

OCD New Jersey

An affiliate of the International OCD Foundation

Newsletter

Visit us on the web at www.njocf.org

Wayne Goodman M.D. Presented on "Deep Brain Stimulation for OCD"

by Rachel Strohl, Psy.D.

On Monday June 4, 2010, Wayne Goodman M.D. presented at the quarterly meeting of Obsessive Compulsive Disorder New Jersey (OCD NJ). Dr. Goodman has conducted pioneering research in the field of OCD and is the principal developer of the Yale-Brown Obsessive Compulsive Scale (Y-BOCS), the gold standard for assessing OCD. He is co-founder of the OCD International organization. He has published more than 200 articles in scientific journals and has been principal investigator on NIMH-funded grants. Currently, he is Professor and Chairman of the Department of Psychiatry at the Mount Sinai School of Medicine in NY.



Dr. Goodman began the presentation by explaining OCD is an anxiety disorder with obsessions, which are disturbing thoughts or ideas, and compulsions, which are behaviors or mental acts to decrease anxiety but are not pleasurable. The person with OCD recognizes that the behaviors are excessive or do not make sense. Common obsessions include: contamination, aggression, safety/ harm, sex, religiosity, somatic fears, and need for symmetry. Common compulsions include: cleaning/ washing, checking, ordering, counting, repeating, and hoarding.

Dr. Goodman discussed the recent history and current status of OCD research. In 1985 OCD was considered treatment resistant, but exposure and response prevention (ERP) was considered beneficial. There were also reports of clomipramine's benefits, which strengthened the theory of serotonin's

One of A&E's "Hoarding" show therapist to present on this topic for OCD New Jersey

Our next quarterly meeting will take place on Monday, September 13th at 7:30 p.m. at Robert Wood Johnson Hospital in New Brunswick. Directions may be found on page 11 in this newsletter. Our speaker will be Marla Deibler, Psy.D., a psychologist, who among other areas, specializes in hoarding and has been featured on the A&E television show, "Hoarding."

Dr. Deibler holds a doctorate in Clinical Psychology with a concentration in Health Psychology/Neuropsychology. She has gained experience at some of the finest institutions in the nation, including the National Institute of Mental Health at the National Institutes of Health, Children's National Medical Center, and the Kennedy Krieger Institute at Johns Hopkins University Medical Center.

Dr. Deibler has gained specialized behavior therapy experience in the treatment of obsessive-compulsive disorder and related disorders from the nationally-recognized Behavior Therapy Center of Greater Washington. She has also provided clinical services at the National Center for the Treatment of Phobias, Anxiety, and Depression, as well as St. Lawrence Rehabilitation Center.



Dr. Deibler served as Assistant Professor and Director of Behavioral Sciences at the Temple University School of Dentistry and served on the clinical faculty at Temple University School of Medicine and Temple University Children's Medical Center.

Dr. Deibler has published scientific research in peer-reviewed journals and has presented clinical training seminars and research findings at national and international meetings. She is Director of The Center for Emotional Health of Greater Philadelphia, www.TheCenterForEmotionalHealth.com.

OCD Awareness Week October 11-17, 2010

The International OCD Foundation describes this event as follows:

"The International OCD Foundation and its affiliates from across the country will come together to educate their communities and the public as a whole about obsessive compulsive disorder and its treatments. Learn from the nation's leading experts about how they work with those who suffer daily from the debilitating disorder. Have the opportunity to hear testimonials from patients both recovering and just beginning treatment and learn about the different treatments and therapies that help people hold jobs, balance relationships with family and friends, and lead more typical and productive lives."

The highlight of this week will be on Saturday night, October 16th, when groups from all over the country (and all over our state) will get together to share their OCD stories. At a certain point in the evening, certain people from these groups all over the country will tell their story online, and all the groups that will be meeting will watch online together as these people tell their stories. It is opportunity for people with OCD to come together as never before! Details are still a bit sketchy, but after the summer, look for more information at www.ocffoundation.org and www.njocf.org.

PRESIDENT'S MESSAGE



Dear Friends:

Well, I guess it's time to cool off, and settle into our regular daily activities that follow the summer months.

I'd like to call your attention to the fact that October 11th through the 17th has been designated as OCD Awareness Week by International Obsessive Compulsive Foundation.

