



Newsletter

Visit us on the web at www.njocf.org

Cindy Haines, Psy.D. Presented on "Being a Parent with OCD"

by Rachel Strohl, Psy.D.

On Monday December 14, 2009, Cindy Haines, Psy.D. presented at the quarterly meeting of the NJ Obsessive Compulsive Foundation. Dr. Haines received her doctorate in clinical psychology from the Graduate School of Applied and Professional Psychology at Rutgers University. She is a NJ licensed psychologist practicing at Stress and Anxiety Services of New Jersey in East Brunswick.



Dr. Haines presentation focused on how parents with OCD "can parent a child without impacting them because of their own OCD." The prevalence rate for OCD is 2 to 2.5% of the population. The risk increases to 10 to 20% when a family member is diagnosed with OCD.

She explained that parents with OCD may "look" less warm and loving toward their children; this perception is quite untrue but the stress of the disorder may perpetuate the misperception. She also discussed the difference between "normal worry" which is a natural part of parenting, and "obsessive worry" which is excessive and causes great distress. Parents should monitor that their own OCD thoughts and behaviors (e.g., perfectionistic desires, repeated questioning, rigid rule making) do not set children up for unrealistic standards, which in turn could develop more anxious and fearful children.

Dr. Haines outlined the following

continued on page 4

Dr. Allen Weg to Present at Next Quarterly Meeting

Our next quarterly NJOCF meeting will be held on Monday, March 8th, 2010 at 7:30 p.m., at Robert Wood Johnson Hospital in New Brunswick. Dr. Allen H. Weg, Vice President of NJOCF, will be presenting.

The title of the presentation is, "The Enemy Within: Getting Aggressive with OCD." Dr. Weg explains, "The premise is that a person can think about OCD as a separate, sentient, being, more than just a bully, but a true enemy whose existence depends on dominating the life of the OCD-afflicted person (and sometimes family members or friends), and whose strength is defined by how much of that life is under its control. Once this premise is met, much of what is experienced by the person with OCD can make sense in a whole new way. This in turn results in significant implications for therapeutic interventions."

Attendees will explore their relationship with OCD within a combative context, which will help to shape their cognitive and behavioral responses to OCD challenges. In addition, attendees will learn to become more aggressive towards their OCD, and replace fear with anger, utilizing specific cognitive interventions whilst engaged in behavioral ERP strategies.

Dr. Allen Weg is founder and director of Stress and Anxiety Services of New Jersey, a private practice of licensed psychologists in East Brunswick, all of whom specialize in the cognitive behavioral therapy of anxiety disorders, with an emphasis on the treatment of OCD and OCD spectrum disorders. In addition to NJOCF, Dr. Weg is also on the Board of Directors for the Middlesex County Association of Psychologists and the New Jersey Association of Cognitive Behavioral Psychologists.

THE NJ OCF IS GOING GREEN!! PLEASE HELP US ACHIEVE OUR GOAL!!!

In an effort to save trees and help the environment, and in addition to assist the NJ OCF with saving money on the printing and mailing of the quarterly newsletters, we are asking our readers to please consider receiving the newsletter by e-mail!

If you are interested in doing so, please e-mail Nicole Torella at torellani@aol.com and provide your first and last name, in order to remove it from the current mailing list. Most importantly, please specify the e-mail address that you would like the newsletter sent to. Nicole will recognize your e-mail and update the lists accordingly.

Thank you for helping the NJ OCF in our effort to "Go Green."

PRESIDENT'S MESSAGE



Dear Friends:

Welcome to 2010, the beginning of a new decade and hopefully the beginning of a successful, healthy, and happy year.

The NJ OCF was pleased and excited to receive newspaper coverage in the *The Star-Ledger*, front page, of the NJ section, on December 27, 2009. The article highlighted the mission of the organization and helped spread the word on OCD and that with proper treatment, life can return to "normal." From the article, I am pleased to report that the NJ OCF hotline started to ring immediately and didn't stop for days.

Hope to see everyone at our March meeting.

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 Mary Huber
and
Joseph Bilotti

Both made very generous
donations to the NJ OCF and
we very much appreciate
their support!

