

**William Gordon, Ph.D. Presented on
“OCD, Safety, and Self-Esteem: Hitting You Where It Hurts”**

by Rachel Strohl, Psy.D.

On Monday March 9, 2009, William Gordon, Ph.D. presented at the quarterly meeting of the NJ Obsessive Compulsive Foundation. Dr. Gordon is a NJ licensed psychologist who maintains a private practice in Montclair, NJ and specializes in the treatment of OCD and anxiety disorders. He is a Clinical Instructor of Psychiatry at University of Medicine and Dentistry of New Jersey (UMDNJ) and a supervisor at Graduate School for Applied and Professional Psychology (GSAPP) for Rutgers graduate students. He has published articles has made presentations about OCD for the national Obsessive Compulsive Foundation (OCF) and the Anxiety Disorders Association of America (ADAA).

Dr. Gordon explained that OCD obsessions tend to be relevant for the individual and are not random. The obsessions could be “the worst thing possible for that person,” while the compulsions are more random. For example, a high school student loves basketball and is captain of the team. His OCD compulsions involve elaborate bedtime rituals because of “bad thoughts” to prevent the OCD threat, “you’ll lose your basketball talent.” Similarly, an aspiring rock musician has a passion for music. Her OCD demands that she “trace back,” meaning recreate a previous emotional state, or she’ll lose her music talent.



OCD “hits you where it hurts” through timing as well. A twelve year old girl with OCD experiences blasphemous, sexual obsessions while at church and feels sinful. A guy who loves rock concerts obsesses about not appreciating every note of music, so ritualizes with mental checking and ultimately avoids going to concerts.

Dr. Gordon emphasized that logic

and reason do not work with the treatment of OCD because of the following: 1) OCD demands absolute certainty and safety, so proving it fails because this is not possible. 2) You cannot disprove future events, so OCD may not set a cut off date. 3) OCD obsessions include “fear of the fear,” which means feeling scared of the fact that you’re going to be scared. 4) OCD fears morph and change, so if one fear is unsubstantiated, it may blend into another fear. 5) It does not work to answer an emotional question with a logical response.

In regards to OCD treatment, Dr. Gordon recommends several steps: 1) Learn about the disorder, whether through attending presentations or reading self help books. 2) Recognize being in an OCD episode, which include repetitive, excessive, or unrealistic behavior, and the presence of doubt and anxiety. 3) Begin cognitive behavioral therapy – exposure and response prevention (ERP). The exposure will deliberately and repeatedly confront your fears, and “you can get significantly better without using safety behaviors.” Dr. Gordon stated that confidence is key against OCD, and as your anxiety subsides, you’ll get more motivated. Start out with small, specific, concrete goals that are low on the fear hierarchy and make a firm commitment to continue with the ERP techniques.



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.

**Dr. David Rausch to Present
“All Tangled Up” at
Next Quarterly Meeting**

Our next quarterly meeting will be held on Monday, June 8, 2009 at 7:30 p.m. at RWJ Hospital in New Brunswick. Dr. David Rausch will be giving a presentation entitled, “All Tangled Up: When OCD has Multiple Layers”.

In his presentation, Dr. Rausch will explain that people who have OCD can exhibit more than one “layer” of symptoms. The symptoms most people recognize as OCD are what he calls the “obvious layer.” A second layer of symptoms involves obsessive worry about aspects of the treatment itself. He calls this second layer the “meta layer,” and it frequently goes unrecognized. The presence of a meta layer complicates treatment and contributes to frustration and poor progress. His presentation will discuss the “diagnosis,” conceptualization, and treatment of this phenomenon.

Dr. David Rausch earned his Ph.D. in clinical psychology from the University of Iowa and completed his clinical psychology internship at Temple University Hospital. A licensed psychologist, he has specialized in the treatment of OCD and other severe anxiety disorders for twelve years. Dr. Rausch has presented his work several times at the national conferences of the Obsessive-Compulsive Foundation and the Anxiety Disorders Association of America, as well as to local patient and professional audiences. He is in private practice in Stratford, New Jersey.

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NEWSLETTER
BY E-MAIL!**

Help save trees and money for the NJ OCF! Sign up to receive the quarterly newsletters by e-mail! See page 8 for details!

