

OCDNJ Fall 2017 Newsletter



Next Quarterly Meeting on December 11th

"Ask the Experts Panel"

A Panel of OCD Treatment Specialists

This session will be open for questions by all--whether a particular query from someone with OCD, concerns about a family member's OCD struggles, or a clinician looking for feedback about treating a case. Free and open to the public.

For more information on the presentation, click below:

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

Seth Gillihan, Ph.D. Presented on “Overcoming barriers to OCD treatment”

by Rachel Strohl

On Monday September 11, 2017, Seth Gillihan, Ph.D. presented at the quarterly meeting of OCDNJ at the Cherry Hill library. Dr. Gillihan is a New Jersey Licensed Psychologist. He is a Clinical Assistant Professor of Psychology in the Psychiatry Department at the University of Pennsylvania. Dr. Gillihan has written and lectured nationally and internationally on cognitive behavioral therapy (CBT) and the role of the brain in psychiatric conditions. He wrote *Overcoming OCD: A Journey to Recovery* with Janet Singer as well as *Retrain Your Brain: Cognitive Behavioral Therapy in 7 Weeks*, a workbook for managing depression and anxiety. Dr. Gillihan has a clinical practice in Haverford, PA, where he specializes in CBT and mindfulness-based interventions for OCD, anxiety, depression, and related conditions.

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

<http://ocdnj.org/gillihan92017.pdf>



Sean Gillihan, PhD presented "Overcoming Barriers to OCD Treatment" at our previous quarterly meeting

East Brunswick Day

by Allen Weg, Ed.D.

East Brunswick Day, which took place on Saturday, September 23rd, 2017, was the first time that OCD New Jersey was represented in one of the table exhibits there. While we had scrambled to the last minute to get volunteers for this event, we ended up with different shifts and a total of 5 volunteers- Janet, Kyle, and Lauren, as well as Drs. Allen H Weg and Zach Infantolino from Stress and Anxiety Services of New Jersey. Our table exhibit was one of the most well attended at the East Brunswick Day event- there was literally a line of people waiting to get to our table for most of the day. People were attracted by the sign we had up, "What do you know about OCD? TEST HERE." People would be asked a series of questions about OCD by one of the volunteers (who read them from a prepared sheet), and had to choose the correct answer for each one. Once done, if they answered correctly, event goers could spin a wheel with different prize options written on it. There was candy, small gifts, and tee shirts. We also made available information sheets about OCD and upcoming OCD New Jersey events, as well as our brochures and business cards.

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

<http://ocdnj.org/EBDReview.pdf>



OCDNJ volunteers and table exhibit at East Brunswick Day

SAVE THE DATE: Sunday, March 4th, 2018 is our next annual conference!

We are thrilled to have as our keynote speaker a return of Dr. Marty Franklin. The topic will be: "From the cradle to the grave: Nuances in CBT delivery across the developmental spectrum." Additionally, the conference will feature the "Living with OCD" Panel with those who deal with OCD every day and will be moderated by Dr. Allen H. Weg. A lavish, full course luncheon will be provided during the course of this conference.

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



Dr. Marty Franklin will present on "From the Cradle to the Grave: Nuances in CBT Delivery Across the Developmental Spectrum"

Seeking OCD Personal Stories!

The most recent OCDNJ newsletter featured a personal story written by an individual living with OCD. We are currently seeking similar personal stories from individuals of all ages within the OCD community. We hope to gather enough stories to include in future newsletters and on ocdnj.org. Stories can focus on:

- the challenges of living with OCD
- success and/or struggles in treatment
- lessons learned from having OCD
- information that may benefit readers who have OCD or who know someone who has OCD

If you are interested in submitting your story, please contact Dr. Jordan Levy at drjordanlevy@gmail.com

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>

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