

OCD NJ Fall 2015 Newsletter



"You Want Me to Do What?": Ethical Considerations in the Treatment of OCD

Presented by Jennifer Gola, Psy.D.

Our next quarterly meeting will take place on Monday, September 21st at the Turnpike Plaza Building, 197 Rte 18 South, in East Brunswick. This presentation will discuss ethical concerns many patients and therapists have with exposure therapy, such as whether exposures can be unsafe, how to get a child to engage in treatment, and how to prevent exposures from "going wrong." Specific strategies for avoiding or minimizing potential ethical issues will be provided.

Click here for information on Dr. Gola and directions to the meeting: <http://www.ocdnj.org/quarterly-meeting.htm>



Allen Weg, Ed.D. Presented on "I'm Afraid I'm Really Gonna Do It"

by Rachel Strohl, Psy.D.

On Monday September 8, 2015, Allen Weg, Ed.D. presented at the quarterly meeting of OCD New Jersey (OCDNJ). Dr. Weg is a New Jersey Licensed Psychologist. He is Founder and Executive Director of Stress and Anxiety Services of New Jersey, an independent clinic in East Brunswick, specializing in individual as well as group cognitive behavioral treatment of anxiety disorders. Dr. Weg is also Co-Founder and presently President on the Board of Directors of OCDNJ. He has been certified by the Trichotillomania Learning Center Training Institute as well as the Behavior Therapy Training Institute of the International OCD Foundation or BTTI, of which he is now a faculty member. He is also a member of the Scientific Advisory Board of the International OCD Foundation. Dr. Weg has contributed book chapters in various clinical texts, and his own book entitled "OCD Treatment Through Storytelling: A Strategy for Successful Therapy", has been published by Oxford University Press.

Click here for the entire article: <http://ocdnj.org/wegreview.html>



Save the Date!

Annual Conference, March 13, 2016

John Piacentini, Ph.D. ABPP - Presenter

John Piacentini is Professor of Psychiatry and Biobehavioral Sciences and Director at the UCLA Child OCD, Anxiety and Tic Disorders Program at the UCLA Semel Institute for Neuroscience and Human Behavior. The conference will be held at The Westwood in Garwood, NJ and will run from 10am-3pm. Please set the date aside and plan to join us for this day!

OCD Support Groups in NJ

There is information on support groups throughout the state on our website. Click on the following link to find out if there is a support group in your area: <http://ocdnj.org/SupportGroups.htm>

Professional Directory

OCD NJ has a list of professionals who choose to advertise on our website. OCD NJ does not review, does not approve, does not endorse, nor certify the qualifications of any mental health professionals to provide any mental health care services. OCD NJ therefore, in making available, for the interest of the public, a list of professionals and their areas of practice, is not making any representations, warranties, nor any guarantees, regarding the providing of mental health care services by these professionals.

This link leads to the pages of professionals on our website:

<http://ocdnj.org/professional-directory.html>



Professional Training Institute (PTI): October 16-18 in Jersey City, NJ

Build your practice--Help a community in need--Earn 19 CEU's

The PTI is a three-day intensive training program, facilitated by leading experts in the treatment of hair pulling disorder, skin picking disorder, and related body-focused repetitive behaviors (BFRBs). The only BFRB-training of its kind, the PTI provides health care professionals with practical training in current cognitive-behavioral treatment approaches for these behaviors.

To learn more and to register, visit www.trich.org

Guest Columnist

Dr. Jordan Levy - contributor

The Way of the Future

What is Contamination OC?

Perhaps the most famous depiction of Contamination OC is represented in the portrayal of Howard Hughes in *The Aviator*. This movie chronicles the struggle Howard Hughes encounters with the threat of germs throughout his life. He carries his own soap, he will only drink milk that is fresh and unopened, and he is unwilling to hand someone a towel in the bathroom so as not to undo his washed hands. His symptoms worsen and his efforts to avoid contaminants become increasingly impairing, culminating with him living in complete isolation, compulsively repeating the phrase "the way of the future."

For the rest of the article, click here:

<http://www.drjordanlevy.com/#!/the-way-of-the-future/c1zq9>

Dr. Jordan Levy is a clinical psychologist in private practice in Livingston, NJ and Manhattan at the Center for Cognitive-Behavioral Psychotherapy. He specializes in the treatment of OCD and other anxiety disorders. For more information on Dr. Levy, go to www.DrJordanLevy.com