation takes less than 10 minutes.

This is being done as a way of fulfilling the National Obsessive Compulsive Foundation's mission of educating the general public about the disorder and encouraging early identification and treatment of OCD in school-age children. Please consider helping us out in this very worthwhile project.

**NJ OCF Newsletter Has a  
Subscription Fee!**

After careful budget review, the NJ OCF has come to 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 2008 is \$5.00.**

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

**However, if you would like to receive the newsletter by e-mail for FREE, please e-mail Nicole Torella at [torellani@aol.com](mailto:torellani@aol.com) and you will receive a pdf file each time we produce the newsletter!**

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

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ E-mail \_\_\_\_\_

## **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 NJ OCF to help create more of these groups. We at NJ OCF 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 (9 a.m. - 9 p.m.). 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.

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### **NEW SUPPORT GROUP IN JACKSON**

A new support group is being held in Jackson, New Jersey. This group meets on Monday evenings, from 8:00 to 9:30 p.m. at the Debows United Methodist Church at 509 Monmouth Road in Jackson. If you are interested in attending the group, or would like more information, please contact Steve at (732) 779-5466.

### **NEW SUPPORT GROUP IN BRICK TOWNSHIP**

The NJ OCF is pleased to announce that a member of the Howell meeting is starting a new group in Brick Township. The group meets every Friday evening from 8:00 p.m. to 9:30 p.m. at St. Paul's United Methodist Church, 714 Herbertsville Road, Room # 6, Brick, NJ 08724. For more information on the group, call John M. at (732) 691-3200. The group launched their first meeting on June 2nd, so if you live in the area and are looking for some OCD support, be sure to stop by and check it out!

### **PRINCETON GROUP WANTS PARTICIPANTS**

I would like to put together a support group for parents of children with OCD, one that would meet in the Princeton area. Interested parents should e-mail [griffith@princeton.edu](mailto:griffith@princeton.edu).

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### **GROUP FORMING IN BASKING RIDGE**

A new support group is in the process of being formed in Basking Ridge, NJ. For more information on this group, please call Carol Durso at (908) 350-3440.

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### **SUPPORT GROUP IN BERGEN COUNTY**

A new support group is forming in Bergen County and those of all ages are welcome to attend. For more information, call Evan Wechman at (845) 709-7065.

**Starting a group?  
Want it included here?  
Call Ina at  
(732) 828-0099  
and let her know the  
details so it can be  
added to the newsletter!**

## **NJ OCF DVDS NOW AVAILABLE!**

We videotape 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 NJ OCF to help defray the costs of the organization. The following are now available in DVD format. We still have some videotapes available for purchase and they are on sale buy 1, get 1 free! Also note that on our website, [www.njocf.org](http://www.njocf.org), a full description of each DVD is available.

"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", NJ OCF First Annual Conference:Parts 1 & 2	\$25.00
"Flying Towards the Darkness"- Part 1 only, Allen H. Weg, Ed.D. NJ OCF 1st Annual Conference	\$15.00
"Flying Towards the Darkness"- Part 2 only: The OCD Panel, NJ OCF 1st Annual Conference	\$15.00
"Generalized Anxiety Disorder and OCD", David Raush, Ph.D.	\$15.00
"OCD Spectrum Disorders", Nancy Soleymani, Ph.D.	\$15.00
"Living With Someone With OCD...", Fred Penzel, Ph.D., Part I - NJ OCF 2nd Annual Conference	\$15.00
"The OCD Kids Panel", Part II- NJ COF 2nd Annual Conference	\$15.00
NJ OCF- 2nd Annual Conference, Parts I and II (combined discount price)	\$25.00
"Panic and OCD", Allen H. Weg, Ed.D.	\$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 - NJ OCF 3rd Annual Conference	\$15.00
"The Parents Panel of Kids with OCD" Part II- NJ OCF 3rd Annual Conference	\$15.00
NJ OCF - 3rd Annual Conference, Parts I and II	\$25.00
"Neurobiology of OCD," Dr. Jessica Page	\$15.00
"Getting Past Go," Dr. Allen H. Weg, Ed.D.	\$15.00
"Hoarding", Dr. Dena Rabinowitz	\$15.00
"Improving Outcomes in Treatment for OCD", Deborah Roth Ledley, Ph.D.	\$15.00
"Using Scripts to Counter the Voice of OCD" Jonathan Grayson, Ph.D., Part I - 5th Annual Conference	\$15.00
"Panels of Drs. Grayson, Springer, & Weg" Part II - NJ OCF 5th Annual Conference	\$15.00
NJ OCF - 5th Annual Conference, Parts I and II	\$25.00
"Flying Into the Darkness - Revisited", Allen Weg, Ed.D.	\$15.00
"Beyond Exposure and Response Prevention", Milton Spett, Ph.D.	\$15.00
"Incorporating Mindfulness Into Treatment of OCD", Jessica Page, Psy.D.	\$15.00
"Potholes in the Road to Recovery...", Fred Penzel, Ph.D. - Part I - NJ OCF 6th Annual Conference	\$15.00
"Living with OCD" Panel, Part II - NJ OCF 6th Annual Conference	\$15.00
NJ OCF - 6th Annual Conference - Parts I and II	\$25.00
"Obsessive Compulsive Disorder, A Survival Guide for Family and Friends." Roy C.	\$15.00
"New and Experimental Pharmacological Treatments for OCD." William Greenberg, MD.	\$15.00
"Cognitive Behavioral Therapy for OCD & Related Disorders..." Dr. Martin Franklin (7th Conference)	\$15.00
"Living with OCD" Panel, Part II - NJ OCF 7th Annual Conference	\$15.00
NJ OCF - 7th Annual Conference, Parts I and II	\$25.00
"NAMI" Mr. Philip Lubitz	\$15.00
"Parenting Children and Adolescents with OCD: A Four Step Approach" Allen H. Weg, Ed.D.	\$15.00
NJ OCF - 8th Annual Conference, Parts I and II	\$25.00