This often debilitating disorder affects up to 4 million people in just the U.S. alone, and the general public must be educated about this serious mental illness.

Please go to our Website; "NJOCF.org" for further upcoming details and dates of our Main Event for Saturday evening October 16th. Please reserve this important date and mark your calendars accordingly.

Looking forward to seeing all of you at our next quarterly meeting, Monday evening September 13th at RWJ Hospital, for a truly enlightening evening.

Sincerely,
President Ina Spero

ATTENTION! ATTENTION!

The OCD NJ telephone hours are
9:00 a.m. to 9:00 p.m.
(732) 828-0099

CONGRATULATIONS!

To Dr. Allen H. Weg, Ed.D.
for being named to the
Scientific Advisory Board of the
International OCD Foundation.

THANK YOU!

To Joseph Billotti and Janet DePaolo
for their generous donations.

To Ted Wisneski and his students for
the many OCD New Jersey signs they
made for the organization!

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, Ina Spero, OCD NJ, 60 MacAfee Road, Somerset, NJ 08873.

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 the New Jersey Affiliate of the Obsessive Compulsion Foundation, 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.

ATTENTION PROFESSIONALS!

If you would like additional copies of the newsletter for distribution, please call (732) 828-0099 and ask for Ina.

IMPORTANT CHANGE!

In case you notice when reading this newsletter that our organization's name has changed - then you are very perceptive! The International OCD Foundation has requested the affiliates to change their chapter names, so we are now OCD NJ. The website is still www.njocf.org, as we are in the process of slowly making the transition to our new chapter name. We will announce when the website is renamed, etc., so watch for future articles!

OCD NJ 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.

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Visit us on the web at www.njocf.org

***OCD New Jersey (formerly NJ OCF)
An Affiliate of the International OCD Foundation***

presents our 11th Annual Conference...

“Hard-to-Treat OCD in Children and Adolescents: Child-Friendly CBT for Youngsters with Bad Thoughts, Perfectionism and Hoarding”

by Dr. Aureen Wagner

plus “Living with OCD” Panel

Sunday, October 24, 2010 • 10 AM TO 3 PM • Doubletree Hotel Somerset, NJ

SCHEDULE

10:00 - 10:30 Registration, Brunch opens
10:30 - 10:45 Welcoming Remarks,
Ina Spero, NJ OCF President
10:45 - 1:45 Dr. Wagner’s Presentation
(includes break times)
1:45-2:55 “Living with OCD” Panel,
Dr. Allen H. Weg, Moderator
2:55- 3:00 Closing Remarks - Ina Spero and Dr. Weg

OUR PRESENTERS

This program is designed for both professionals and non-professionals. During a full brunch, Dr. Wagner will present “Hard-to-Treat OCD in Children and Adolescents: Child-Friendly CBT for Youngsters with Bad thoughts, Perfectionism and Hoarding.” In her presentation, Dr. Wagner will provide an in-depth understanding of the symptom picture and thought processes associated with challenging forms of OCD in youngsters. Specific and creative child-friendly application of core CBT techniques for typically hard-to-treat forms of OCD will be presented, along with case examples.

The second part of the program, entitled, “Living with OCD,” will consist of a panel of those affected by OCD, who will each briefly speak about their experience and then take questions from conference attendees. This will be moderated by Allen H. Weg, EdD, OCD NJ Vice President.

PROGRAM

Aureen Pinto Wagner, Ph.D., is Clinical Associate Professor of Neurology at the University of Rochester School of Medicine & Dentistry, member of the Scientific Advisory Board of the International OCD Foundation and Director of The Anxiety Wellness Center in Rochester, NY. She is a clinical child psychologist who is widely recognized for her unique Worry Hill approach to making cognitive-behavioral therapy (CBT) accessible to youngsters. She is the author of several books for professionals and families including, *Worried No More: Help and Hope for Anxious Children*; *Up and Down the Worry Hill: A Children’s Book about Obsessive-Compulsive Disorder and its Treatment*; *What to do when your Child has Obsessive-Compulsive Disorder: Strategies and Solutions*, and *Treatment of OCD in Children and Adolescents: A Professional’s Kit*.

