



Newsletter

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Allen Weg, Ed.D. Presented "The Enemy Within: Getting Aggressive with OCD"

by Rachel Strohl, Psy.D.

On Monday March 8, 2010, Allen Weg, Ed.D. presented at the quarterly meeting of the NJ Obsessive Compulsive Foundation. Dr. Weg is founder and director of Stress and Anxiety Services of New Jersey, a private practice of licensed psychologists in East Brunswick, all of whom specialize in the cognitive behavioral therapy of anxiety disorders. In addition to NJOCF, Dr. Weg is also on the Board of Directors for the Middlesex County Association of



Psychologists and the New Jersey Association of Cognitive Behavioral Psychologists, and is on the Scientific Advisory Board for the International OCD Foundation.

Dr. Weg began by stating exposure therapy (ERP = exposure and response prevention) is the treatment of choice for OCD. The nature of ERP creates a conflict situation between a person and his or her symptoms. The person fights his or her OCD by moving towards the discomfort and "the things you want to move away from." He explained, "in order to become aggressive with OCD, it helps to make the OCD separate from yourself by anthropomorphizing it," or giving it a separate, unique identity.

Dr. Weg suggests giving OCD a name, a physicality (e.g., man, woman, child, thing), and to then "do battle with the Other." This concept should be expand-

continued on page 4

Wayne Goodman, MD to Speak at Next Quarterly Meeting

Dr Wayne Goodman is one of the most prolific investigators of OCD in the country. He is one of the principle authors of the Yale Brown Obsessive Compulsive Scale (the Y-BOCS), the "gold standard" for the assessment of OCD, and is one of the co-founders of what is now called the International OCD Foundation.

We are honored to have Dr. Goodman speak to us at our next quarterly meeting on Monday, June 14th, at 7:30 p.m., at Robert Wood Johnson Hospital in New Brunswick. Directions and details may be found at the end of this newsletter.

A graduate of Columbia University, Dr. Goodman received his medical degree from Boston University School of Medicine and completed his residency and fellowship in psychiatry at Yale University, where he remained on the faculty until 1993. He served as Chairman of the Department of Psychiatry at the University of Florida College of Medicine, was the Chair of the Food and Drug Administration's Psychopharmacologic Drug Advisory Committee, and last year was appointed Professor and Chairman of the Department of Psychiatry at the Mount Sinai School of Medicine in New York City. Dr. Goodman is author of over 200 articles in scientific journals and in recent years he has focused on developing approaches to treatment-resistant OCD including the study of Deep Brain Stimulation (DBS).



At our quarterly meeting, Dr. Goodman will be speaking on "Deep Brain Stimulation in OCD." The talk is in Powerpoint format and includes some videos. Those who come to this presentation will learn how clinicians assess eligibility criteria for deep brain stimulation in OCD. The presentation will also demonstrate the results of a pilot study on deep brain stimulation in OCD. Finally, those who join us will learn about first-line treatments for OCD. Please join us for what promises to be a most educating presentation.

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!

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!

PRESIDENT'S MESSAGE



Dear Friends:

I'd like to bring to your attention that the National OCD Foundation located in Boston has had a "name change." It is now known as

"The International OCD Foundation."

At the request of the Foundation, we are now incorporated as OCD NJ. We have not yet updated our logo. Please note however, that our web site remains the same at www.njocf.org, along with our Mission and Officers.

Looking forward to seeing everyone at our June 14th Meeting, for a special, most enlightening evening with our guest speaker.

Sincerely,
President Ina Spero

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YOU CAN HELP..

With production cost and postage rates climbing and our mailing list growing rapidly, we would like to mention that any voluntary contribution would aid us to keep this NJ Affiliate Newsletter going.

- Board of Directors

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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! ATTENTION!

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

SPECIAL THANKS!

To all who continue to make very generous donations to OCD NJ.

We very much appreciate your support!

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.

