

## Dr. Strohl Presents on OCD in the Classroom

by Rob Zambrano, Psy.D.

On Monday March 10th, 2008 Dr. Rachel Strohl presented at the NJ OCF quarterly meeting. Dr. Strohl is a NJ licensed psychologist who works at Stress and Anxiety Services of New Jersey in East Brunswick.

Dr. Strohl provided information

about OCD and how to help parents and teachers learn about strategies for managing OCD in the classroom. Dr. Strohl informed the audience that, based on an incidence rate of 2-3% for OCD, there are about a half a dozen



Dr. Rachel Strohl

children with OCD in each school district. This highlights the fact that if someone works in any given school district long enough, they are almost certain to at some point work with a student with OCD. Dr. Strohl presented information on what the symptoms of OCD are and how to tell the difference between "normal" and "OCD" behaviors in children.

Dr. Strohl reminded the audience that OCD can present itself in many different ways and discussed ways to identify OCD in the classroom. Clients with concerns about germs and contamination may request frequent bathroom breaks in order to wash their hands. These same students may seem to always have dry, cracked, or bleeding hands from their frequent and vigorous hand washing. Other children might ask the same questions over and over or constantly seek reassurance as forms of checking behaviors. Sometimes, OCD manifests itself as perfectionism and an overwhelming need for order. Kids like this may erase and rewrite things until they look perfect, take inordinately long amounts of time on projects, arrange objects on their desk until it feels "just right," and hand in assignments late. These are just some examples of what OCD in the classroom

might look like.

One of the important points that Dr. Strohl made was that teachers are not responsible for treating OCD. Often times, teachers become aware of signs of OCD before parents do and by making families aware of their observations, families may be able to get help earlier in the process. Schools can be the most helpful by working with the family to make accommodations and plans to assist the child in the school setting. An educated staff will be more able to come up with accommodations, make appropriate referrals, identify the side-effects of medications for OCD, and educate the client's peers about OCD.

Finally, Dr. Strohl made specific recommendations for certain symptoms of OCD. For example, children with a need to have perfect handwriting should be permitted to write in cursive, let someone else write out the homework or notes, allow use of a laptop computer, and/or allow for oral presentations. Furthermore, teachers should consider not grading these students for neatness and handwriting. For students who compulsively repeat passages that they have read, have others read for the client, or get books on tape. Some students have trouble filling out the circles on Scantron tests. They should be given the option of being able to write their answers on a separate piece of paper to be transcribed later or answer questions orally. Finally, for students whose perfectionism causes them to take excessive amounts of time to finish an assignment, teachers should extend due dates, inform students about larger projects in advance, allow them to do less work, and encourage families to put time limits on homework.

The point is that because there are so many different forms of OCD, schools need to be flexible and creative in finding

## Next Meeting Features OCD Moms Panel on June 9

Our next quarterly meeting will be on Monday June 9, 2008. We will have a panel of several women who are moms of kids who have OCD. They will each share a little bit about how OCD has been manifested in their children, and what kinds of treatment (therapy, medication, etc) they have tried. We will then open up the meeting for audience members to ask questions of these panelists.

We have always found that the panels at NJOCF events, whether the quarterly meetings or the annual conference, tend to me the most popular events. They are usually encouraging, informative and moving. We hope you can join us for this event.

**ATTENTION ALL  
READERS!**

**NJ OCF Ninth  
Annual  
Conference  
Information on  
Page 3!**

**PRESIDENT'S MESSAGE**



Dear Friends:

I hope everyone is looking forward to a pleasant summer, and including in their plans attending the

National OCF conference. This year's will be held August 1-3 in Boston, Massachusetts. Every age group of both sufferers and supporters will indeed benefit from their attendance at this conference, and it certainly would be advantageous to make plans to attend NOW, due to its proximity to New Jersey.

I'm looking forward to seeing all of you at our June 9th quarterly (summer) meeting at Robert Wood Johnson Hospital in New Brunswick. I hope to see you all again in August at the national conference as well.

