

Turovsky To Present "OCD and the Family" on June 11th

Dr. Julia Turovsky will make a repeat visit to speak at our next quarterly meeting on Monday, June 11, 2007 from 7 to 9 p.m. at Robert Wood Johnson Hospital in New Brunswick. Admission and refreshments are free and open to the public.

Dr. Turovsky received her undergraduate degree at Rutgers University and began her research in anxiety disorders at that time. She then went on to receive her Ph.D. at the State University of NY at Albany under the direction of Dr. David Barlow. Dr. Turovsky completed her internship in clinical psychology at the Institute of Pennsylvania Hospital in Philadelphia and then re-joined Dr. Barlow as a fellow at Boston University, at the Center of Anxiety and Related Disorders, one of the most renowned facilities for the study and treatment of anxiety disorders in the world. Currently, Dr. Turovsky is the associate director of the anxiety disorders clinic at Rutgers University. She also maintains an active private practice in East Brunswick, NJ, where she specializes in the evaluation and treatment of anxiety disorders, including OCD, panic disorder, traumatic disorders, chronic worry, and various phobias. She is a frequent guest lecturer at the graduate courses at Rutgers University, and presents often on topics of anxiety disorders and their treatment.

Dr. Turovsky has published a variety of articles and book chapters on these issues and mentors graduate students in their research efforts. She has been quoted in a variety of radio programs and newspaper articles, including *The New York Times*. The presentation for June 11th is entitled, "Working on OCD within a Family System: Strategies for the Sufferer and His/Her Loved Ones." The topic will include a discussion on the impact of OCD on marriage, parenting, and family, and provide information to aid the healing of individuals with OCD as well as those involved in their lives. We hope to see you there!

Allen Weg, Ed.D. presented "Parenting Children and Adolescents with OCD: A Four Step Approach"

On March 12, 2007, Allen Weg, Ed.D. presented at the New Jersey Obsessive Compulsive Foundation (NJOCF) quarterly meeting. Dr. Weg is a licensed psychologist who is the director of a group independent practice, Stress and Anxiety Services of New Jersey, PA, in East Brunswick, New Jersey. He has presented on Obsessive Compulsive Disorder (OCD) and other anxiety disorders at the local and national level, and serves as Vice-President of NJOCF.



Dr. Weg provided a background for pediatric OCD by defining the disorder and comparing normal developmental behaviors with those that interfere with functioning and cause distress. While all children have an element of magical thinking (e.g., step on a crack, break mother's back), OCD symptoms tend to be "bizarre, strange, or idiosyncratic."

In regards to treatment, kids may have a difficult time verbalizing the obsessions related to feared consequences or "just right" feelings. Effective treatment for pediatric OCD involves several components: 1) education 2) cognitive behavioral therapy, supported by the National OCD Foundation, and psychotropic medications based on severity of symptoms, and 3) involvement with the child and parents.

In a four step approach, Dr. Weg outlined a helpful and appropriate parental response to an OCD episode: 1) PREPARATION: It is important to identify and anthropomorphize the OCD. Pretend it is a living creature that is a bully, and create a name and drawing to boss back the OCD. Parents are encouraged to respond to the OCD creature without getting angry at their child by first labeling OCD (e.g., this is Mr. X) and later using socratic questioning (e.g., What is s/he saying to you?).

2) EMPATHIZE: Parents should communicate their understanding that having OCD feels real and scary, and acknowledge that it is difficult to resist the rituals.

3) ENCOURAGE TO CHALLENGE THE OCD: Remind children what they are learning in therapy and ask them how to fight back against OCD. Also, encourage them to trust they can learn to manage their symptoms. As parents you may serve as an active coach or a supportive cheerleader. Always ask permission to attack OCD, but parents have a final say in labeling an OCD behavior. Use their fear thermometer (1-10 range of fear) to determine how to change, leave out parts, or shorten, or postpone the ritual.

4) REINFORCE AND REDIRECT: Reinforce children's efforts with verbal or social praise, as well as incorporate behavior modification techniques (e.g., token system). Once children have changed their response to OCD, redirect them to a different activity.