Dr. Weg is one of the co-founders and VP on the Board of Directors of OCD NJ. He is Founder and Director of Stress & Anxiety Services of NJ in East Brunswick.

CEU Credits for Social Workers and CEH Credits for Educators, pending approval of NJ State Board of Social Work Examiners and NJ Department of Education.

REGISTRATION FORM

Advance Registration (before 10/15/10) - \$75
Late/On-Site Registration - \$85
CEU Credits - Advance Registration - \$85
CEU Credits - Late/On-Site Registration - \$95
Student Fee (full-time with proper I.D.) - \$40

Includes full brunch • kosher meals available with advance registration only

No confirmation of registration will be sent

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DRIVING ON ROUTE 27 (What do you mean, I already trust?)

by Dr. Allen H. Weg, Ed.D.

In Central New Jersey there is a major road that runs through several towns. It is called by a different name depending on the town in which it is located, but throughout and on maps it is referred to as Route 27. Route 27 is a four-lane road with two lanes of traffic in each direction. You can drive reasonably fast on this road, 35 to 45 miles an hour and still be driving within the legal limits. Because there is no divider of any kind between the two inner lanes, with drivers from opposite directions each traveling at about the speed limit, you can be approaching a car that is approaching you at a combined speed of about 90 miles an hour with, maybe, 6 feet of space between the two cars as they pass each other on the road. This set of circumstances makes good fodder for a discussion with someone who suffers from OCD.

The OCD Connection

More than anything else, fighting OCD is about doing things that feel risky. Persons with OCD often acknowledge this, but then they report that they themselves are not good risk takers. They have difficulty moving forward without having a pretty good sense that things are guaranteed to work out all right. They ask, “Well how do you know that I don’t really have this disease? I need to check to make sure I am OK”; or, “I can’t be sure that I didn’t hit somebody. I have to drive back and look again”; or “How do I know that somebody isn’t going to get sick because I didn’t clean up properly in the kitchen?”

Typically, the response of the casual observer might be an attempt at a rational discussion, looking at the probabilities, evidence, history, or any other sources of information that might support the idea that the person’s worries were over reactive or even completely unfounded. Well, if the worrier in fact has OCD, we know this is a complete waste of time. We know that any attempt at reassurance is bound to fail; because in the obsessive world of OCD, the quest for guarantees is bound to fail. You never really can know for sure.

And so the more OCD-educated bystander might take a different strategic position in her response to the person with OCD. She will not attempt to reassure him but, rather, will challenge the person with OCD to accept the idea that he can never know for sure whether the thing he is concerned about will actually happen or not. “But how,” wonders the person with OCD, “can one exist with such doubt? How can I function without knowing? How do I dare take the risks of not doing that extra check, of not spending another moment on my ritual just to make sure that the dreaded consequence will not happen? It is just not in me to do be able to do that!”

And that is where we bring in Route 27. “How did you get here today?” the therapist can ask of the client in therapy. If your office is located in Central New Jersey, very often the answer is, among other roads, “Route 27.” And the therapist can explain how, when driving on this road, you essentially come within 6 feet or less of opposing traffic with both traveling at a combined speed that is potentially deadly should you hit another car head on. The therapist can go on to say, “These are strangers driving those approaching vehicles—hundreds of strangers passing within 6 feet of you. Minute after minute they keep approaching and then passing you, but you don’t know who they are. You don’t know anything about these people. They could be depressed and suicidal; they could be drunk. They could be fighting with their ex-spouse about custody issues on the cell phone. They could be distracted playing with the GPS controls or with their iPod. Isn’t that true?”

The client is likely to respond, “Yeah, I guess so . . .” to which the therapist can then say, “Well then, why do you keep on driving? You could get killed! Why take the risk?”

And usually, after a brief pause, comes the sheepish response, “Well, I don’t really think about that, I just do it.”

“But what about the risks?” the therapist asks.

The client responds, “But you have to take a chance. You have to

drive, or else you can’t get anywhere, you can’t do anything. You have to just kind of trust that it will turn out OK.”

“Ahhhh . . .” concludes the therapist, “So there it is!”

