

**Monnica Terwilliger
Williams, Ph.D. Presented
“Homosexuality Anxiety:
A Misunderstood
Symptom of OCD”**

by Rachel Strohl, Psy.D.

On Monday September 8, 2008, Monnica Terwilliger Williams, Ph.D. presented at the quarterly meeting of the NJ Obsessive Compulsive Foundation. Dr. Williams received her masters and doctorate from the University of Virginia, and practices at the University of Pennsylvania School of Medicine as an Assistant Professor of Clinical Psychology in Psychiatry at the Center for the Treatment and Study of Anxiety.

Dr. Williams explained that Obsessive Compulsive Disorder (OCD) presents with many different subsets of obsessions and compulsions. A person with OCD can have obsessions about harm, symmetry, contamination, and sexual obsessions, to name a few. Dr. Williams reported that, in one study, 25% of the male and female participants experienced sexual obsessions. These obsessions consisted of unwanted thoughts about unfaithfulness, incest, images of sexual acts, and homosexuality. The compulsions designed to neutralize the anxiety are checking and seeking excessive reassurance.



She focused her talk on homosexual obsessions, and explained people with this type of OCD (termed HOCD) will often have “no history of being gay, are not homophobic, have gay friends, but they cannot get rid of these upsetting and distressing thoughts.” Dr. Williams clarified that there is a distinction between obsessions and

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**Jonathan Abramowitz,
Ph. D. presented
“A Couples-Based
Approach to the
Treatment of OCD”**

by Rachel Strohl, Psy. D.

On Sunday, September 14, 2008 Jonathan Abramowitz, Ph. D. was the keynote speaker at the NJOCF ninth annual conference. Dr. Abramowitz is Associate Professor in the Department of Psychology at the University of North Carolina at Chapel Hill. He is also Associate Chair of the Department of Psychology and Director of the Anxiety and Stress Disorders Clinic at Carolina. His research has led to over 100 publications, including several books and numerous research articles.



Dr. Abramowitz provided an overview of Obsessive Compulsive Disorder (OCD) by defining obsessions and compulsions, and differentiating obsessions (which tend to have a bizarre or unrealistic quality) from worries (which are excessive concerns about real-life issues). He explained “safety behaviors” in OCD include not only compulsive rituals (e.g., checking, repeating) and mental rituals (e.g., praying, counting), but also passive avoidance, thought suppression, and brief behavioral or mental acts intended to neutralize.

OCD was presented from a learning theory perspective, and effective treatments include cognitive behavioral therapy (CBT) and SSRI medications. Cognitive factors of OCD include: “1) overestimation of threat, 2) thought-action fusion, 3) inflated sense of responsibility, 4) intolerance for uncertainty, and 5) attentional bias toward threat cues.” Behavior therapy includes

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**Be Sure to Attend:
“You Are the Therapist”
Part 2
on Monday, Dec. 8th**

Our next quarterly NJOCF meeting will be held on Monday, December 8th, at 7:30 p.m., at Robert Wood Johnson Hospital in New Brunswick. Dr. Allen H. Weg, Vice President of NJ OCF, will be moderating this meeting.

Back in March of 2007, we experimented with our quarterly meeting by not inviting a speaker to make a formal presentation, but instead ran a program entitled, “YOU are the Therapist.” We felt the program was very successful, and so we will be running it again at our next meeting.

We ask that persons with OCD and/or their family members, come ready to share specific OCD problems that they have dealt with, either in the past or at present. Professionals are asked to come with examples of some of their cases, past or present, who have presented with particularly challenging OCD issues (with identifying details modified to protect the identity of the client). Problems will be shared by audience members, and then thrown back TO THE AUDIENCE to discuss the possible treatment strategies.

Those who wish to share their experiences anonymously or who have questions that you would like to propose, may provide a brief written review of the symptom details or question to Dr. Weg at the start of the meeting, or by emailing him in advance at AllenWeg@aol.com. The evening’s event will NOT be videotaped so people will can be more comfortable sharing and participating. In addition, no one will be pressured in any way to contribute so, if you are interested but shy, please come and observe – you won’t be “put on the spot.” It was an interesting and lively discussion last time we tried this, and we are expecting that this will hold true this time as well. Hope to see you there!