Dr. Weg also addressed special issues in the treatment of OCD, such as having an unmotivated or aggressive child, and helping family members extricate themselves from the rituals. The presentation was practical and specified essential tools for parents working to support children in managing their OCD symptoms.



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.

PRESIDENT'S MESSAGE



Now that the cold winter weather is behind us, I hope everyone will enjoy the delightful summer ahead of us. From July 20-22, 2007, the 14th Annual

OCF Conference sponsored by the National OCF Foundation, will be held at The Woodlands Waterway Marriot Hotel and Convention Center at The Woodlands, Texas. For more information on this conference, visit the National OC Foundation website at www.ocfoundation.org.

Please remember to make note on your calendars of Sunday, October 28, 2007, the date for the NJ OCF Annual Conference. Once again, it will be held at the Doubletree Hotel in Somerset and should prove to be another worthwhile informational experience. Also note that a sumptuous and continual brunch is served throughout the day.

I'm looking forward to greeting everyone at our next meeting on Monday, June 11, 2007, at the Robert Wood Johnson Hospital in New Brunswick. See you then!

President Ina Spero

MANY THANK YOUS!

The NJ OCF would like to thank everyone who continues to support the mission of the NJ OCF with their generous donations.

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
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.

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

SAVE THE DATE! SAVE THE DATE!

Eighth Annual Conference

The New Jersey Affiliate of the Obsessive Compulsive Foundation "OCD and Tourette's Syndrome; Re-examining the Relationship."

by Dr. Charley Mansueto

Sunday, October 28, 2007 • Doubletree Hotel, Somerset, NJ

Registration fees include a buffet brunch! Look for registration information in the next newsletter!

Our next annual conference is scheduled from 10 a.m. to 3 p.m. on Sunday, October 28, 2007. Dr. Charley Mansueto, Director of The Behavioral Therapy Center of Greater Washington, will be our keynote presenter.

Dr. Mansueto is also presently a consultant to the National Institute of Mental Health at the Laboratory of Clinical Science at Bethesda Maryland, and holds teaching positions as Professor of Psychology at the Department of Psychology at Bowie State University in Bowie, MD, as well as an Adjunct Clinical Faculty position at the American School of Professional Psychology at Argosy University in Arlington, VA. He is the site director for the Anxiety Disorders Research Consortium focusing on Obsessive Compulsive Spectrum Disorders at Bowie State, Loyola College and Catholic University, and has presented dozens of times at a national level on the topic of OCD and OCD Spectrum Disorders for over 25 years.

Dr. Mansueto is on the Scientific Advisory Board of the National OC Foundation, as well Chair of the Scientific Advisory Board of the Trichotillomania Learning Center (TLC; the only national organization for compulsive hair pulling). He is member of the Medical Advisory Board of the Tourette Syndrome Association of Greater Washington and is a faculty member of the Obsessive Compulsive Foundation Behavior Therapy Institute as well as serving as the Director of the Professional Training Institute at the TLC. He presently serves as an Editorial Reviewer for the professional journal, Cognitive and Behavioral Practice, as well as the Journal of Behavior Therapy and Experimental Psychiatry. In addition, he has numerous articles published on both the topics of OCD and body focused repetitive behaviors (including Trichotillomania and skin picking).

At the conference, Dr. Mansueto will present "OCD and Tourette's Syndrome; Re-examining the Relationship." Dr. Mansueto reports that while these are traditionally conceptualized as two distinct disorders, clinical experience and research evidence suggests that there are notable relationships between the two that have significant implications for cognitive behavioral treatment in children, adolescents, and adults. In this presentation, Dr. Mansueto will present a re-conceptualization of that relationship; one that informs and guides comprehensive, integrated and effective treatment of both disorders.

As is our tradition, the keynote will be followed by a panel who will speak on some aspect of OCD and take questions from the audience. Please mark your calendars early for what promises to be a very informative presentation.

Make Your Reservation Now!