This leads to a further elaboration of the idea that your client in fact takes risks every moment of every day. “You could, after all, choke to death on your food, fall down the stairs in your home or in your shower and break your neck, suffer a heart attack or a stroke without having any warning or medical history that would make you a likely candidate as a cardiac risk,” and on and on. And in fact each of these things do happen. People really do die of car accidents on state highways. People do die from freak home accidents or choking on their food or from unexpected illnesses. This kind of unexpected occurrence happens every day. On the other hand, where is it documented that anybody ever got AIDS by seeing a thin “gay looking” man from across the parking lot? Or that if a person thinks of his parent dying while he walks through a doorway and then doesn’t go back and repeat the walk through the threshold thinking something positive that the parent will indeed die? Or that someone accidentally killed her whole family by unknowingly putting poison in with the cookie batter?

The important thing to keep in mind here is that as the therapist you are not trying to convince clients that their fears are less likely to come true than any of these other events. You are not saying “You are less likely to have this feared consequence happen if you put off your compulsion than these other things that happen in real life every day,” because that would be looking at probabilities of the risks, something, that, as mentioned earlier, goes nowhere in an OCD-related conversation. The point that you as therapist are trying to make with clients is that these concerns, these feared consequences that they struggle with, have nothing to do with risks at all. They are about having OCD. Pure and simple. They are arbitrary. They are just random ideas that become mediums for the expression of OCD.

By pointing out that the person does take risks on a daily basis without thinking about it, such as driving on Route 27, risks that in fact do on occasion have negative consequences, we hope to demonstrate to clients that confrontation of their OCD is not about being a person who has difficulty taking risks, or difficulty trusting. The client does in fact take risks, and often. And he does this by trusting that things will be OK, even without knowing for sure.

People with OCD already trust, in a thousand ways every day and without guarantees that things will turn out all right. They need to recognize and accept this and transfer this cognitive and behavioral repertoire to their OCD struggle. This translates into recognizing that the struggle is not about risk taking but about having OCD, and that they can trust without being sure, just as they do all the time in so many other situations.



Dr. Allen Weg, Vice President of OCD NJ, is executive director of Stress and Anxiety Services of New Jersey in East Brunswick. This story will be included in his book entitled, *OCD Treatment Through Storytelling: A Strategy for Successful Therapy*, published by Oxford University Press, out January 2011.

Professional Directory (continued on pages 6 & 7)

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 Ina Spero at (732) 828-0099 from 9 a.m. to 9 p.m.**

Clinical Psychologist
Licensed in 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
Fax: (201) 236-6310
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**Family Genetic Study of Tourette Syndrome (TS),
Attention Deficit Hyperactivity Disorder (ADHD), &
Obsessive Compulsive Disorder (OCD)**

We are conducting a research study that focuses on families affected by Tourette Syndrome (TS), Attention Deficit Hyperactivity Disorder (ADHD), and/or Obsessive Compulsive Disorder (OCD). We are looking for common behavioral traits, such as attentional difficulties and impulsivity, which may be shared by these conditions. If found, we want to determine whether these traits are heritable, that is, can be passed down from parents to children. We hope that the information we learn will eventually help researchers to develop better treatments for these conditions.

We are enrolling families in which there is at least one child, 6 years of age or older, who has TS, ADHD and/or OCD, or any combination of these conditions. We would like the whole family (both parents, brothers and sisters) to participate. Subjects will complete interviews, questionnaires and assessments examining areas such as attention, impulsivity, problem-solving, and visual-spatial skills. We will also collect a blood or saliva sample for DNA testing. Study participation is strictly voluntary and may require 3-6 hours per person for the completion of all study tasks. Study visits can be at MGH or in your own home. Families coming to MGH will have parking and meal expenses paid for them. Upon completion of all study tasks, families will be paid \$100 for their participation.

If your family meets these criteria and you are interested in learning more about this study, please call the Genetic Family Study at 1-800-471-2730, option 2 or email cillmann@partners.org. Please visit our website at www.ts-adhd-ocd.org.

Do you suffer from OCD?

If you are on medication but still have symptoms, you may be eligible for a treatment study at Columbia University/ NYSPI that would provide medication or cognitive-behavioral therapy at no cost to you (IRB#5188). If you are not on medication, you may be eligible for a brain scan study that will provide payment for your time and treatment at no cost to you (IRB#5494R).