PRESIDENT'S MESSAGE



Dear Friends:

Spring is (finally) here and I hope that you'll all "spring" ahead in being able to take control of your OCD! I look forward to seeing all of you at our upcoming Summer meeting, on Monday June 8, 2009, where everyone will certainly glean valuable information in aiding you in the accomplishment of your goals.

I was recently enlightened that the state of New Jersey, has been and continues to take an active role in educating the Police Departments throughout the State on the subject of mental illness and the handling of sufferers whom they may encounter. Much of the credit for this must go to National Association for Mental Illness (NAMI).

Hope everyone has a very healthful & enjoyable Summer and remember NOT to allow OCD to run your Life, and your "household".

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!

As always we would like to thank everyone for any level of donation that is sent to the organization. This month we would particularly like to thank *Joseph Bilotti* for his generous donation.

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.

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Temper Tantrum: Thoughts on How to Think About Obsessive Intrusions

by Allen H. Weg, Ed.D.

I was in the mall a while back and heard some screaming while I was inside one of the stores. I walked to the front of the store, and saw the following scene; A woman, about 30 years old, was standing in the middle of the mall walkway, leaning on the railing that surrounded that opening in the middle of the walkway where you could look down to the mall level below you. In front of her was a large stroller, on the back of which hung several shopping bags. On the floor in front of her, right there in the middle of the mall hallway, was a child, about 3 years old. She was sitting with her legs spread out in a V configuration, screaming at the top of her lungs. Tears were rolling down her cheeks, cheeks which had become quite flushed with her incessant crying. She was shouting something unintelligible, and every few seconds the intensity of her screams would increase, and she would pound her fists on the hard floor, as if to further drive home the point she was trying to make.

The woman, who I assumed was the child's mother because I was able to make out the word "Mommy" a couple of times somewhere within the screams of the child, stood calmly by watching this scene and doing nothing. At first I was taken aback- why isn't she doing anything? Why isn't she trying to calm this child who was obviously in distress? Am I witnessing, right here in the middle of the mall hallway, the perpetration of child neglect?

This all took place a long time ago, before I had children of my own, and I doubt that I would have even for a second considered these questions and concerns had I seen all of this now. But even without children of my own, within a few seconds I realized that the mother was merely dealing with a child's temper tantrum in a manner which many a parent would see as responsible and effective. She was ignoring it. She was patiently waiting for the child to calm down, for as long as it took, before she would intervene and try to make things better. At that point, once the child had calmed down, she might attempt to reason with the child, or in some way have an interaction with her.

It was similar to the "Time Out" technique that so many parents have employed after they find that any attempt to have an interaction with a screaming child, short of giving him exactly what he wants, results in even more screaming. The philosophy is that you are essentially teaching the child that screaming and yelling does not result in getting attention, consolation, or whatever it is that he wants. He needs to find other, more appropriate ways, to ask for what he needs, or to let the parent know when he is unhappy or angry about something. This approach of course is not uniformly agreed upon by either parents or child experts. But it is subscribed to by many a parent, and most of them feel comfortable with the choice of this approach.

This philosophy is often difficult to execute, especially for less experienced parents. There is the concern that they are torturing the child. They worry that they are withholding love, comfort, and validation, and that this may somehow result in some long lasting psychological damage that will take years of therapy to rectify. Then of course there is the embarrassment of the acting out behavior taking place in a public arena, and the fear that people will judge them as being ineffective parents, thinking that they are being neglectful, just as I did when I first witnessed the scene.

But this mother was calm and resolute in her decision to stand and wait. She did not seem at all concerned that other shoppers might think badly of her, or that she was dealing inappropriately

with the situation. She did not react to the screams, because she understood, I believe, that she did not have to, and that in fact reacting to the screams might reinforce them in some way, resulting in screaming becoming a more regular reaction on the part of the child whenever he felt frustrated or denied.

Ultimately, the crying stopped and the child calmed down. At that point, the mother approached him, bent down and spoke softly to him, placed him into the stroller, and they went on their way together.

