

Quarterly Newsletter

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Dean McKay, Ph.D.
Presented on
“There is nothing to fear!
Making exposure with
response prevention (ERP)
'almost fun' for both clients
and clinicians”

by Rachel Strohl, Psy.D.

On Sunday March 9, 2014, Dean McKay, Ph.D. presented at the annual conference of OCD New Jersey (OCD NJ). He is a professor in the Department of Psychology at Fordham University, and President (2013-2014) of the Association for Behavioral and Cognitive Therapies (ABCT). Dr. McKay is a member of the Scientific Advisory Board of the International OCD Foundation, the Scientific Council of the Anxiety and Depression Association of America, and is on the board of directors for the American Board of Cognitive-Behavioral Psychology. He has published more than 150 journal articles and book chapters and has more than 200 conference presentations. Dr. McKay is also director and founder of Institute for Cognitive Behavior Therapy and Research, a private treatment and research center in Westchester County, New York.

Dr. McKay began the conference by defining obsessions as intrusive and unwanted thoughts/ images/ and ideas. Obsessions are distinct from worry in that they are far less likely to be realistic and worries are not necessarily unwarranted. Obsessions are distinct from ruminations in that they are not related to prior real events. Compulsions are specific behaviors designed to reduce obsessions, and conforms to a routine that must be engaged in by specific rules. He presented strong research findings that showed the efficacy of ERP and cog-

SAVE THE DATE!

**Our 15th Annual Conference will be held on
March 15, 2015.**

Next Quarterly Meeting:
“Acceptance and Commitment Therapy (ACT) and OCD”
Presented by Dr. David Siegman

Our next quarterly meeting will be held on Monday, June 9, 2014, at the Robert Wood Johnson Fitness Center in New Brunswick, New Jersey. The meeting will be held in the RWJUH Community Education Room, located in the RWJ Fitness and Wellness Center, 100 Kirkpatrick Street, New Brunswick NJ 08901. Our quarterly meetings are free and open to the public.

Directions to the meeting location can be found on page 4.

Acceptance and Commitment Therapy (ACT) is a form of Cognitive Behavior Therapy (CBT) and has been shown to be effective in the treatment of OCD. The core belief of ACT is that, by allowing ourselves to experience all of our thoughts and feelings in a mindful way, we can live a rich and meaningful life while accepting the psychological discomfort that life inevitably brings.

He will review the similarities and differences between traditional CBT and ACT. He also will review the place of exposure and response prevention (ERP) in an ACT treatment model of OCD. Finally, his presentation will define and discuss the following key concepts in ACT: cognitive fusion; experiential avoidance; workability; creative hopelessness; and valued action.

About Our Speaker:

David Siegman, Psy.D. is a licensed psychologist with over 30 years of clinical experience. He earned his undergraduate degree in psychology at Johns Hopkins University and doctorate in clinical psychology at Rutgers University, Graduate School of Applied and Professional Psychology (GSAPP).

He is a Clinical Assistant Professor in the Department of Psychiatry at Rutgers Robert Wood Johnson Medical School, where he teaches a seminar on ACT to psychology interns. His areas of clinical expertise in addition to OCD include panic disorder, phobias, chronic pain disorders, coping with grief, and marital/couples conflict .



OCD NJ will be participating in the 2nd Annual NBC 4 New York and New York Giants Health & Fitness Expo at MetLife Stadium on Sat. July 19 and Sun. July 20 from 9am to 3pm. Stop by our info table and say “Hi” to our volunteers.

For Professionals Interested in Advertising in 2014, see page 4.

PRESIDENT'S MESSAGE



Dear Friends:

I am glad we are finally over this long cold winter and hope you all get out and enjoy the spring/summer season. I would like to remind you about our quarterly meeting on Monday, June 9, at the Robert Wood Johnson Fitness Center in New Brunswick. It is a beautiful new facility with free parking!

OCDNJ is very pleased to announce that we will be participating in the NBC New York and New York Giants Health and Fitness Expo at MetLife Stadium at the end of July. If anyone is interested in assisting, please let us know. It will be an exciting time!