NATIONAL OCD FOUNDATION CONTACTS

International OC Foundation Phone: (617) 973-5801
PO Box 961029
Boston, MA 02196

E-mail: info@ocfoundation.org
Internet: 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
- Nicole Torella - Newsletter Editor
- Steven I. Dyckman, M.D. - Advisory Board member

Cutting Toenails (Who should be in control of the direction and speed of treatment?)

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

When my daughter was very young, one of our rituals every couple of weeks was to cut her toenails after one of her baths. There were a couple of times early on where I cut the nail a little too close to the skin, and the skin broke ever so slightly, so that there was this tiniest hint of blood visible at the skin line. On these occasions, my daughter, especially after having seen the blood (which practically required a microscope to actually identify) would get hysterical. After calming her down (or getting her mother to come finish the job) she would be very resistant to further toenail cutting. Whatever we did, we had to do it quickly, and clip the nails only at the outer edges, as far away from the skin as possible. Sometimes we had to just give it up for another day.

When enough time passed, and we did get around to addressing her growing toenails once again, she was extremely anxious and resistant to our attempts to approach her with nail clippers. She would ultimately comply, but would yell at us if she felt we were cutting her nails too close to the skin, and would flinch constantly as we continued our grooming behavior, even when we weren't anywhere near touching her skin with the clippers.

My daughter was being on guard because she felt out of control. Somebody was doing something to her that could result in pain and discomfort if done incorrectly, and this gave her the feeling of vulnerability. Once she already experienced the pain of having a toenail cut too short she became extremely hypervigilant, always watching what we did very carefully with heightened anxiety, and always anticipating the possibility of another error in judgment and the potentiality for pain.

After several months of this, and at her demand, we decided to hand the clippers over to her, and, under our watchful guidance at first, she began to cut her nails by herself. Because she was now controlling the speed of the cutting and the specific parts of the nails that were being cut, she became more relaxed, and was able to cut them closer to the skin.

When people are anxious about doing something, when they struggle with confronting a fear, if another person attempts to force them to confront that fear, it usually results in an escalation of the fear, and, when possible, the "digging in of their heels." They will resist or even refuse, sometimes even rebel by arguing or fighting back in some way. Pushing harder will often result in even greater rebellion. This happens because dealing with a fear engenders a sense of not being in control. When it is dictated to you that you must confront that fear, those feelings

of not being in control become even greater, resulting in even greater levels of the fear, and ultimately greater resistance to confronting it. The final result is behavioral paralysis- avoidance of the feared object or behavior and the suspension of the process of getting over the fear.

This is why, in the treatment of OCD, it is best if the speed and direction of the treatment is determined by the person with the disorder, and not the therapist or a family member. When I first introduce the concept of exposure treatment to clients in therapy, I explain the nature of the therapeutic relationship. "We are driving in the car together, you and I," I say. "You are in the driver's seat, with your hands on the steering wheel and your feet on the gas and the brake pedals. I'm just the guy in the passenger seat holding the directions and the map." Of course, more recently, in keeping up with technological advances, I identify myself as the GPS.

The main point of the metaphor is to communicate to him that he is in control of the speed and direction of treatment. In so doing, I hope to help allay any concerns that the client may have about being "forced" to confront his fears. This strategy usually results in the client paradoxically confronting his fears faster and to a more intense degree than he would have had I put undo pressure on him to do so. Just like my daughter cutting her toenails, feeling in control of the process of confronting one's fears allows one to move forward more quickly with greater confidence and courage.



Dr. Allen Weg, Vice President of NJ OCF, runs an independent practice in East Brunswick called Stress and Anxiety Services of New Jersey. He is presently completing a book for Oxford University Press 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.

“Being a Parent with OCD” - continued

by Rachel Strohl, Psy.D.

“Parents Tip Sheet:”

- 1) Don't enlist children's help in rituals.
- 2) Do tell your children about having OCD in an age-appropriate manner. She explained that children developmentally are egocentric and appropriately believe the world revolves around them. If parents are distant or repetitive, the child may believe it's his/her fault. Instead, be honest.
- 3) Get spouse or significant other to help negotiate boundaries.