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!**

To everyone who continues to send donations to the NJ OCF

**NATIONAL OCD FOUNDATION CONTACTS**

OCF, Inc.  
676 State Street  
New Haven, CT 06511

Phone: (203) 401-2070  
Fax: (203) 401-2076

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

\$

**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
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- Steven I. Dyckman, M.D. - Advisory Board member

# The New Jersey Affiliate of the Obsessive Compulsive Foundation

presents our Ninth Annual Conference...

## “A Couples-Based Approach to the Treatment of OCD”

by Dr. Jonathan Abramowitz

plus

“Living with OCD” Panel, with those who deal with OCD every day

Sunday, September 14, 2008, Doubletree Hotel, Somerset, NJ

### SCHEDULE

10:00 - 10:45	Registration, Brunch opens
10:45 - 11:00	Welcoming Remarks, NJ OCF Board of Directors
11:00 - 1:30	Dr. Abramowitz's Presentation (includes break time)
1:30 - 2:50	“Living with OCD” Panel, Dr. Allen H. Weg, Moderator
2:50 - 3:00	Closing Remarks, Ina Spero and Dr. Weg

### OUR PRESENTER

NJ OCF is thrilled and honored to have Dr. Jonathan Abramowitz as our headline speaker at our next 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. Before moving to North Carolina in 2006, Dr. Abramowitz was Director of the OCD/Anxiety Disorders Program at the Mayo Clinic in Rochester, Minnesota.

Dr. Abramowitz received his Ph.D. in Clinical Psychology from the University of Memphis and completed his predoctoral internship training at the Eastern Pennsylvania Psychiatric Institute in Philadelphia, PA. He completed a postdoctoral fellowship at the University of Pennsylvania Center for Treatment and Study of Anxiety, also in Philadelphia. He has authored or edited 5 books and more than 100 research papers, book reviews, invited commentaries, and book chapters, mostly in the areas of cognitive-behavior therapy (CBT), obsessive-compulsive disorder (OCD), and other anxiety disorders. Here is a description of Dr. Abramowitz's presentation in his own words:

“Many people with OCD have close interpersonal (e.g., marital) relationships. Although often a means of support, these relationships can negatively impact the course of OCD and the outcome of cognitive-behavioral therapy (CBT). Relationship dissatisfaction, for example, serves as a stressor that can make OCD symptoms worse. Even if a couple does not seem to be having relationship problems, some types of behavioral patterns between partners can maintain OCD symptoms and interfere with CBT. Examples include a spouse who willingly engages in avoidance of certain “contaminated” areas to appease his partner with OCD, and a girlfriend who willingly provides reassurance to her partner when repeatedly asked questions about obsessional fears. Because such behaviors prevent the affected individual from overcoming OCD, they should be addressed in CBT. At the University of North Carolina, we are presently developing a couples-based CBT program for OCD. In my talk, I will first describe ways in which maladaptive couple behaviors can interfere with CBT. Next, I will describe how we are working to enhance CBT for OCD using couple therapy strategies that facilitate exposure therapy and promote new learning for the partner with OCD.”

The second part of the program, entitled, “Living with OCD,” will consist of a panel of those affected by OCD, who will each briefly speak about their experience and then take questions from conference attendees. This will be moderated by Allen H. Weg, EdD, Vice President of NJ OCF.

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

### REGISTRATION FORM

Advance Registration (before 9/1/08) - \$65

Late/On-Site Registration - \$75

CEU Credits - Advance Registration - \$75

CEU Credits - Late/On-Site Registration - \$85

Student Fee (full-time with proper I.D.) - \$25

### CREDIT CARDS ARE NOT ACCEPTED

Includes full brunch • kosher meals available with advance registration only  
No confirmation of registration will be sent

Name \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

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

Daytime phone: ( ) \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Mail checks payable to:

NJAOFCF

60 MacAfee Road, Somerset, NJ 08873

Questions: Call Ina Spero (732) 828-0099

### DIRECTIONS

Doubletree Hotel

200 Atrium Ave., Somerset, NJ 08873

Phone: (732) 469-2600

### From Route 287 - Traveling North:

Take exit 10 (Rte. 527). Follow Route 527 North to the first traffic light and make a left onto Davidson Avenue. Then make a left onto Atrium Avenue.