Don't forget we are always there to assist with questions. Our hotline is open 7 days a week for your convenience.

I look forward to greeting you at any of our events, and am open to all your comments and suggestions.

Thank you,
Adrienne Friedman

NATIONAL OCD FOUNDATION CONTACTS

International OCD Foundation Phone: (617) 973-5801
PO Box 961029
Boston, MA 02196
E-mail: info@ocfoundation.org
Internet: www.ocfoundation.org

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:

Adrienne Friedman
OCD NJ
PO Box 958
East Brunswick, NJ 08816

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 OCD New Jersey, 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.

**The OCD New Jersey telephone hours
are 9:00 a.m. to 9:00 p.m.
Feel free to call (732) 476-4021**

CALL FOR VOLUNTEERS!

OCD NJ is always looking for volunteers to help with distributing information about the organization, help with planning our annual conference, and just spreading the word on OCD. If you would like to get involved, please email Adrienne at listeningears123@aol.com.

OCD New Jersey 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.

OCD New Jersey OFFICERS

Adrienne Friedman - President
Allen H. Weg, Ed.D. - Vice President
Marla Deibler, Psy.D. - Secretary
Robert Zambrano, Psy.D. - Treasurer
Rachel Strohl, Psy.D. - Trustee
Nicole Torella - Newsletter Editor
Joseph Springer, Ph.D. - Advisory Board member
Steven I. Dyckman, M.D. - Advisory Board member
Harriet Raynes Thaler, MSW - Advisory Board member

Photos from the 14th Annual Conference held on March 9



Keynote speaker Dr. Dean McKay (left) and Panel Moderator Allen H. Weg, EdD, pose for the camera.



The Living with OCD Panel participants: (l to r) Chris, Allison, Michelle, and Ashley.

At right, Dr. Dean McKay gives his presentation.



Staff of Stress and Anxiety Services of New Jersey: (l to r) Drs. Allen Weg, Rob Zambrano, Rachel Strohl, and Cindy Hanes.



At left, Dr. Joe Springer



At left, Dr. Milton Spett and Dr. Lynn Mollick.



OCD NJ President Adrienne Friedman (right) and Board Member Nicole Torella (left) greet attendees at the registration table.

At right, Julian and Ina Spero.



Staff of the Center of Emotional Health: (l to r) Drs. Jayme Jacobs, Marla Diebler, and Stephanie Rabin.



Barbara Nicholls, LCSW, volunteers her time to help sell the DVD's of past presentations given at OCD NJ quarterly meetings and annual conferences.

CALL FOR PROFESSIONALS TO ADVERTISE IN 2014

If you are a professional wishing to advertise in the newsletter and on the OCD NJ website, the cost for the rest of 2014 is \$100. This fee includes the inclusion of your your business card in the last two editions of the newsletter in 2014 and inclusion in the professional listing on our website.

To participate, please make a check payable to OCD NJ and mail it with your current business card to:

OCD NJ
PO Box 958
East Brunswick, NJ 08816

or you can email a scan of your business card, scanned and saved as a pdf or in jpeg format to torellani@aol.com.

OCD NJ SELLS DVDs

For the past 10 or more years, OCD NJ has been video-taping each lecture as part of the organization's mission. Our goal is to provide information to the public about obsessive compulsive disorder. One way in which we can achieve this goal is to provide previous lectures to the public for their use.

This most recent list of DVDs can be found on our website at www.ocdnj.org. If you are interested in purchasing DVDs, you can call Adrienne Friedman at (732) 476-4021 between the hours of 9 a.m. and 9 p.m. Here are some sample titles:

- "The Enemy Within: Getting Aggressive with OCD," Allen Weg, Ed.D.
- "Being a Parent with OCD," Cynthia Haines, Psy.D.
- NJ OCF - 10th Annual Conference, "Body Dysmorphic Disorder (BDD), Hypochondriasis, Hoarding, and other OCD Spectrum Disorders; Comparing and Contrasting Treatments with OCD," Dr. Fugen Neziroglu.
- "The Latest Research on Pediatric OCD and Trichotillomania," Dr. Marty Franklin & Dr. Diana Antinoro.
- "Medications & OCD," Dr. Steven Dyckman.