For instance,
 - 4) draw up an “accommodating behaviors” contract.
 - 5) Solicit advice from friends and other parents if not sure. Limit reassurance seeking or excessive surveying of others' opinions.
 - 6) Get proper therapeutic treatment. The empirically based treatment for OCD is cognitive behavioral therapy, specifically exposure and response prevention.
 - 7) Take medication as directed, prescribed by a psychiatrist knowledgeable in OCD.
 - 8) Seek advice of a family therapist if having trouble explaining OCD.
 - 9) Ask yourself these questions:
 - a) Can my children handle this by him/herself?
 - b) Is it better for my child to learn from me in this instance?
 - c) Is it important enough for me to get involved? These questions help to differentiate your beliefs from OCD beliefs.
 - 10) Recognize your children will not perform up to OCD standards.
 - 11) Avoid modeling OCD behaviors, such as excessive washing, cleaning or checking.
 - 12) Think in terms of supervising, not stifling.

And in conclusion,

- 13) Stay as physically healthy as possible.



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.

SAVE THE DATE! MEETINGS IN 2010!

The NJ OCF's quarterly meetings for 2010 will be held on the following dates:

March 8
June 14
September 13
December 13

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.

Directions to Robert Wood Johnson Hospital can be found on page 11.

Child/Adolescent OCD, Tic, Trich, & Anxiety Group (COTTAGE) at the University of Pennsylvania

Pediatric OCD Treatment Study:

Does your little child have to have things "just right?" Does he have to do something over and over again? Does she have intrusive thoughts? Our center is looking for kids ages 5-8 with OCD to participate in a research study at the University of Pennsylvania. Those eligible receive a full assessment of symptoms and 12 weeks of behavioral therapy at no cost. Call Aubrey Edson at 215-746-3327 if interested.

Pediatric Trichotillomania Treatment Study:

Does your adolescent or teen pull their hair? If so, it may be Trichotillomania. Our group is conducting a research study to assess different treatments for children and teens between 10-17 years old with Trichotillomania. Those eligible receive a full assessment of symptoms and 16 weeks of behavioral therapy at no cost. Call Michelle Wilson at 215-746-3327 if interested.

**Family Genetic Study of Tourette Syndrome (TS),
Attention Deficit Hyperactivity Disorder (ADHD),
& Obsessive Compulsive Disorder (OCD)**

We are conducting a research study that focuses on families affected by Tourette Syndrome (TS), Attention Deficit Hyperactivity Disorder (ADHD), and/or Obsessive Compulsive Disorder (OCD). We are looking for common behavioral traits, such as attentional difficulties and impulsivity, which may be shared by these conditions. If found, we want to determine whether these traits are heritable, that is, can be passed down from parents to children. We hope that the information we learn will eventually help researchers to develop better treatments for these conditions.

We are enrolling families in which there is at least one child, 6 years of age or older, who has TS, ADHD and/or OCD, or any combination of these conditions. We would like the whole family (both parents, brothers and sisters) to participate. Subjects will complete interviews, questionnaires and assessments examining areas such as attention, impulsivity, problem-solving, and visual-spatial skills. We will also collect a blood or saliva sample for DNA testing. Study participation is strictly voluntary and may require 3-6 hours per person for the completion of all study tasks. Study visits can be at MGH or in your own home. Families coming to MGH will have parking and meal expenses paid for them. Upon completion of all study tasks, families will be paid \$100 for their participation.

If your family meets these criteria and you are interested in learning more about this study, please call the Genetic Family Study at 1-800-471-2730, option 2 or email cillmann@partners.org. Please visit our website at www.ts-adhd-ocd.org.

Do you suffer from OCD?

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.

NJ OCF Subscription Fee!

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 2010 is \$7.00.

Please either bring payment to the next meeting or return the form below with payment by cash, check, or money order to: NJ OCF, 60 MacAfee Road, Somerset, NJ 08873-2951

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!

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ E-mail _____

Professional Directory (continued on 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.**

Clinical Psychologist

Licensed in New Jersey

License #3565

Cynthia Radnitz, Ph.D.