### From Route 287 - Traveling South:

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

### From NJ Turnpike:

Take Exit 10 to Route 287 North directions above.

### From Garden State Parkway:

Take Exit 129 to Route 287 North directions above.

# Peanuts (How does Exposure help me not trust my fears?)

by Allen H. Weg, Ed.D.

We are all familiar with it. It usually is displayed prominently on the first page of the Sunday funnies. Charles Shultz's Charlie Brown comic strip, lovingly entitled, "Peanuts." If you have followed the comic over the years, or have seen some of the TV holiday specials, you may recall some of the main recurring themes in the Peanuts world. There is the little curly red headed girl that Charlie Brown worships from afar, the unrequited love that Lucy experiences towards the pianist, Schroeder, and Linus' annual Halloween evening in the pumpkin patch, where he waits, year after year, for the arrival of the "Great Pumpkin," never failing to get disappointed. There is Snoopy's fantasy of being the Red Baron, Charlie Brown standing on the pitcher's mound in the pouring rain outraged that the other kids have left the field, Lucy's psychiatrist office, and Linus' affection for his ever present blanket. And so much more.

But for now let us focus on one of the smaller Peanuts dynamics- Lucy, Charlie Brown, and the football. The scenario typically runs like this: Lucy asks if she can hold the football edge up on the ground, so that Charlie Brown can take a running start and kick the ball out from under her hand, sending it flying across the football field. Charlie Brown refuses, claiming that each time Lucy offers to do this favor for him, she whisks the ball away at the last second, just as Charlie Brown is about to strike it with his foot, causing him to fly skyward, and end up flat on his back.

With the sincerity of an angel and the persuasiveness of a lawyer, Lucy somehow convinces Charlie Brown, that finally this time, she will indeed hold the football in place, allowing him to make contact with it. He caves in and agrees, she holds it, he runs for it, and, as she has done a million times before, she removes the ball at the last second and Charlie Brown ends up lying face up on the ground. The last box in the strip usually has Lucy making some flippant remark, such as "You are just too gullible, Charlie Brown."

We read these comic installments time after time, hoping against hope that Charlie Brown will use his common sense and not believe Lucy's promises, but to no avail. He always does, and she always follows through by removing that football in the last second before contact. We might ask ourselves, "Why does he keep falling for the same trick? Why does he believe her if she consistently dupes him? Hasn't he heard of that old expression, 'Fool me once shame on you, fool me twice, shame on me?'"

The truth is, sometimes it's hard to question a persuasive argument; just ask anyone with OCD. People with OCD are a lot like Charlie Brown. They believe someone who cannot be trusted. They believe someone who always lies to them. They believe their OCD.

At a certain level, OCD talks to the person afflicted with it. It gives orders, threatens, persuades, and intimidates. It doesn't just throw out the question, "What if?" But if you dig a little below the surface, the OCD is also essentially saying, "And if you don't try to get to the answer of the 'What if?' question, if you don't try to make things 'just right,' if you don't try to become sure, to make the feelings of discomfort go away, then something terrible will happen, or I'll make your life so miserable that you won't be able function forever and you won't be

able to handle it!"

And the OCD sufferer gives in. He gives in because he believes the OCD threats. More than any other, that last threat, the threat that he will become overwhelmed with emotional discomfort for an infinite amount of time and won't be able to "take it," is the one that gets him to cave in. People with OCD find it incredibly difficult to not trust this feeling, even when they have successfully challenged the OCD many times before, and it was clearly demonstrated that they did in fact get over that initial spike of anxiety, that they did for the most part recover, that they were able to move on with their lives, even though they fought back and did not engage in the compulsive reaction. I say "for the most part" because sometimes the lingering doubt or concern can last for a very long time, but I am very quick to point out that in those long term lingering stages of doubt, the person's functioning is usually not really impacted.