We hope to update the website soon so that the DVDs can be purchased online.

Directions to RWJ Fitness and Wellness Center

The RWJ Fitness and Wellness Center, RWJUH Community Education Room 100 Kirkpatrick Street, New Brunswick NJ 08901. (Entrance to the parking deck is on Paterson Street, immediately at the corner of Joyce Kilmer Ave. and Paterson St.)

Directions From New Jersey Turnpike:

Take Exit 9 (New Brunswick) and proceed on Route 18 North about two miles to exit "Route 27 South—Princeton", proceed on Rt 27 to Joyce Kilmer Ave (the traffic light immediately past the railroad station). Turn left onto Joyce Kilmer Avenue. Go one block and turn left onto Paterson Street. The entrance to the parking deck is immediately on your left. Proceed to any parking deck level and take the elevator to floor 2. Bring your parking ticket with you. On floor 2 you will see the entrance to the Fitness and Wellness Center. The staff at the front desk will ask you to sign in and will validate your parking ticket for free 3-hour parking. The Community Room is halfway down the hall on the right.

From Route 1:

Take Route 18 North and follow above directions.

From Route 287:

Exit onto Route 527 (New Brunswick Exit). Follow Route 527 (Easton Avenue) for about six miles to Rt 27 (527 ends at Easton Ave). Turn right onto Rt 27, proceed one block to Joyce Kilmer Avenue. Turn left onto Joyce Kilmer Avenue. Go one block and turn left onto Paterson Street. The entrance to the parking deck is immediately on your left. Proceed to any parking deck level and take the elevator to floor 2. Bring your parking ticket with you. On floor 2 you will see the entrance to the Fitness and Wellness Center. The staff at the front desk will ask you to sign in and will validate your parking ticket for free 3-hour parking. The Community Room is halfway down the hall on the right.

Professional Directory (continued on pages 5 & 6)

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 Adrienne Friedman at (732) 476-4021 from 9 a.m. to 9 p.m.

TAMSEN THORPE, Ph.D.

Directions CLS, LLC
Psychologist

NJ License #3826

20 Community Place, 4th floor
Morristown, NJ 07960
(973) 425-8868 tel
(973) 539-3687 fax
(973) 886-5144 cell
drthorpe@directions-cls.com
www.directions-cls.com



OFFICE HOURS BY APPOINTMENT

PHONE: (732) 254-2222

Anna Marie Resnikoff, Ph.D.

LICENSED PSYCHOLOGIST

NJ LIC# 3182

G9 BRIER HILL COURT
EAST BRUNSWICK, NJ 08816

Barbara J. Nicholls MSW LCSW

Individual, Couples, and Family Therapy

467 Springfield Ave. Summit, NJ 07902

314 Dorn Ave. Middlesex, NJ 08846

Phone: (732) 271-2537

Cognitive Therapy & Consultation, LLC

Sue Schonberg, Ph.D., ABPP, ACT

Board Certified - Cognitive & Behavioral Psychology
Fellow, Academy of Cognitive & Behavioral Psychology
Diplomate, Academy of Cognitive Therapy

Clinical Psychologist Specializing in Cognitive Behavioral Therapy

597 Springfield Ave.
Summit, NJ 07901

(908) 273-3133
NJ license #4478

Clinical Psychologist

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
cynthia.radnitz@gmail.com
www.bergencognitivetherapy.com

Stress and Anxiety Services of New Jersey, LLC

Founder and Director: Allen H. Weg, EdD
NJ Licensed Psychologist #2720

OCD Specialists

All clinical staff are
NJ Licensed Psychologists &
Behavior Therapy Training Institute Graduates*
(*sponsored by the International OCD Foundation)

Individual and group treatment
Children, adolescents, and adults
Weekend and evening hours available

A-2 Brier Hill Court, East Brunswick, NJ 08816 • Phone: 732-390-6694

www.StressAndAnxiety.com

(856) 482-5860

daraush@aol.com

davidraushphd.com

DAVID A. RAUSH, Ph.D.