Annual National OC Foundation Conference

July 20 - 22, 2007 in Woodlands, Texas

The OC Foundation Conference is being held at the Marriot in Woodlands, Texas.

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,
visit the OC Foundation website at www.ocfoundation.org.***

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). 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. 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. We are working on having the professional directory available on our website as well. While most advertisers are mental health professionals, we are an equal-opportunity forum for advertisers.
- 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
- 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.
- 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!

FOR PROFESSIONALS:

- Newsletter articles- Note that when you write for us, your name, address, telephone number and e-mail address/website will appear at the end of the article. This is an effective and cost-free way for you to let people know who you are, and your interest in this disorder.
- Speak at one of our quarterly meetings. We tend to have professionals who are very well-versed in the treatment of OCD. We usually schedule speakers many months, sometimes more than a year, in advance. The presentation is reviewed and put in our newsletter and on our website. Again, this is good professional exposure at no cost to you.

THERE ARE ALWAYS NEW AND DIFFERENT WAYS THAT YOU CAN HELP. IF YOU HAVE ANY OF YOUR OWN IDEAS, LET US KNOW!!!

SUPPORT GROUPS BEING FORMED FOR KIDS!

IN HIGHLAND PARK, NJ

FOR CHILDREN AGES 6 - ADOLESCENT

Facilitated by Dr. Elizabeth Roberts

Dr. Elizabeth Roberts is a clinical neuropsychologist and psychotherapist. She earned her doctorate in clinical psychology from Hahnemann University in Philadelphia in 1987 and completed a postdoctoral fellowship in clinical neuropsychology from Hahnemann University Hospital in 1989. Dr. Roberts has a private practice in Highland Park, NJ in which she offers cognitive behavior therapy and neuropsychological evaluation for individuals with OCD, Tourette's syndrome, selective mutism, trichotillomania, autism spectrum disorders, social anxiety disorder, and others.

Her address is: 328 Dennison Street, Highland Park
For more information, please call: (732) 418-0707

IN BRIDGEWATER, NJ

FOR CHILDREN, ADOLESCENTS AND THEIR PARENTS AND FAMILY MEMBERS!

When: Quarterly: Jan., April, July, and Oct.
from 7:00 to 8:30 p.m.

Where: Richard Hall Community Mental Health Center
500 North Bridge Street, Bridgewater, NJ
(Across from the Somerset County Library)
● Meet in Richard Hall Conference Room, First Floor

Cost: FREE! Please call ahead of attending.

Call: (908) 229-1367

For Information:
E-mail: ocdhelp4kids@yahoo.com

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 2007 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 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 _____

OCD on the Web

By Christopher J. Dunn

Quite some time ago I discovered weblogs, or “blogs,” no doubt long after the general population, me being often behind the times with regard to technology. I have always enjoyed reading letter columns in magazines and any other opportunity to explore the pure, unvarnished, and agenda-free opinions of ordinary people, so blogs were only a natural extension of this interest.

But I had never thought to explore OCD-related blogs. I have been on OCD message boards before in the hope of finding commonality with others troubled by this disorder of ours, but the sheer number of people posting on these and other Yahoo Groups I belonged to filled my inbox far more quickly than I could read the messages. But blogs are a different animal. Only one person is making entries, so there is less chance of the “flaming” you see on message boards (“flaming” is the posting of attacks, often personal in nature, against other posters on a message board). They are more like diaries, and are often of great depth. There are probably dozens, if not hundreds, of OCD blogs out there, but I thought I’d get you started with a couple I really enjoyed reading.

The first is called “OCD and More: The on-line journal/blog of Christine, a sufferer of obsessive-compulsive disorder OCD.” Christine posts fairly regularly about her daily struggles with the disease, her most recent entry as of this writing being March 31st, 2007. One thing I really enjoyed about her blog is how she starts many of her entries with quotes by famous writers and historical figures that put this situation of ours into perspective. One example is from her entry for August 1st, 2005, the words of Charles Schulz spoken through his creation, Charlie Brown, “That’s the secret to life . . . replace one worry with another . . .” I recommend checking out Christine’s blog at <http://www.oc-illnesses-and-creativity.net/blog.htm>.