People with OCD often have in their own personal experience and memory factual proof that the OCD lies. They know that they have not engaged in the ritualistic response to an obsession and have been able to withstand the resulting discomfort, and that, with the passing of time, have been able to let go of that particular obsession, at least to the point that they could function (though sometimes this is hard to see because their functioning has become threatened by a new obsession-driven fear). And yet, for whatever reason, when a new challenge arises, they doubt themselves and their ability to tolerate the discomfort. They believe those OCD lies about what will happen if they don't engage in the tempting ritual.

It is like Charlie Brown experiencing over and over again Lucy's promise, the breaking of that promise, and the resulting humiliation. Yet once again, he chooses to respond to her promise as if the past did not exist. He does not learn from his experience. He concludes that this time it will be different. Of course, in reality there is nothing to differentiate this particular instance from all the others in the past, and Lucy pulls the football away at the very last moment.

And so it is with OCD. It is believed when it shouldn't be trusted. It is submitted to when it should be challenged and when it can be challenged. Fortunately, life is not like a comic strip. As we have been discussing through many narratives in this book, people can successfully face their fears. It is a matter of knowing where to place your trust. The trust should be placed in yourself, in your own memory of successful challenges to the OCD. In your ability to withstand, persevere, and ultimately overcome whatever emotional torture OCD throws at you. Remembering that this discomfort is often short-lived and is always ultimately quite manageable is an important ingredient in your battle plan against OCD. It is important to remember that after successfully challenging the OCD and not giving in to the compulsive behavior, you can look back afterwards and feel empowered, strengthened and renewed in hope and anticipation for triumphs yet to come.

It's that wonderful feeling of confidence and self-fulfillment that one gets after doing well on that most difficult school exam, getting that applause at the close of the piano recital, or watch-

*continued on page 5*

## Dr. Strohl Presents on OCD in the Classroom

by **Rob Zambrano, Psy.D.**

*continued from page 1*

ways to help students get the most out of school. Dr. Strohl reminded the audience that making accommodations for OCD in the school does not mean that you are trying to unfairly give the student with OCD an easier workload. It's about acknowledging how difficult it can be to have OCD and understanding that a child who is struggling with an obsession can't focus on the lesson. It's also important to remember that the accommodations are intended to be temporary, and should be adjusted to account for the student's improvement. The presentation was successful in educating families, school personnel, and mental health professionals, and hopefully Dr. Strohl's insightful suggestions will be taken by the audience and shared throughout the state.

*Dr. Rob Zambrano is a therapist at Stress and Anxiety Services of New Jersey in East Brunswick. He may be reached at 732-390-6694.*

### **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.

## "Peanuts..."

by **Allen H. Weg, Ed.D.**

*continued from page 4*

ing that football take off after striking it at just the right angle with your foot, and finding your heart racing with exhilaration as you find yourself scoring the field goal.

*Dr. Allen Weg, Vice President of NJOCF, runs an independent practice in East Brunswick called Stress and Anxiety Services of New Jersey. He is presently in contract negotiations with Oxford University Press to publish a book which is a collection of stories reflecting the experience and treatment of OCD. This story is one of them. Dr. Weg's website is [www.StressAndAnxiety.com](http://www.StressAndAnxiety.com)*

### **Make Your Reservation Now! Annual National OC Foundation Conference July 31 - August 3, 2008 in Boston, Massachusetts**

The OC Foundation Conference is being held at the Renaissance Boston Waterfront Hotel. 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 [www.ocfoundation.org](http://www.ocfoundation.org).**

### **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:

**June 9, September 8, 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.

## New NJ OCF Committee Chairpersons

NJOCF is excited to announce two new committees that have recently been formed within our organization.

### COMMITTEE ON RELATIONS WITH EDUCATIONAL INSTITUTIONS

This committee is responsible to recruit speakers and organize presentations in schools around the state. These speakers will each receive a packet which will include a script for a ten minute review of signs and symptoms of OCD in children within the classroom and school setting, and a review of how the educational system, in particular teachers, should respond. Included in the packet will also be handouts about OCD in kids and adolescents, OCD response guidelines for educators, and information on OCF and NJ OCF.