PRESIDENT'S MESSAGE



Dear Friends:

Hi Everyone! I'm very happy to report that there is Great News on the horizon as I write this to you. The House of Representatives has joined the Senate, in addition to sev-

eral other items along with it, to pass Mental Health Parity. Group Health Plans would now cover treatment for Mental Illness at parity with all other medical conditions. Naturally this still has to be signed by the President, who is presently in favor of it. We should all be encouraged since this is definitely a step in the right direction for all Mental Health Sufferers.

A great Meeting is planned for December 8th, and I look forward to seeing you all there.

Sincerely,
President Ina Spero

ATTENTION! ATTENTION!

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

SPECIAL THANKS!

To all our wonderful volunteers who helped make our Ninth Annual Conference a great success!!!

Also, thanks to all who continue to send in donations! The NJ OCF exists to help you and your donations keep us going!

NATIONAL OCD FOUNDATION CONTACTS

OCF, Inc.
PO Box 961029
Boston, MA 02196

Phone: (617) 973-5801

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,

Disclaimer

The information presented 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, and are not liable for any damages resulting from any misrepresentations made by the readership of this newsletter or treatment by any organization member, newsletter advertiser, or article author.

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
Allen Weg, Ed.D. - Vice President
Judy Cohen - Secretary
Rachel Strohl, Psy.D. - Recording Secretary
Julian Spero - Treasurer
Nicole Torella - Newsletter Editor
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PHOTO MONTAGE FROM OUR NINTH ANNUAL CONFERENCE

With Guest Speaker Dr. Jonathan Abramowitz

Held on September 14, 2008 at the Doubletree Hotel in Somerset, NJ



Barbara Nichols, LCSW, at the DVD sales table.



Dr. Abramowitz presents his lecture.



Board members Nicole Torella and Judy Cohen at the registration table.



Dr. Allen Weg moderates the panel.



David White shares his book.



Jay Bruno is our audio guy.



Dr. Joe Springer and Harriet Raynes Thaler, LCSW



*Our man of the Hour!
Dr. Jonathan Abramowitz*



The "Living with OCD" panel members.



Ted and Vicki Wisnefski, and Ina and Julian Spero, pose with the OCD sign!



Ina Spero, NJ OCF president, welcomes and addresses the audience.



Drs. Rob Zambrano (our videographer), Rachel Strohl (Recording Secretary), and Cindy Haines.



Kathy, Carrie, Salvatore and his mom Rosemarie, Christian, and Bill.



Great Desserts!



Salads and more!



Salvatore and his proud parents!

Jonathan Abramowitz Presentation

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ERP: exposure, which evokes obsessional anxiety, and response prevention, which eliminates safety behaviors to reduce anxiety.

Dr. Abramowitz went on to discuss how ERP treatment can be facilitated with a couples-based approach. It is beneficial when the partner without OCD offers support and gets his/her partner into treatment. It can be detrimental when relationship distress increases anxiety, or the partner "inadvertently accommodates to the anxiety symptoms" by helping with avoidance or deliberately or unknowingly performing rituals.

There are three types of couple based interventions: 1) Partner-assisted interventions: Targets the partner to act as a surrogate therapist or coach in addressing the sufferer's OCD problems. For instance, the partner helps the person complete exposure to feared contaminants. An ideal exposure partner should be considerate, sensitive, nonjudgmental, and "willing to confront the partner in a constructive way." The role of the partner includes being present at treatment sessions (but withdrawing over time), offering positive reinforcement for non-OCD behavior, providing gentle but firm reminders, and offering emotional support during ERP while staying "off the patient's back."

2) Disorder-specific interventions: Targets a couple's relationship as it seems to influence OCD directly. For instance, a couple may need to redefine roles to assist with ERP if "symptom accommodation" has been occurring. The partner is provided psychoeducation on the treatment rationale and plan, and an exposure hierarchy is developed.