Another blog I liked is called “The OCD Blog,” whose “About me” section reads, “I’m a blogger with OCD. I hope this blog helps me. I hope this blog helps you.” I found as I read several TheOCDBlogger’s entries that I had experienced many of the same obsessions. Like her, I suffered from counting obsessions and the “magical thinking” fears that actions like writing a letter incorrectly on a page or doing something an incorrect number of times would cause harm to friends or family members. Check out her blog at <http://www.theocdblog.com/>.

Even if you don’t find any commonality with these two bloggers, there are dozens of other OCD blogs you can try. Google, for instance, “OCD & hand-washing & blog” if you seek a personal account of someone else suffering from hand-washing compulsions. It’s nice to know that other people out there in Cyberspace are going through the same problems you are. Heck, if you’re moved to, perhaps you might even start your own OCD blog and help someone else out 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
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

SAVE THE DATE!

FOR THE 2007 MEETINGS!

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

FREE! FREE! FREE!

March 12, June 11

September 10, December 10

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!

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.

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. 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.

New Support Group for Adolescents

My name is Laura and I am now 18 years old, but I was diagnosed with OCD when I was fourteen. My mom and I searched for support groups in the area but could not find a single one. I had been going to therapy, which helped a great deal, however, I was looking for support from kids my own age as well. I was told that OCD was not as uncommon and that I wasn't as abnormal as I once thought. I still felt pretty alone, however, and wanted to meet other people my age who were experiencing what I was. This is why I am putting together, with help from the New Jersey OCF, a support group for adolescents ages 13-19, with OCD. This is an opportunity for teens to share their stories with one another, support each other, and realize that they're not alone. Meetings will be held on Wednesdays at 3:00 p.m. at the Hazlet Library. If you, or anyone you know that suffers from OCD, is interested please contact me at Jerseygr116@hotmail.com or 908-461-5530.

NEW SUPPORT GROUP BEING FORMED 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!

**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!**

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.

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.

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.

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 pumped 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, 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. Jessice 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 - NJOCF 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 - NJOCF 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

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

DIRECTIONS TO OUR MEETING LOCATION!

Our next quarterly meeting, which will take place on *Monday evening, June 11, 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:

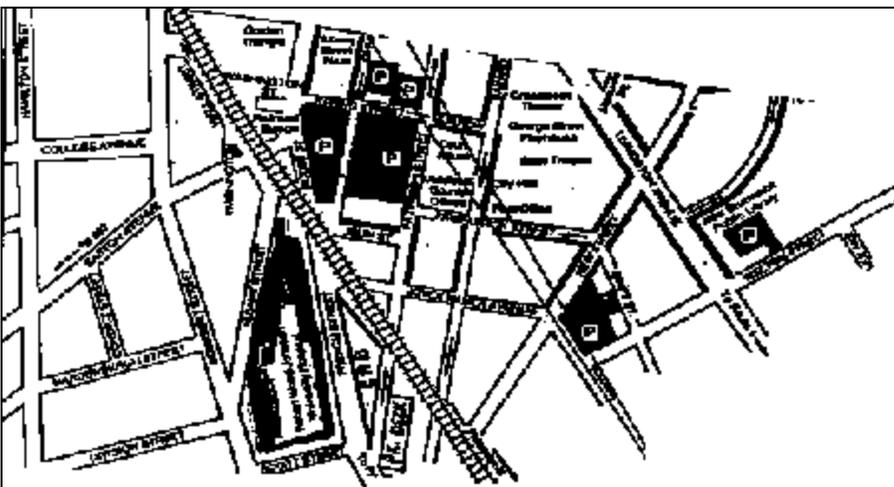
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking 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
Bridgewater	(908) 229-1367
Marlton	(856) 751-1957
Piscataway	(732) 445-5384
Somerville	(908) 725-5595
Montclair	(973) 472-8215
Howell	(848) 702-5044
Woodbury	(856) 853-2011 (day #) (Underwood Hospital)

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

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