Specializing in Cognitive-Behavioral Therapy

340 W. Passaic St., Third Floor
Rochelle Park, NJ 07662
Tel: (201) 692-2306, (201) 316-5404
Fax: (201) 236-6310
clrb@optonline.net
www.bergen-cognitivetherapy.com

Shawlom Francis MSW, LCSW

Licensed Clinical Psychotherapist



Individual, Marriage, & Family Therapy
908.783.5500

Offices in
Lakewood, NJ
Elizabeth, NJ

TAMSEN THORPE, Ph.D.
Director
Psychologist

NJ License #3826

914 Mt. Kemble Ave, Suite 310
Morristown, NJ 07960
(973) 425-8868
(973) 425-8869
(973) 886-5144
tthorpe@directions-clc.com
www.directions-clc.com



ADHD, Mood & Behavior Center
for Child, Adolescent & Family Therapy

Merritt Hubsher, MD
Child, Adolescent & Adult Psychiatrist

210 Malapardis Road
Cedar Knolls, NJ 07927
mhubsher@adhdmoodandbehaviorcenter.com
www.adhdmoodandbehaviorcenter.com
(973) 605-5000

Stress and Anxiety Services of NJ, PA

Allen H. Weg, EdD
NJ Lic. Psychologist #2720

A-1 Brier Hill Court
East Brunswick, NJ 08816
www.StressAndAnxiety.com
(732) 390-6694
Fax (732) 432-7206

TOMMY KOT, PH.D.

Clinical Psychologist
New Jersey License #4160 New York License #15755

261 James Street
Suite 2C
Morristown, New Jersey 07960
Office 973.538.2029
Fax 973.538.2302
www.drkot.com



Kevin J. Miller, PhD
Licensed Clinical Psychologist
135 Columbia Tpke. Suite 101
Florham Park, NJ 07932
NJ #3630

email: kjm@drkevinmiller.com
website: www.drkevinmiller.com
Phone: (973) 560-0595

Telephone
732-238-7711

STEVEN I. DYCKMAN, M.D.
CHILD, ADOLESCENT AND ADULT PSYCHIATRY

137 PAVILION AVENUE
LONG BRANCH, N.J. 07740
G-9 BRIER HILL COURT
EAST BRUNSWICK, N.J. 08816

Telephone: (856) 482-5860
e-mail: daraush@aol.com

DAVID A. RAUSH, Ph.D.
Licensed Psychologist

215 East Laurel Road
Suite 201
Stratford, NJ 08084
NJ License: 35SI00367600

**To Advertise
Call (732) 828-0099**

35 DeForest Ave.
Summit, NJ 07901
(908) 273-5756
By Appointment

Trina Zilla, Psy.D.

Licensed Psychologist
NJ License No. 3962

Lynn Mollick, Ph.D.
License # 1832

Milton Spett, Ph.D.
License # 1830

**PSYCHOLOGY ASSOCIATES
of Cranford & Westfield**

1150 Raritan Road
Cranford
(908) 276-3888

Westfield Phone:
(908) 654-0122

MICHAEL ZORNITZER, M.D., F.A.P.A., P.A.

Diplomate, American Board of Psychiatry and Neurology

Psychiatry
2 W. Northfield Rd., Suite 305
Livingston, New Jersey 07039

Tel. (973) 992-6090
Fax (973) 992-1383
mzornitzer@aol.com

Karen J. Landsman, Ph.D.

CLINICAL PSYCHOLOGIST

(973) 895-2442

Author of "Loving Someone with OCD"

128 St. Paul Street
Westfield, NJ 07090

268 Green Village Road
Chatham, NJ 07935

Phone (973) 744-8791
Email ocdnjnorth@aol.com
NJ Licensed Psychologist 1228

224 Lorraine Ave.
Upper Montclair, NJ 07043

WILLIAM M. GORDON, PH.D.

SPECIALTY PRACTICE: TREATMENT OF OCD

CBT, EXPOSURE-RESPONSE PREVENTION

Joseph M. Springer, Ph.D.

Licensed Psychologist #2847

2130 Hwy. 35, Bldg. A, Suite 114

Sea Girt, N.J. 08750

Phone: (732) 974-8883 Fax: (732) 449-7803

Tamara Bryan, Ph.D.
Clinical Psychologist

Individual & Couples Therapy
917-532-4655

875 Sixth Avenue, Ste. 1705
New York, NY 10001
NY Lic. #015230

28 Millburn Avenue, Ste. 4
Springfield, NJ 07081
NJ Lic. #4533

AAMFT Approved Supervisor

State Licensed

Harriet Raynes Thaler, MSW, LCSW

Individual, Couple, Family & Group Therapy

3461 Rt. 22 E. Bldg. 5
Branchburg, NJ 08876
Ph: (908) 704-9434
Fax: (908) 253-0141

5 Pleasant View Way
Flemington, NJ 08822
Ph: (908) 788-5136
Fax: (908) 782-8930

(732) 254-2222
NJ LIC. # 3182

Anna Marie Resnikoff, Ph.D.
LICENSED PSYCHOLOGIST

G9 BRIER HILL COURT
EAST BRUNSWICK, NJ 08816

Barbara J. Nicholls MSW LCSW

Individual, Family,
and Group Therapy

458 Springfield Ave.
Summit, NJ 07902

314 Dorn Ave.
Middlesex, NJ 08846

Phone: (732) 271-2537

Cognitive Therapy & Consultation, LLC

Sue Schonberg, Ph.D.

