

OCDNJ Summer 2017 Newsletter



New Jersey
IOCDF affiliate

***Next Quarterly Meeting on September 11**

Overcoming Barriers to OCD Treatment

Presented by Sean Gillihan, PhD

Effective treatment can help the majority of individuals with OCD. However, there are potential barriers at every step toward getting help, from choosing to seek help to getting the right diagnosis to finding the right therapy. This talk will review some of these barriers and will include a discussion about possible ways to remove them.

For more information on the presentation, click below:

<http://ocdnj.org/quarterly-meeting.htm>

*This presentation will be taking place at the Cherry Hill Library.



Sean Gillihan, PhD will present "Overcoming Barriers to OCD Treatment" on September 11 at our next quarterly meeting.

Dr. Steven Poskar, on "Medication Treatment of OCD: Separating Fact from Fiction"

by Rachel Pess

On Monday June 12, 2017, Steven Poskar, M.D. presented at the quarterly meeting of OCD New Jersey (OCDNJ). Dr. Poskar is the director of OCD NYC, a treatment center specializing in OCD and Related Disorders. He completed his psychiatric training at Montefiore Medical Center, where he went on to complete a research fellowship at the Compulsive, Impulsive, and Autism Spectrum Disorder Program. Dr. Poskar is currently a member of the International OCD Foundation Scientific and Clinical Advisory Board. He is also a member of the International OCD Foundation's Body Dysmorphic Disorder, Hoarding, and Autism Spectrum Disorder Special Interest Groups. He is a co-founder and current Vice President of OCD New York, the NY affiliate of The International OCD Foundation.

To read the rest of the article, click this link:

<http://ocdnj.org/poskarrev0617.html>



Dr. Steven Poskar presented on "Medication Treatment of OCD: Separating Fact from Fiction"

New Feature! OCD Community Personal Stories

"I have OCD...Did I Repeat Myself?"

by Danielle Silverstein

<https://www.wheretheeffismyhandbook.com/>

When I first decided to delve in and start Where The Eff Is My Handbook with Farrah, my first thought was that I love writing humorous but genuine pieces that help people feel supported and understood through laughter. Also, I absolutely love the idea that, as moms, we are kind

of all in this thing together. Each of our kids has his or her quirks, and each of us as parents has our own strengths and weaknesses. Don't get me wrong, it's so much fun to write about my failures and shortcomings, and how motherhood is completely different (yet still totally wonderful) than what I once imagined it would be. Yet I also feel like I actually do have some personal stories that have been, in a sense, life-changing. Well, this one isn't so much of a story as a part of me; another component of who I am that has made my life more challenging in many ways. Yet it has also tested my strength and caused me to grow and mature so much as a woman and a person. At age 19, when I was a sophomore in college, I was diagnosed with Obsessive Compulsive Disorder.

To read the rest of the article, click this link: http://ocdnj.org/Documents/DS_Story.pdf

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://www.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://www.ocdnj.org/professional-directory.html>