For more information, visit www.columbia-ocd.org or call us for a confidential screening at (212) 543-5367.

OCD New Jersey Subscription Fee!

To continue the production and mailing of the quarterly newsletter, we are going to need to charge a minimal annual Subscription Fee. This fee will directly cover the printing and mailing of each quarterly newsletter.

The Subscription Fee for 2010 is \$7.00.

Please either bring payment to the next meeting or return the form below with payment by cash, check, or money order to: OCD NJ, 60 MacAfee Road, Somerset, NJ 08873-2951.

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TAMSEN THORPE, Ph.D.
Director
Psychologist

NJ License #3826

914 Mt. Kemble Ave, Suite 310
Morristown, NJ 07960
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Fax 973.538.2302
www.drkot.com



MARLA W. DEIBLER, PSY.D.
DIRECTOR,
LICENSED PSYCHOLOGIST
NJ Lic. No. 35SI00438000

385 N. KING'S HIGHWAY
CHERRY HILL, NJ 08034
PH: (856) 220-9672

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STEVEN I. DYCKMAN, M.D.
CHILD, ADOLESCENT AND ADULT PSYCHIATRY

137 PAVILION AVENUE
LONG BRANCH, N.J. 07740

G-9 BRIER HILL COURT
EAST BRUNSWICK, N.J. 08816

Telephone: (856) 482-5860
e-mail: daraush@aol.com

DAVID A. RAUSH, Ph.D.
Licensed Psychologist

215 East Laurel Road
Suite 201
Stratford, NJ 08084

NJ License: 35SI00367600



(908)809-8113

VICTORIA LIPINSKI, LCSW, LCADC
Clinical Director
Psychotherapist

405 Omni Drive
Hillsborough, New
Jersey 08844



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Francine Rosenberg, Psy. D.
Licensed Psychologist
NJ Lic. #3694

50 Cherry Hill Road • Suite 305
Parsippany, New Jersey 07054
Telephone (973) 257-9000 ext. 207 / Fax (973) 257-0506
dfr Rosenberg@morrispsych.com • www.morrispsych.com

Lynn Mollick, Ph.D.
License # 1832

Milton Spett, Ph.D.
License # 1830

PSYCHOLOGY ASSOCIATES
of Cranford & Westfield

1150 Raritan Road
Cranford
(908) 276-3888

Westfield Phone:
(908) 654-0122

MICHAEL ZORNITZER, M.D., F.A.P.A., P.A.

Diplomate, American Board of Psychiatry and Neurology

Psychiatry
2 W. Northfield Rd., Suite 305
Livingston, New Jersey 07039

Tel. (973) 992-6090
Fax (973) 992-1383
mzornitzer@aol.com

N.J. License #4067

Karen J. Landsman, Ph.D.

CLINICAL PSYCHOLOGIST

(973) 895-2442

Author of "Loving Someone with OCD"

128 St. Paul Street
Westfield, NJ 07090

268 Green Village Road
Chatham, NJ 07935

Phone (973) 744-8791
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LICENSED PSYCHOLOGIST

G9 BRIER HILL COURT
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Barbara J. Nicholls MSW LCSW

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“Deep Brain Stimulation for OCD”

by Rachel Strohl, Psy.D.

involvement in OCD and led to research efficacy of SSRI medications. The past 25 years of OCD research have “advanced treatment through a better understanding of neurobiology” and identified “multiple etiologic forms of OCD.”

He then transitioned to the rationale for neurosurgery, specifically Deep Brain Stimulation (DBS), in OCD. Dr. Goodman emphasized DBS should be considered as a last resort, followed by treatment trials and resistance for the following: 1) SSRIs 2) cognitive behavioral therapy 3) combination of SSRIs and CBT, and 4) SSRIs and anti-psychotics medications. Further, OCD would have to be chronic, severe, impairing, and a “paucity of effective alternative treatments.”

In January 2010 Deep Brain Stimulation received full FDA approval status for Parkinson and limited approval for OCD and Dystonia. DBS is a neurosurgery where electrodes are implanted in the brain and connected to a pacemaker in the chest; it is reversible, adjustable (e.g., voltage, frequency, etc.), invasive, and not destructive. Research studies (i.e., Belgium, 1999; University of Florida, 2010) indicate 60% of patients respond to DBS. While the risk of side effects is low, they are very serious and can be lethal, such as hemorrhage (less than 1%), infection, etc.