And so it is with OCD. When you have an obsession, when the thought enters your mind that you must engage in a certain ritual, whatever it may be, any attempt to ignore the thought, to withhold from engaging in the ritual, any action or inaction on your part that is designed to deny the wishes of the OCD monster in your head, will result in what is essentially a temper tantrum. The OCD will scream at the top of its lungs, threatening, demanding that you submit to its will. With a direct or implied threat, it vows to torture you until you give in to it, it threatens to keep you from being able to do anything else until you behave exactly as it has directed, it tries to hold you prisoner until you do as you have been told.

The image that you might find helpful is one of the toddler in the midst of a temper tantrum. Like OCD, he makes a lot of noise, he is annoying, and he can at times be embarrassing. He often keeps you from your shopping or from engaging in other activities, and he seems to threaten that he will keep it up until you give in to his demands.

But he isn't really in control. Secure, confident, and informed parents remember that they are still the parents. They do not have to react to the temper tantrum. They can remain calm and optimistic that this will pass, that the child will get the message that temper tantrums will not get him what he wants. In ignoring his screams and patiently waiting for him to stop, parents can exercise their inherent power over the child. The screams will stop, eventually, and be less likely to occur the next time.

The same holds true for exercising one's control over the OCD. Just like the child, you cannot order it to stop screaming at you- you do not have that kind of direct control. But you can get it to weaken, and ultimately even stop, if you choose not to respond, and patiently wait for it to get tired of screaming at you. Trust that it is having a temper tantrum, and that is all. Remain resolute in not caving in and giving in to its demands. Remain calm and optimistic that you will ultimately be rewarded for your patience and determination. Just like the mom in the mall.



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

OCD Study at Rutgers University

Does your child have thoughts that are hard to control?

Do they worry about dirt or germs contaminating them?

Do they worry that they may do bad things?

Do they worry that something bad will happen to the people that they love?

If your child is between the ages of 8 and 16 and has recurring thoughts that cause distress, he or she may be eligible for a research study at Rutgers University. The study tests the effects of two coping strategies for thoughts. For participation, your child would receive a \$20 gift card to Target and feedback about an Obsessive Compulsive Disorder (OCD) assessment. The study takes approximately one hour and can be done at a time of convenience for the family. If you are interested in finding out more information or scheduling an appointment, you can contact Tara Harrison, M.S., at 732-445-6111 x942 or at tara.harrison@rutgers.edu. Please do not hesitate to contact Tara with any questions.

INFORMATION ON THE NJ OCF & HOW YOU CAN GET INVOLVED

Below are some ways that you can continue to support our organization and what we do.

FOR PROFESSIONALS, CONSUMERS AND THEIR FAMILIES:

*Tell your friends, family members, and other mental health professionals about us!

*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. 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.

*Visit our website - www.njocf.org

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

*Help us to get the word out about our meetings and conferences by volunteering to hand-deliver our quarterly newsletters and our NJ OCF brochure once every 3 months to professionals and/or clinics that are in the area where you live and/or work. A personal delivery and a few words directly to a therapist or clinic director about an upcoming meeting or conference helps our information from getting lost in the deluge of mail that most professionals regularly get. Contact Ina at 732-828-0099 (9 a.m. - 9 p.m.).

*Start a self-help or a professionally run support group. We can help with getting the word out for free and, for self-help groups, to guide you through the process. Contact Ina at (732) 828-0099 (9 a.m. - 9 p.m.).

*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 tend to schedule speakers many months, sometimes more than a year, in advance. The presentation is reviewed and put in our newsletter and 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!!!

SAVE THE DATE! FREE! FREE! FOR THE 2009 MEETINGS!

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

June 8, September 14 and 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!

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.

OCD TV SHOW

The NJ OCF was recently contacted about an **ABC TV** Program that is looking for a family with a grade/middle school age child who is being treated for OCD to be featured in one of their shows (ex. 20/20, Primetime). The contact person is Jessica Haddad, who is one of the Field Publishers who can be reached at (212) 456-1458. The NJ OCF has spoken with Ms. Haddad, and the TV station is interested in making a serious documentary, however, the NJ OCF advises that you proceed with caution, as there is always the risk with any mass media investigation that you or the disorder could be misrepresented or sensationalized. If you are presently involved in working with a mental health professional, the NJ OCF advises that you discuss the idea with him/her before proceeding. Also feel free to contact the NJ OCF with any questions.

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.

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.