The committee will be chaired by Cindy Haines, Psy.D. After receiving her Masters Degree in Social Work from Rutgers University and working for many years in that capacity, Dr. Haines went on to receive her Doctoral Degree in Clinical Psychology from the Graduate School of Applied and Professional Psychology of Rutgers University. She is presently

working toward licensure, and is conducting therapy as a temporary permit holder under the supervision of Dr. Allen Weg. She has worked with many OCD afflicted families, and has previously volunteered her time on behalf of NJ OCF in several ways, including making presentations to school systems. If you are at all interested in presenting at your local school (you do not have to be a mental health professional by any means), or if you have a school contact at your local elementary, middle, or high school, please contact Dr. Haines at 732-390-6694 x5



### COMMITTEE ON ARCHIVING AND RECORD KEEPING

This committee is responsible for video recording, archiving, and making available for purchase copies of the presentations given at NJOCF quarterly meetings and our annual conference. The DVD listing of available recordings will be updated regularly in both the newsletter and the website.

The committee will be chaired by Robert Zambrano, Psy.D. Dr. Zambrano received his Masters of Psychology and Doctorate of Clinical Psychology from the Graduate School of Applied and Professional Psychology of Rutgers University. Dr. Zambrano served for several years as the program coordinator for the Cognitive Behavioral Therapy Program for Anxiety Disorders and Depression at the Rutgers Psychological Clinic. He is presently working towards his licensure, and is conducting therapy as a temporary permit holder under the supervision of Dr. Allen Weg.

Dr. Zambrano has previously volunteered for NJ OCF, and has had experience videotaping NJ OCF presentations.

Orders for DVDs should continue to be made directly to our Treasurer, Julian Spero, at the NJOCF number, 732-828-0099.



NJ OCF welcomes both Drs. Haines and Zambrano, and wishes them success in chairing their respective committees. If you would like to help out or join either of these committees, please contact the main NJ OCF number.

## **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

## **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 WOMEN'S ONLY GROUP IN JACKSON**

A new Women's only support group is being held in Jackson, New Jersey. 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. If you are interested in attending the group, or would like more information, please contact Kathy at (732) 644-3291.

### **NEW SUPPORT 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](mailto:m.decorso1@comcast.net).

### **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 2, 2007, 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  
(9 a.m. - 9 p.m.)  
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](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.

## 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. 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 - 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
"OCD in the Classroom", Rachel Strohl, Psy.D.	\$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, June 9, 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:**

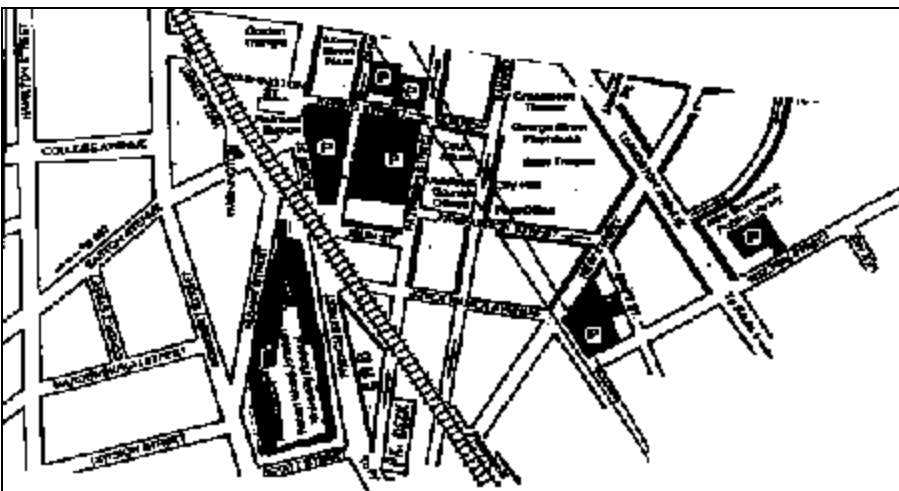
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking 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	(732) 691-3200
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)

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60 MacAfee Road  
Somerset, New Jersey 08873-2951

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