

OCDNJ Summer 2017 Newsletter



New Jersey
IOCDF affiliate

Next Quarterly Meeting on June 12

Medication Treatment of OCD: Separating Fact from Fiction

Presented by Steven Poskar, MD

This presentation will explain the current evidence-based approach to the pharmacologic treatment of OCD. It will also attempt to correct many of the myths about OCD and its treatment (there are many). Also discussed will be factors that may lead to poor response to medication and what can be done about them. The audience will also be given ample time to ask questions of the speaker.

For more information on the presentation, click below:

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



Dr. Steven Poskar will present "Medication Treatment of OCD: Separating

Fact from Fiction" on June 12 at our next quarterly meeting.

Allen Weg Ed.D., on "Thinking backwards: Overcoming OCD through paradoxical intention"

by Rachel Strohl, Psy.D.

On Monday March 13, 2017, Allen Weg, Ed.D. presented at the quarterly meeting of OCDNJ. Dr. Weg is a New Jersey Licensed Psychologist. He is Founder and Director of Stress and Anxiety Services of New Jersey, an independent multi-clinician practice with offices in East Brunswick and Springfield, specializing in cognitive behavioral treatment of OCD spectrum disorders, PTSD, and anxiety disorders in children, adolescents, and adults. Dr. Weg is also co-founder and President on the Board of Directors of OCDNJ and is on the Clinical and Scientific Advisory Board of the IOCDF. He has received certifications for the treatment of compulsive hair pulling and skin picking from The Professional Training Institute (PTI) of The Trichotillomania Learning Center (TLC) Foundation, and for the treatment of OCD from the IOCDF's Behavioral Therapy Training Institute (BTTI).

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

<http://ocdnj.org/wegrev0317.html>



Allen Weg, Ed.D. presented on "Thinking backwards: Overcoming OCD through paradoxical intention"

**Annual Conference Review of Presentation by Carol Hevia, Psy.D.
on "Killing your mom, going to hell, sex with a camel and more:
Treating OCD obsessions that generate guilt, shame, and disgust"**

by Rachel Strohl, Psy.D.

On Sunday March 5, 2017, Carol Hevia, Psy.D. presented at the annual conference of OCDNJ. Dr. Hevia has been working for 20 years with children, teens, and adults who suffer from OCD. She received her first Master's degree from the counseling psychology department at UW-Madison. She then did a post-graduate one year training certification program at the Boston Institute of Cognitive-Behavioral Therapies. Her second Master's degree in psychology and her Doctorate in Psychology were both from the Florida Institute of Technology in Melbourne, Florida. She did her Fellowship in Clinical Psychology at Harvard Medical School. She is a licensed psychologist in Massachusetts, Florida, and Arizona. Since 2005, Dr. Hevia has served as an Assistant Psychologist on the clinical staff of the OCD Institute at Mclean Hospital, part of Massachusetts General Hospital, considered by many to be one of the top inpatient OCD treatment centers in the world.

To read the rest of the article, click this
link: <http://ocdnj.org/2017AnnualConferenceReview.htm>



Dr. Carol Hevia, Psy.D. presented at the OCDNJ Annual Conference on "Killing your mom, going to hell, sex with a camel and more: Treating OCD obsessions that generate guilt, shame, and disgust"

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

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