Clinical Psychologist Specializing in
Cognitive Behavioral Therapy

NJ License #4478

(908) 273-3133

35 DeForest Ave.
Summit, NJ 07901

28 Millburn Ave.
Springfield, NJ 07081



COLUMBIA UNIVERSITY
DEPARTMENT OF PSYCHIATRY



NEW YORK STATE
PSYCHIATRIC INSTITUTE

OCD RESEARCH CLINIC
IF ELIGIBLE, COST-FREE TREATMENT STUDIES

1051 RIVERSIDE DRIVE, UNIT 69
ROOM 2702, NEW YORK, NY 10032

TEL: 212-543-5462
FAX: 212-543-5085

BENDERJ@NYSPI.CPMC.COLUMBIA.EDU

TAKING CARE OF YOUR RELATIONSHIP

by Harriet Raynes Thaler, LCSW, LMFT

Many issues can negatively affect relationships - money, in-laws, sex, family secrets, etc. OCD adds another dimension. Power and control are issues in all relationships - there is a definite benefit to the relationship when the distribution of power and control is more equitable.

With OCD present, the power and control issues become more intense and more complex - but they are workable if both parties are willing to look at the interactional patterns that are positive and negative and each person is willing to make change that is productive for the relationship. This goes beyond problem solving - it includes the significant emotional component that can, if negative divide - if positive, heal and foster closeness in the couple relationship. Each person needs to look at how the OCD impacts on the relationship for them.

Read and think about the following interactions. Some are helpful towards building trust and working through conflict in the relationship, others are hurtful and create conflict and distance in the relationship.

Helps and Hurts

Build Trust: Listen to your partner and try to understand not just the words you are hearing, but also the feelings, whether expressed or not. Trust in a relationship is grounded in each person believing they can feel safe talking to their partner about their fears, concerns, their anger, their pain, their failures, their successes, their joy. Example: "I really, really messed up today. I couldn't stop rewriting the report, and I didn't have it ready for the meeting. I wouldn't be surprised if I get fired again."

"You really sound so upset with yourself. That is such a hard place to be."

Don't Match a Negative with a Negative: If your partner is being sarcastic, don't respond with sarcasm. This kind of interaction only escalates the negativity. Example: "Why don't I just throw out the stove and we'll eat out? Then, you won't have to check it over and over again."

"Why don't I just throw you out, and then we don't have to have this conversation over and over again."

Conflict is Not the Problem - It is How You Deal with Conflict that Counts: Conflict in a relationship is a reality. Being able to interact in a caring and affirming manner toward resolving an issue goes a long way toward having a relationship that works well for both parties. Example: "I'm really upset at the amount of time you spend washing your hands. I don't have any time with you."

"I'd much rather be with you than washing my hands again and again. I will continue to work on this so we can have more time together. I do appreciate your patience."

Laying on Guilt and Blame: Be aware of when you are using guilt and blame. They provoke anger and distance. Example: "You know you make me late for everything, and I'm tired of it."

"You just don't understand my problem. How can you be so cruel?"

Avoidance Breeds Discontent: There is a significant difference between taking time and space to make a decision and consistently putting off making a decision. Example: "Have you made a decision about the vacation? We need to book it this week."

"I'm just bogged down right now. Please don't pressure me. There's so much going on at work, I can't deal with another thing now."

"There is no good time to plan this vacation. It's months of putting it off. I give up!"

Nastiness Deletes Kindness: One act of nastiness can undermine fifty acts of kindness. Put downs, name calling and destructive critical comments deeply wound a relationship. Example: "What is wrong with you? You're in therapy, but I don't see any improvement."

"What is wrong with you? I have a problem and you're an unsympathetic jerk."