Licensed Psychologist

215 East Laurel Road
Suite 201
Stratford, NJ 08084

NJ License: 35SI00367600
PA License: PS008440L

The above is a paid advertisement.

Karen J. Landsman, Ph.D.
CLINICAL PSYCHOLOGIST
(973) 895-2442

68 Essex Street, Suite 1A
Millburn, NJ 07041

268 Green Village Road
Chatham, NJ 07935

www.anxietyandocd.com

NJ License #4067

AAMFT Approved Supervisor

State Licensed

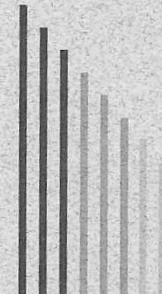
Harriet Raynes Thaler, MSW, LCSW
INDIVIDUAL COUPLE & FAMILY THERAPY

5 Pleasant View Way ~ Flemington, NJ 08822

Branchburg Commons
3322 Rt. 22 W., Bldg. 4 - Suite 417 ~ Branchburg, NJ 08876

PH: (908) 788-5136

FAX: (908) 782-8930



Cognitive Behavioral Psychologists of NJ

Lynn Mollick, Ph.D.
Milton Spett, Ph.D.

1150 Raritan Road
Cranford, NJ 07016

908-276-3888
www.CBT-NJ.com

ROBERT J. CHALEMIAN, M.D., P.A.

Jeff Carlson, M.Ed. LPC

Licensed Professional Counselor

169 Ramapo Valley Road
Suite ML5
Oakland, N.J. 07436

Ph: (201) 996-1120
Fx: (201) 996-0099

eMail: JeCaLPC@yahoo.com

THE CENTER FOR EMOTIONAL HEALTH OF GREATER PHILADELPHIA^{LLC}



Providing a supportive, collaborative environment to adults, adolescents,
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Executive Director Licensed Clinical Psychologist
New Jersey Lic. No. 355100438000
Pennsylvania Lic. No. PS0157790

Office locations in
Cherry Hill and Princeton, New Jersey

www.TheCenterForEmotionalHealth.com

To Advertise

Call (732) 476-4021

NEUROBEHAVIORAL TASKS IN OCD

Do you have OCD? Are you currently not taking any psychiatric medications?

We are looking for individuals with OCD to participate in a research study comparing patients with OCD to patients with several other disorders to help us understand the differences in the neurocircuitry of the brain across disorders.

This study uses different behavioral tasks and questionnaires to measure participants' stress reactivity, startle reflexes, and preferences. All information will be kept completely confidential.

WHO CAN PARTICIPATE:

* You may be eligible to participate if OCD is your primary problem, if you are between the ages of 18 to 50 and are not currently on any psychiatric medications or currently on hormonal birth control, and if you are not pregnant.

* Subjects must be able to travel to New York State Psychiatric Institute /Columbia University at 1051 Riverside Drive (at 168th Street) in Manhattan.

COMPENSATION FOR PARTICIPATION:

Participants will be compensated \$200 for completing all study procedures, consisting of approximately 6 hours of testing over 2 consecutive days. Additional payment of up to \$85 will also be provided based on performance on one of the tasks.

PROCEDURES:

1. Screening by phone.
2. If potentially eligible, a psychiatric evaluation (and urine test) and clinical assessments to confirm eligibility (time estimate) of 2 hours.
3. If eligible, up to 6 hours of testing over 2 consecutive days (4 hours on day 2 and 2 hours on day 2.)

FOR MORE INFORMATION, PLEASE CONTACT:

Anxiety Disorders Clinic, Columbia University Medical Center:
(212) 543-5367 or e-mail persaud@nyspi.columbia.edu or greenecas@nyspi.columbia.edu

GREETING CARDS FOR SALE!