3) General couple therapy: Targets the couple's relationship broadly, not focusing on the OCD symptoms. For instance, a couple may need to improve their communication and strengthen their relationship. Dr. Abramowitz concluded his presentation with several videos of couple's therapy sessions, which demonstrated emotional expressiveness training (EET) and exposure therapy.

Dr. Abramowitz's informative lecture was followed by a panel entitled, "Living with OCD." Members of the panel included a husband whose wife has OCD, a middle-aged man and woman who have OCD, a mother of a 17 year old son with OCD, and an eight year old with OCD and his mother. After panel members talked about their experiences with OCD, audience members eagerly engaged in a question and answer discussion. Index cards were supplied so questions could also be asked anonymously. As in previous years, the panel members encouraged, educated, and offered optimism 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 NJ OCF. She may be reached at 732-390-6694.

2009 ENTERTAINMENT BOOKS ON SALE!

The NJ OCF is now taking orders for the new 2009 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.

UP TO 50% SAVINGS on all the things you do!
"Entertainment" - The book that pays for itself!

2009 Entertainment Books - to purchase one right now, please contact Ina Spero at (732) 828-0099.

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

#52 - NORTH/BERGEN - \$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 - \$25

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

Book #: _____ Quantity: _____

Book #: _____ Quantity: _____

Include \$3.50 per book for shipping fee.Total: _____

Name _____

Address _____

City _____

State _____ Zip Code _____

Monnica Williams presentation

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fantasies: obsessions are unpleasant and upsetting and can lead to shame and depression, whereas fantasies are harmless, enjoyable, wishes or memories, and not a problem.

There is also an important distinction between HOCD versus a sexual identity crisis. The following can be used as guidelines to identify HOCD (although they do not apply to everyone): 1) feel more sexually aroused by someone of opposite sex, 2) feel same sex relationships are personally unappealing, 3) feel anxious about same sex relationship, 4) enjoy sexual experiences with the opposite sex, 5) do not want to give up heterosexual relationships, 6) feel distracted by same sex thoughts, 7) feel emotional intimacy with the opposite sex, 8) worry that same sex people find you attractive, 9) fantasize or dream of the opposite sex, and 10) learn more about sexual identity issues to reassure yourself that you are not gay.

Dr. Williams discussed the importance of CBT therapy for HOCD, and the "Do's and Don'ts" for therapists. "Do" educate clients about OCD versus normal sexual thoughts, and "don't focus on figuring out what the obsessions mean." Don't suggest the person is gay because they will feel panicked and misunderstood. Do exposure therapy, such as looking at same sex pictures without reassurance or listening to a loop tape for being gay. If mental checking occurs, then do cognitive exposure to the obsession, "yes, I am gay." Dr. Williams concluded her fascinating talk about HOCD with the acknowledgement that there has been a dearth of information on this topic and more research is necessary.

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 NJ OCF. She may be reached at 732-390-6694.

Do you suffer from Obsessive-Compulsive Disorder?

If you are on medication but still have symptoms, you may be eligible for a treatment study at Columbia University/NYSPI that would provide medication or cognitive-behavioral therapy at no cost to you (IRB#5188).

If you are not on medication, you may be eligible for a brain scan study that will provide payment for your time and treatment at no cost to you (IRB#5494R).

For more information, visit www.columbia-ocd.org or call us for a confidential screening at (212) 543-5367.

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. Cindy Haines at 732-390-6694 x5. 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.

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:

December 8

Please plan to join us! Our meetings begin at 7:30 p.m. and will be held at Robert Wood Johnson Hospital in New Brunswick, NJ. We hope to see you there!

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 individuals 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.

HOW YOU CAN GET INVOLVED

Below are some ways that you can support 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 NJ OCF receives some financial support from National each year. The amount of financial assistance we receive is dependent on the number of NJ residents that belong to the National Foundation.

*Subscribe to our newsletter. Seven dollars a year-pretty cheap! Or sign-up to receive it via e-mail.

*Write articles for our newsletter- you may write from a professional, consumer, or family member perspective. Book, movie, or TV reviews, 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. While most advertisers are mental health professionals, we are an equal-opportunity forum for advertisers.