Add \$3.95 each for S & H: \_\_\_\_\_ @ \$3.95 ea \_\_\_\_\_ Your Total cost: \_\_\_\_\_

**Send check or money order, made out CNJAOCF, and mail to: NJ OCF, 60 MacAfee Rd, Somerset, New Jersey 08873. Be sure to include your Name, Address, Town, State, and Zip Code so the DVDs can be shipped! Questions? Call Ina Spero at 732-828-0099 (9 a.m. - 9 p.m.)**

# DIRECTIONS TO OUR MEETING LOCATION!

Our next quarterly meeting, which will take place on *Monday evening, December 10, 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:**

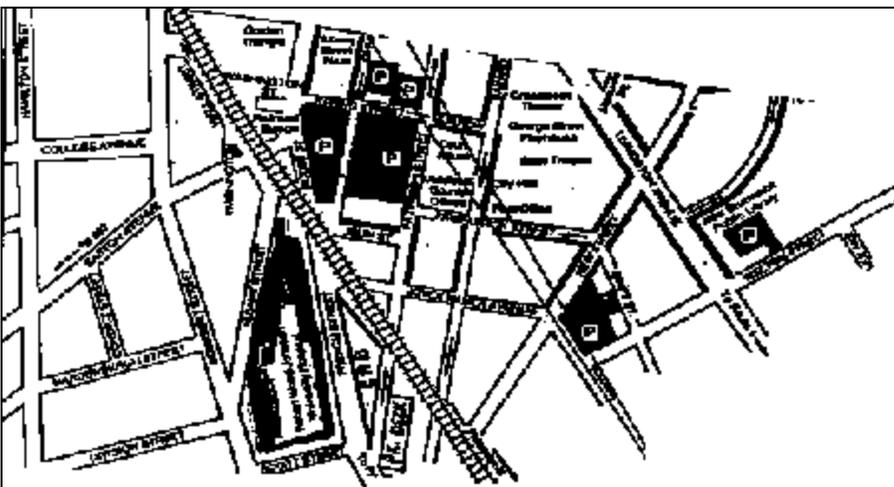
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking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

**NOTICE NOTICE NOTICE NOTICE**

**Obsessive-Compulsive Disorder Support Groups**

Berkeley Heights (O.C.A.)	(973) 571-9563 (Diamond Hill United Methodist)
Boonton	(862) 268-6397
Brick	(732) 691-3200
Howell	(848) 702-5044
Jackson	(732) 779-5466
Marlton	(856) 751-1957
Montclair	(973) 472-8215
Piscataway	(732) 445-5384
Somerville	(908) 725-5595
Woodbury	(856) 853-2011 (day #) (Underwood Hospital)

NJ OCF  
60 MacAfee Road  
Somerset, New Jersey 08873-2951

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