Two Designs:

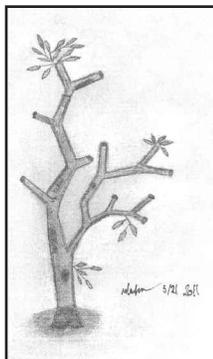
- Design A: "Crabs vs. Dan" by Daniel Lumsden - age 11
Design B: "Growing Again" by Michael N. Levine - age 14

Sold 10 cards per pack for \$8. Please add \$3 to the order to help cover the shipping costs. To purchase, please mail a check or money order to: OCD NJ, PO Box 958, East Brunswick, NJ 08816. Be sure to include your name, address, city, state, zip, phone number, and email address. Be sure to indicate the design and how many packs per design.

Design A



Design B



OBSESSIVE COMPULSIVE DISORDER

- Do you feel the need to check and re-check things over and over?
- Do you have the same thoughts constantly?
- Do you feel a very strong need to perform certain rituals repeatedly & feel like you have no control over what you are doing?

If so, you may qualify to participate in an investigational medication research study.

Volunteers may be eligible to participate in the study if they are:

- * Between the ages of 18-65 and,
- * Currently taking medications for OCD
- * Continue to have symptoms of OCD while on medication

Eligible participants will receive study related procedures and study medication at no charge.

They will also be compensated for travel to each completed study visit.

KEYSTONE CLINICAL STUDIES, LLC

Norristown, PA 19403

(610) 277-8073

www.keystoneclinicalstudies.com

Understanding Obsessive Compulsive Personality Features

Principal Investigator: Anthony Pinto, Ph.D.

- Is perfectionism causing problems for you?
Do others complain about your rigidity?
Do you worry too much about order and details?
Do you find it difficult to relax and enjoy free time?
Are you constantly trying to control things?
Do you plan out every minute of your day?

Researchers at Columbia University Medical Center/NYSPI in Manhattan are seeking participants (age 18-60) in the NY metro area with several of these features.

Participants will receive a confidential evaluation at no cost and payment upon completion of an interview, questionnaires, and computer tasks.

For more information about the study, contact Ashley at (212) 543-5938.

To learn more, visit www.columbia-ocd.org

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.

nitive therapy designed for OCD (but cognitive therapy involving only belief disputation had low efficacy).

An overview of exposure emphasized that it is a corrective experience, and it has been shown that in vivo plus imaginal exposure produces the best outcome. To ensure efficacy of an exposure experience, 1) stimuli should be ecologically valid and represent the avoidance (e.g., contamination fears match the home and therapy environment), 2) include imagery in exposure, and 3) develop means for successful session practice (e.g., exposure cannot be too difficult).

Dr. McKay highlighted recent data that suggests only that exposure involve new behavior, and suggests that fear activation is not required. For example, a person can get fear reduction from looking at a pretty flower or a spider, and new learning can occur in the presence of laughter. He explained exposure can be a challenge for clinicians if their 1) assumptions about exposure interfere with its conduct, 2) sense of efficacy to implement is low, or 3) values stand in the way of initiating exposure. Exposure can be a challenge for clients if 1) it requires facing the thing that causes distress, 2) belief that clinician will “make me” rush to fear, or 3) they feel therapist is untrustworthy.

Some concerns expressed by clinicians about conducting exposure include litigation, increasing dropout, potentially worsening of symptoms in session, clients not accepting it, or exposure as contrary to a clinician’s identity (i.e., warm and empathic, avoid causing client pain). However, Dr. McKay strongly emphasized that it is far more empathic to conduct ERP than not to do it. Clinicians should provide full information about how and why to use exposure. It should be done in a hierarchical manner, with the starting point determined by their values. Exposure should be limited by ‘how far they are willing to go,’ and limited by the clinician’s creativity in ‘setting the stage properly.’

In conclusion, Dr. McKay presented that exposure can be fun and non-threatening, the act of exposure creates new learning, matching the clinician and client values allows for more successful interventions, exposure can be done with clients of any age, and ERP is most effective with in vivo and imaginal exposure. He engaged the audience throughout the talk with illustrative exercises and active participation.