Dr. Goodman concluded the presentation by showing a video of a patient, a 34 year old, married, white, female, pre and post DBS surgery. The patient explained her motivation for DBS was her OCD was starting to affect her 2 year old daughter. At 5 year follow up, her OCD symptoms remained significantly reduced.



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 NJ. She may be reached at 732-390-6694.

HELP OCD NJ GO GREEN!!

In an effort to save trees and help the environment, and in addition to assist OCD NJ with saving money on the printing and mailing of the quarterly newsletters, we are asking our readers to please consider receiving the newsletter by e-mail!

If you are interested in doing so, please e-mail Nicole Torella at torellani@aol.com and provide your first and last name, in order to remove it from the current mailing list. Most importantly, please specify the e-mail address that you would like the newsletter sent to. Nicole will recognize your e-mail and update the lists accordingly. Thank you!

UPCOMING EVENTS

September 13, 2010 at 7:30 p.m.
Quarterly meeting at RWJ Hospital
Dr. Marla Deibler
“Hoarding and more...”

October 24, 2010 at 10:00 a.m.
Annual Conference
DoubleTree Hotel, Somerset
Dr. Aureen Wagner
“Hard-to-Treat OCD in Children and Adolescents”

December 14, 2010 at 7:30 p.m.
Quarterly meeting at RWJ Hospital
Dr. Fran Rosenberg
“Hierarchy Construction for ERP”

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.

Stress and Anxiety Services of New Jersey

Founder and Director: Allen H. Weg, Ed.D.,
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.
Now also serving Spanish speaking clients.

A-1 Brier Hill Court, East Brunswick, NJ 08816 * Phone: 732-390-6694 x1
www.StressAndAnxiety.com

WANT TO START A SUPPORT GROUP? WE CAN HELP!

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 NJ 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 NJ, 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 Ina Spero at 732-828-0099 (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 everybody- 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

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.

BDD GROUP TO START IN ROSELLE PARK

A support group for body dysmorphic disorder (BDD) is being organized 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.

SOUTH 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.

NEW GROUP IN EAST BRUNSWICK

A new group will meet on Aug. 20, 2009 at 7:30 p.m. at the East Brunswick Library on Civic Drive (off Ryders Lane). Please call Adrienne at (908) 672-1927 or e-mail listeningears123@aol.com. The group plans to meet the third Thursday of every month at the East Brunswick Library.

NEW GROUP IN WARREN COUNTY

Margaret DeCorso, who was on our "Living with OCD" Panel at our last annual conference, is trying to put together a Children Support Group in Warren County for children and adolescents. For more information, call Margaret at (908) 637-8806 or email m.decorso1@comcast.net.

NEW GROUP FORMING IN ROXBURY

A new support group is trying to get underway in Roxbury, NJ. It will meet on Tuesday evenings, once a month, from 7:30 to 9:00 p.m. at the Roxbury Public Library in Succasunna. Jenna Yiu is forming the group and can be reached at (201) 323-6204 from 8:00 a.m. to 9:00 p.m.

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.

OCD NJ DVDS NOW AVAILABLE!

We videotape our annual conferences and the speakers from our quarterly meetings, and provide copies of them to anyone interested. All moneys charged are put back into OCD NJ to help defray the costs of the organization. The following are now available in DVD format. Also note that on our website, www.njocf.org, a full description of each DVD is available.