Accentuate the Positive - Give Positive Feedback: Pay attention to what you like and appreciate about your partner, and by all means, SAY SO. Example: "You look really great in that outfit. I love the color on you."

"Well thanks for telling me, because it took me a long time to decide what to wear to this party."

"Well, you made a good decision."

Have a Sense of Humor - Laughter is Healing!

Please note that the examples of dialogue are not exact quotes but simply examples of constructive and destructive interactions.

It is not easy to change destructive patterns - but it can be done. The first step is **AWARENESS**. Be aware of how you interact. If you attack or become defensive, the interaction escalates negatively. Look at some of the negative interactions in this article and see if you can come up with a thoughtful, positive way of responding which reflects your caring about the other person's feelings. It isn't easy, especially when you are hurt and angry, but it is key to improving a relationship.

Harriet Raynes Thaler is a licensed clinical social worker and a licensed marriage counselor and family therapist. She is in private practice in Branchburg and Flemington, NJ. She has presented at numerous OCF Annual Conferences and at NJ OCF affiliate meetings.

If you have a relationship issue and write to the NJ OCF newsletter, Harriet will respond to you in the newsletter as space allows. Only first names will be used in responses in the newsletter.

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 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!

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 EAST BRUNSWICK

A new group will meet on Aug. 20, 2009 at 7:30 p.m. at the East Brunswick Library on Civic Drive (off Ryders Lane). Please call Adrienne at (908) 672-1927 or e-mail listeningears123@aol.com. The group plans to meet the third Thursday of every month at the East Brunswick Library.

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.

NEW TEEN GROUP IN ROBBINSVILLE/PRINCETON

New Adolescent/Young Adult Support Group forming in the Robbinsville/Princeton Area. Please contact Michael Bellero at (609) 259-2004 or m_bellero@yahoo.com for more information.

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. Also note that on our website, www.njocf.org, a full description of each DVD is available.

NJ OCF - 10th Annual Conference, Parts I, II, III	\$35.00
“Living with OCD” Panel, Part III - NJ OCF 10th Annual Conference	\$15.00
“Body Dysmorphic Disorder (BDD), Hypochondriasis, Hoarding, and other OCD Spectrum Disorders; Comparing and Contrasting Treatments with OCD”, Dr. Fugen Neziroglu, Part 2 NJ OCF 10th Conference	\$15.00
“Body Dysmorphic Disorder (BDD), Hypochondriasis, Hoarding, and other OCD Spectrum Disorders; Comparing and Contrasting Treatments with OCD”, Dr. Fugen Neziroglu, Part I NJ OCF 10th Conference	\$15.00
“The Latest Research on Pediatric OCD and Trichotillomania”, Dr. Marty Franklin & Dr. Diana Antinoro	\$15.00
“All Tangled Up: When OCD has Multiple Layers”, Dr. David Rausch	
“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. Jessica 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

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, March 8, 2010 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:

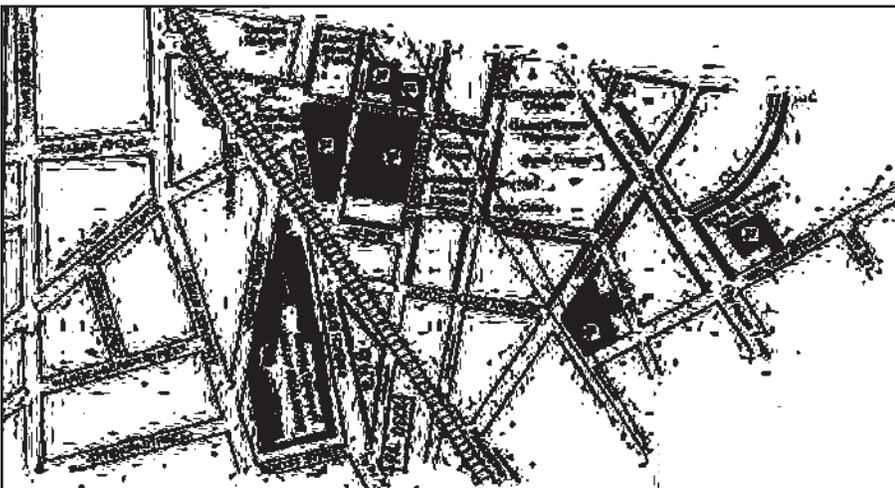
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking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