The conference continued with an emotional highlight: the Living with OCD panel moderated by Dr. Allen Weg, Vice President on the Board of Directors at OCD NJ, and Executive Director of Stress and Anxiety Services of New Jersey. The panel consisted of a 24 year old female who lives in Vermont, but traveled to the conference to share her OCD journey with others. Her OCD started when she was 5 years old and consisted of fears about dying, and the uncertainty of life and the future. A 21 year old female who considers herself “in recovery from OCD.” Her rituals included counting, checking, cleaning and organizing, and her fears centered on gaining weight. An 11 year old female who remembered her OCD triggered by the fear of reading “over 30 books in 5th grade,” and obsessed about cheating. She

expressed how appreciative she was of her supportive family and the ERP therapy. And a 51 year old male who experienced OCD symptoms on and off since age 10. He discussed having aggressive obsessions and compulsive praying, but experienced symptom relief once starting effective ERP therapy a few years ago.

Each shared their authentic experiences living with OCD, and then audience members asked the panel questions about various topics. As in previous years, the panel members encouraged, educated, and offered optimism to the individuals with OCD, their loved ones, and the professionals that treat them.



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 OCD New Jersey. She may be reached at 732-390-6694.

Obsessive Compulsive Disorder Support Groups

Boonton	(862) 268-6397
East Brunswick	listeningears123@aol.com
Howell	(848) 702-5044
Montclair	(973) 472-8215
Piscataway	(732) 445-5384
Randolph	(973) 366-3564
Robbinsville	(609) 259-2004
Somerville	(908) 725-5595
West Windsor	(609) 275-5487
Woodbury	(856) 853-2011 (day #)

HOW TO START A SUPPORT GROUP

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 OCD New Jersey 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 such as at local churches, synagogues, libraries, and high schools, are good places to find free rooms. If you say you will be working with OCD New Jersey, it might also give you some "clout."

2) Determine the day and time- which may be determined by room space availability and once a month is a good place to start. An hour and 15 minutes or an hour and a half is usually the length.

3) Contact us. Call Adrienne Friedman at (732) 476-4021 (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. Decide if the group is only for adults, only for sufferers, or open to every body-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. **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.

PARENT SUPPORT GROUP IN WEST WINDSOR

A Parent Support Group has been started in West Windsor. The group meets the first Tuesday of each month at the West Windsor Library from 12:00 to 1:30 p.m. For more information, please contact Carey Bloom at 609-275-5487.

NEW TRICHOTILLOMANIA GROUP FORMING IN MERCER COUNTY/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!

BDD GROUP IN ROSELLE PARK

A support group for body dysmorphic disorder (BDD) is in the Roselle Park area. If you are interested in participating in this group, please call Bob at home at (908) 298-1777 or on his cell at (908) 247-8282.

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.

S. JERSEY/PHILADELPHIA TRICHOTILLOMANIA

The South Jersey/Philadelphia Trichotillomania support group is a free meeting for children, adolescents, and adults living with trichotillomania. Family members are also welcome. This therapist-assisted group is led by members of the Trichotillomania community. This is not a therapy group, but a venue to share experiences and connect with others. Dr. Deibler will be present at meetings as a facilitator and to answer questions. If you are interested in learning more about the group, please contact Dr. Deibler at (856) 220-9672. Meetings are held on the first Saturday of each month from 10:00 to 11:00 a.m. in Cherry Hill.

GROUP IN EAST BRUNSWICK

A group will be meeting in the East Brunswick area. Please email Adrienne at listeningears123@aol.com for the time and location of the next meeting.

NEW TEEN GROUP IN ROBBINSVILLE

Teen Support Group in Mercer County will meet at the Robbinsville Branch of the Mercer County Library. This group is for teens and young adults and their parents. If you are interested in learning more about the group and when it will meet, please call Mike Bellerio at (609) 259-2004 or e-mail ocdteenmercer@verizon.net.

NIT-PICKING

Let's Talk....If that is what you are doing, then let's get together and talk about it. We can support one another : Looking to start a support group for Dermatillomania (skin picking), in the East Brunswick area. We could meet once a month and share our experiences with each other. Let's try and make this work, so maybe we can help one another toward a healthier lifestyle. Please feel free to contact me: Deborah Frost...732-613-8538.