"The Enemy Within: Getting Aggressive with OCD" Allen Weg, Ed.D.	\$15.00
"Being a Parent with OCD" Cynthia Haines, Psy.D.	\$15.00
NJ OCF - 10th Annual Conference, Parts I, II, III	\$35.00
"Living with OCD" Panel, Part III - NJ OCF 10th Annual Conference	\$15.00
"Body Dysmorphic Disorder (BDD), Hypochondriasis, Hoarding, and other OCD Spectrum Disorders; Comparing and Contrasting Treatments with OCD", Dr. Fugen Neziroglu, Part 2 NJ OCF 10th Conference	\$15.00
"Body Dysmorphic Disorder (BDD), Hypochondriasis, Hoarding, and other OCD Spectrum Disorders; Comparing and Contrasting Treatments with OCD", Dr. Fugen Neziroglu, Part I NJ OCF 10th Conference	\$15.00
"The Latest Research on Pediatric OCD and Trichotillomania", Dr. Marty Franklin & Dr. Diana Antinoro	\$15.00
"All Tangled Up: When OCD has Multiple Layers", Dr. David Rausch	\$15.00
"OCD, Safety and Self-Esteem: Hitting You Where it Hurts", William Gordon, Ph.D.	\$15.00
NJ OCF - 9th Annual Conference, Parts I and II	\$25.00
Medications & OCD" Dr. Steven Dyckman	\$15.00
"Living with OCD Panel: Featuring Mothers of Children with OCD"	\$15.00
"OCD in the Classroom", Rachel Strohl, Psy.D.	\$15.00
NJ OCF - 8th Annual Conference, Parts I and II	\$25.00
"Parenting Children and Adolescents with OCD: A Four Step Approach" Allen H. Weg, Ed.D.	\$15.00
"NAMI" Mr. Philip Lubitz	\$15.00
NJ OCF - 7th Annual Conference, Parts I and II	\$25.00
"Living with OCD" Panel, Part II - NJ OCF 7th Annual Conference	\$15.00
"Cognitive Behavioral Therapy for OCD & Related Disorders..." Dr. Martin Franklin (7th Conference)	\$15.00
"New and Experimental Pharmacological Treatments for OCD." William Greenberg, MD.	\$15.00
"Obsessive Compulsive Disorder, A Survival Guide for Family and Friends." Roy C.	\$15.00
NJ OCF - 6th Annual Conference - Parts I and II	\$25.00
"Living with OCD" Panel, Part II - NJ OCF 6th Annual Conference	\$15.00
"Potholes in the Road to Recovery..." Fred Penzel, Ph.D. - Part I - NJ OCF 6th Annual Conference	\$15.00
"Incorporating Mindfulness Into Treatment of OCD", Jessica Page, Psy.D.	\$15.00
"Beyond Exposure and Response Prevention", Milton Spett, Ph.D.	\$15.00
NJ OCF - 5th Annual Conference, Parts I and II	\$25.00
"Panels of Drs. Grayson, Springer, & Weg" Part II - NJ OCF 5th Annual Conference	\$15.00
"Using Scripts to Counter the Voice of OCD" Jonathan Grayson, Ph.D., Part I - 5th Annual Conference	\$15.00
"Improving Outcomes in Treatment for OCD", Deborah Roth Ledley, Ph.D.	\$15.00
"Hoarding", Dr. Dena Rabinowitz	\$15.00
"Getting Past Go," Dr. Allen H. Weg, Ed.D.	\$15.00
"Neurobiology of OCD," Dr. Jessica Page	\$15.00
NJ OCF - 3rd Annual Conference, Parts I and II	\$25.00
"The Parents Panel of Kids with OCD" Part II - NJ OCF 3rd Annual Conference	\$15.00
"Freeing Your Child from OCD", Dr. Tamar Chansky, Part I - NJ OCF 3rd Annual Conference	\$15.00
"You, Me, and OCD: Improving Couple Relationships.", Harriet Raynes Thaler, MSW, ACSW	\$15.00
"Medications" Dr. William Hayes	\$15.00
"OCD", Dr. William Gordon	\$15.00
"Medications and OCD", Dr. Rita Newman	\$15.00
"Panic and OCD", Allen H. Weg, Ed.D.	\$15.00
NJ OCF- 2nd Annual Conference, Parts I and II (combined discount price)	\$25.00
"The OCD Kids Panel", Part II- NJ COF 2nd Annual Conference	\$15.00
"Living With Someone With OCD..." Fred Penzel, Ph.D., Part I - NJ OCF 2nd Annual Conference	\$15.00
"OCD Spectrum Disorders", Nancy Soleymani, Ph.D.	\$15.00
"Generalized Anxiety Disorder and OCD", David Raush, Ph.D.	\$15.00
"Flying Towards the Darkness", NJ OCF First Annual Conference:Parts 1 & 2	\$25.00
"Flying Towards the Darkness"- Part 1 only, Allen H. Weg, Ed.D. NJ OCF 1st Annual Conference	\$15.00
"Flying Towards the Darkness"- Part 2 only: The OCD Panel, NJ OCF 1st Annual Conference	\$15.00

Add \$4.95 each for S & H: _____@\$.95 ea_____ Your Total cost:_____

Send check or money order, made out CNJAOCF, and mail to: OCD NJ, 60 MacAfee Rd, Somerset, New Jersey 08873. Be sure to include your Name, Address, Town, State, and Zip Code so the DVDs can be shipped! Questions? Call Ina Spero at 732-828-0099 (9 a.m. - 9 p.m.)