*Come to our quarterly meetings! The meetings are advertised in our newsletters (which come out approximately 4 weeks before each meeting), as well as on our website and are held 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.

*Buy our DVDs – on sale here at the conference. Also, see the listings on our website and newsletter.

* Visit our website: www.njocf.org for more ways you can help!

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

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 2009 is \$7.00.

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 _____

WANT TO START A SUPPORT GROUP? 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. 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- which may 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. Let local mental health professionals and facilities know about the group. Decide if the group is 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 few 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.

TEENS GROUP IN GLEN RIDGE

An OCD Support Group is now forming for Teens in Glen Ridge, NJ. Meetings will be held on the first and third Sundays of each month in the evening. For information, please call Julie at (973) 508-8719.

NEW TRICHOTILLOMANIA GROUP FORMING IN MERCER CTY/CENTRAL NJ

Looking for women of all ages to participate in a self-led support group. I recently moved from the Boston area, where I was in a support group for fifteen years. The group was immeasurably helpful to me on many levels, and gave all members the rare and wonderful opportunity to help each other live with this challenging disorder. I can't overestimate the benefits of peer support and the freedom to discuss personal issues with women who share them. Please contact me at mercertrich@yahoo.com.

FIND A GROUP FOR YOU!

NEW WOMEN'S ONLY GROUP IN JACKSON

A Women's only support group is being held in Jackson, NJ. This group meets on the first Sunday of each month, from 8:00 to 9:30 p.m. at the Debows United Methodist Church at 509 Monmouth Road in Jackson. For more information, please contact Kathy at (732) 644-3291.

NEW GROUP IN BRICK TOWNSHIP

The NJ OCF is pleased to announce that there is a 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 Mary F. at (908) 675-2627. If you live in the area and are looking for some OCD support, be sure to stop by and check it out!

PARTICIPANTS WANTED IN PRINCETON

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 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.

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.

NEW GROUP IN WARREN COUNTY

Margaret DeCorso, who was on our "Living with OCD" Panel at our last annual conference, is trying to put together a Children Support Group in Warren County for children and adolescents. For more information, call Margaret at (908) 637-8806 or email m.decorso1@comcast.net.

NEW GROUP FORMING IN ROXBURY

A new support group is trying to get underway in Roxbury, NJ. It will meet on Tuesday evenings, once a month, from 7:30 to 9:00 p.m. at the Roxbury Public Library in Succasunna. Jenna Yiu is forming the group and can be reached at (201) 323-6204 from 8:00 a.m. to 9:00 p.m.

**Starting a group? Want it included here?
Call Ina at (732) 828-0099 (9 a.m. - 9 p.m.)
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, a full description of each DVD is available.