**SAVE THE DATE!
FOR THE 10TH ANNUAL
NJ OCF CONFERENCE!**

**“Body Dysmorphic Disorder, Hypochondriasis,
and other OCD Spectrum Disorders:
Comparing and Contrasting Treatments
with OCD”**

by Dr. Fugen Neziroglu

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

**Date: Sunday, October 25, 2009
at the Doubletree Hotel, Somerset, NJ**

Dr. Neziroglu is the co-director of the
Bio-Behavioral Institute in Great Neck,
New York.

Check the next newsletter and website for
more details on the conference as they
become available.

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

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

Monday or Tuesday evenings in East Brunswick
Dates to be announced

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for more information**

Call: 732-390-6694 ext. 1
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 _____

PLEASE SIGN UP!!!

The NJ OCF has the ability to send out occasional e-mail alerts, reminding those interested about upcoming NJ OCF events, such as the quarterly meetings and the conference. In addition, the NJ OCF will send out important information on OCD, and hopes to start sending the newsletter via pdf format as well.

To sign up, please visit the NJ OCF website at www.njocf.org and sign up in the box on the homepage. You will automatically be added to the list. Please note though that the list is private and we do not share it with third parties. Of course you can also unsubscribe anytime. The alerts are a great way to keep up iwth what is going on in NJ regarding OCD and mental health treatment plans.

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 has formed for Teens in Glen Ridge, NJ. Meetings will be held on the first Sunday of each month at 6:30 p.m. at the Glen Ridge Women's Club, 219 Ridgewood Avenue. 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.

PARENT SUPPORT GROUP FORMING IN RANDOLPH

A new support group for the parent's of adolescents is forming in Randolph. For more information, please call Terry or Claire at (973) 366-3564.

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 HOWELL

A support group is in the process of being formed in Howell. It will be held every Wednesday from 8:15 to 9:45 p.m. at Southard Grange #218, 4860 Hwy 9 South, Howell. For questions, call Ron L. at (848) 702-5044.

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.

NEW GROUP FORMING IN TEANECK

A new support group is forming in Teaneck. It will meet every Wednesday at 7:00 p.m. at the "Veggie Heaven" restaurant at 473 Cedar Lane, Teaneck, NJ (201-836-0887). For more information on the group, please call Gregory at (917) 318-3003.

**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.

“OCD, Safety and Self-Esteem: Hitting You Where it Hurts”, William Gordon, Ph.D.	\$15.00
NJ OCF - 9th Annual Conference, Parts I and II	\$25.00
Medications & OCD” Dr. Steven Dyckman	\$15.00
“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
“Medications” Dr. William Hayes	\$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

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 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:

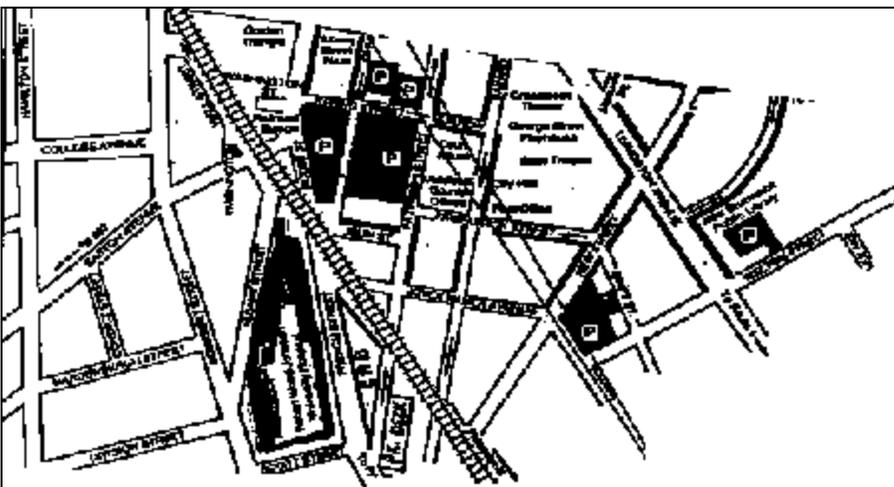
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking 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.)	(908) 456-0711
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
Randolph	(973) 366-3564
Somerville	(908) 725-5595
Teaneck	(917) 318-3003
Warren	(908) 637-8806
Woodbury	(856) 853-2011 (day #) (Underwood Hospital)

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

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