DIRECTIONS TO OUR MEETING LOCATION!

Our next quarterly meeting, which will take place on *Monday evening, September 13, 2010 at 7:30 p.m.* The location is: **Robert Wood Johnson University Hospital, New Brunswick, NJ, in the Medical Education Building, Room 108A.**

From the New Jersey Turnpike:

Take Exit #9 (New Brunswick) and proceed on Route 18 North, approximately 2 miles to the exit Route 27 South (Princeton Exit). Follow Route 27 South (Albany Street) to the 4th light (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. (Parking Deck fee: \$1 per hour). To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From Southern New Jersey:

Take Route 18 North to Route 27 South (Princeton exit). Follow Route 27 South (Albany Street) for 4 lights (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. (Parking Deck fee: \$1 per hour). To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From Route 1 (North or South):

Take Route 18 North to Route 27 South (Princeton Exit). Follow the Route 27 South (Albany Street) directions above. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From Route 287:

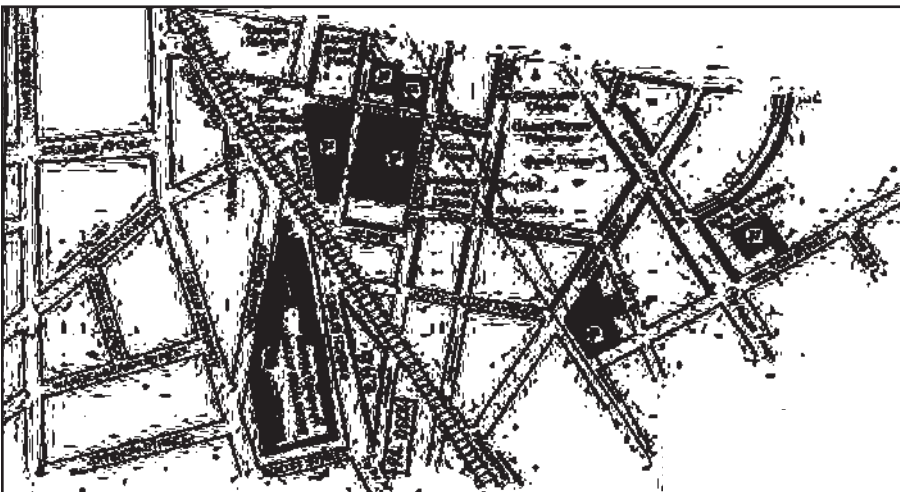
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From the Garden State Parkway:

Exit Route 1 South. Proceed approximately 9 miles to Route 18 North. Take Route 18 North to Route 27 South (Princeton Exit). Follow Route 27 South (Albany Street) to the 4th light (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

Medical Education Building (MEB):

Take the hospital's parking deck elevator to the first floor and upon exiting make a right. Walk across the Arline & Henry Schwartzman Courtyard to the double glass doors; the sign above will read "Medical Education Building". For Room #108-A, make an immediate right and the room is on your left-hand side.



Parking is also available by the Clinical Academic Building (CAB)!

Parking at the CAB is provided by the New Brunswick Parking Authority in the Paterson St. Parking Deck (across from the CAB). To park in this deck you have to access it via Paterson St. From Rt. 287N, make right onto Paterson St. From Rt. 287S, make a left onto Paterson. From the Turnpike, take exit 9 to Rt. 18N, exit at Rt. 27S (towards Princeton), pass the train station and CAB is on left. After it, make sharp left onto Paterson St. Parking deck is on right. For Rt. 1N or S follow directions above from Rt. 18. For Garden State Parkway, follow directions above from Turnpike.