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|---|---------|
| "Living with OCD Panel: Featuring Mothers of Children with OCD" | \$15.00 |
| "OCD in the Classroom", Rachel Strohl, Psy.D. | \$15.00 |
| NJ OCF - 8th Annual Conference, Parts I and II | \$25.00 |
| "Parenting Children and Adolescents with OCD: A Four Step Approach" Allen H. Weg, Ed.D. | \$15.00 |
| "NAMI" Mr. Philip Lubitz | \$15.00 |
| NJ OCF - 7th Annual Conference, Parts I and II | \$25.00 |
| "Living with OCD" Panel, Part II - NJ OCF 7th Annual Conference | \$15.00 |
| "Cognitive Behavioral Therapy for OCD & Related Disorders..." Dr. Martin Franklin (7th Conference) | \$15.00 |
| "New and Experimental Pharmacological Treatments for OCD." William Greenberg, MD. | \$15.00 |
| "Obsessive Compulsive Disorder, A Survival Guide for Family and Friends." Roy C. | \$15.00 |
| NJ OCF - 6th Annual Conference - Parts I and II | \$25.00 |
| "Living with OCD" Panel, Part II - NJ OCF 6th Annual Conference | \$15.00 |
| "Potholes in the Road to Recovery...", Fred Penzel, Ph.D. - Part I - NJ OCF 6th Annual Conference | \$15.00 |
| "Incorporating Mindfulness Into Treatment of OCD", Jessica Page, Psy.D. | \$15.00 |
| "Beyond Exposure and Response Prevention", Milton Spett, Ph.D. | \$15.00 |
| NJ OCF - 5th Annual Conference, Parts I and II | \$25.00 |
| "Panels of Drs. Grayson, Springer, & Weg" Part II - NJ OCF 5th Annual Conference | \$15.00 |
| "Using Scripts to Counter the Voice of OCD" Jonathan Grayson, Ph.D., Part I - 5th Annual Conference | \$15.00 |
| "Improving Outcomes in Treatment for OCD", Deborah Roth Ledley, Ph.D. | \$15.00 |
| "Hoarding", Dr. Dena Rabinowitz | \$15.00 |
| "Getting Past Go," Dr. Allen H. Weg, Ed.D. | \$15.00 |
| "Neurobiology of OCD," Dr. Jessice Page | \$15.00 |
| NJ OCF - 3rd Annual Conference, Parts I and II | \$25.00 |
| "The Parents Panel of Kids with OCD" Part II - NJ OCF 3rd Annual Conference | \$15.00 |
| "Freeing Your Child from OCD", Dr. Tamar Chansky, Part I - NJ OCF 3rd Annual Conference | \$15.00 |
| "You, Me, and OCD: Improving Couple Relationships.", Harriet Raynes Thaler, MSW, ACSW | \$15.00 |
| "OCD", Dr. William Gordon | \$15.00 |
| "Medications and OCD", Dr. Rita Newman | \$15.00 |
| "Panic and OCD", Allen H. Weg, Ed.D. | \$15.00 |
| NJ OCF- 2nd Annual Conference, Parts I and II (combined discount price) | \$25.00 |
| "The OCD Kids Panel", Part II- NJ COF 2nd Annual Conference | \$15.00 |
| "Living With Someone With OCD...", Fred Penzel, Ph.D., Part I - NJ OCF 2nd Annual Conference | \$15.00 |
| "OCD Spectrum Disorders", Nancy Soleymani, Ph.D. | \$15.00 |
| "Generalized Anxiety Disorder and OCD", David Raush, Ph.D. | \$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 |
| Families and OCD: How to Coexist," Elna Yadin, PhD | \$15.00 |
| "Red Flags, Relapse, and Recovery," Jonathan Grayson, PhD | \$15.00 |

Add \$4.95 each for S & H: _____@\$4.95 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 8, at 7:30 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:

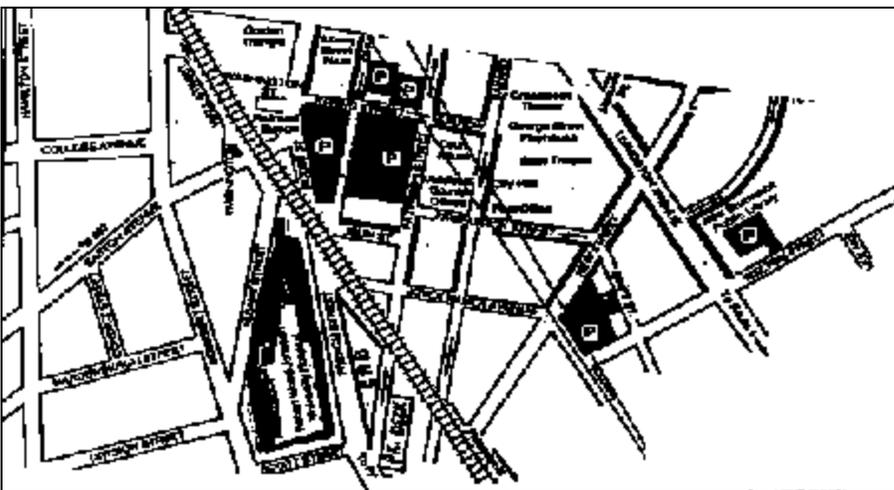
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking 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 | (908) 675-2627 |
| Glen Ridge | (973) 508-8719 |
| Howell | (848) 702-5044 |
| Jackson | (732) 644-3291 |
| 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
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Somerset, New Jersey 08873-2951

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