OCD NJ OFFICERS

- Ina Spero - President
- Allen Weg, Ed.D. - Vice President
- Judy Cohen - Secretary
- Rachel Strohl, Psy.D. - Recording Secretary
- Julian Spero - Treasurer
- Nicole Torella - Newsletter Editor
- Steven I. Dyckman, M.D. - Advisory Board member

READY FOR TAKEOFF (As a parent, where do I begin?)

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

If you have ever traveled by plane, you have experienced the brief safety instructional and general information presentation given either in person or via video recording by one of the flight attendants before takeoff. Things like noting where the exits are (“and don’t forget that the closest one might be behind you!”), reviewing how to operate the life vest, and explaining the need to pay attention when the “buckle your seatbelt” sign is illuminated are some of the important pieces of information reviewed.

Another such piece of information always reviewed during these presentations involves those oxygen masks that are supposed to drop down out of the compartment above your head during an emergency. Passengers are specifically instructed on how to put these masks on, and then the flight attendant makes a special announcement to those traveling with persons who may require assistance with the masks. These particular passengers are instructed that, in the event of an emergency, one should put the oxygen mask on oneself first, and only then assist the person requiring help. These instructions make sense, since, if you spend too much time assisting the other person first, you may end up passing out from lack of oxygen, and then you are not only in danger yourself but you are no longer in the position to help the person requiring assistance and hence they are in danger as well (the flight attendants never actually say that part, but everyone understands that this is why these instructions are given).

While these instructions may pertain to someone traveling with an elderly or ill person, most of the time this situation arises when one is traveling with a child. It is easy to imagine a situation where, panicked by the state of emergency taking place on a flying aircraft, parents would focus only on getting that potentially life-saving mask on their children first, and not give any thought about getting the masks on themselves until they were sure that their children were safely fitted with the device. But, for the reasons reviewed above, that would be a mistake. In order to protect your child most effectively, you must first make sure that you yourself are out of harms way.

When parents bring their children with OCD in for treatment, they have a very specific agenda; “Make my child well.” When they learn that in cognitive behavioral therapy the style of treatment is not so much that the therapist does anything “to” the client, but instead the therapist instructs the client in the ways she can help herself, parents then want the therapist to tell them and their children what their children need to do differently in order to get better. These parents are sometimes caught off guard when they learn that the first step in this kind of situation, at least a good deal of the time, is not about having the child do anything differently at all, but about having the parents do something differently.

As is the case with alcohol and drugs, OCD can become a family affair. Family members, especially parents, can become wrapped up in their child’s OCD demands. In an attempt to protect their child from the emotional discomfort of the obsession, parents will assist their child in performing a compulsive ritual,

or even do that ritual for them, or play a specific role in the carrying out that ritual. While this serves the purpose of temporarily reducing the anxiety and emotional discomfort of the child, it ultimately serves the OCD, because giving into the OCD by performing rituals to decrease anxiety will always result in the strengthening of the obsessions. This, in turn, often leads to the requirement of more lengthy, complicated, and/or bizarre ritualistic behaviors.

A child might ask a parent to check in the closet of the child’s room to make sure there are no monsters in there. While complying to this request serves the healthy function of reassurance on the part of the parent and leads to diminished anxiety on the part of a child under normal circumstances, this is not the case when OCD enters the picture. With OCD, such checking on the part of the parent will inevitably lead to requests (or demands) for more elaborate checking or other such behaviors. Parents might soon find that they are requested by their child to now look in between each piece of clothing hanging in the closet, or that demands are being made that they must now recite a particular script such as “I see no monsters in Mary’s closet.” This occurs because the initial reassurance serves to strengthen the OCD symptoms, creating the need for these more elaborate rituals on the part of the parent.

And so in therapy, rather than having the child make changes in her requests or demands of her parents, we often start by negotiating with the child as to how the parents will be changing their responses to those demands and requests. Before the therapy can more directly address the OCD cycle of obsessions and compulsions in the child, the parents must first be assisted in extricating themselves from the cycle, and that means changing their behavioral response to the OCD demands.

In this way, the parent is no longer under the direct influence of the OCD, and has in effect modeled for the child the concept of fighting back, not giving into OCD demands, and standing your ground. Once the parent has removed OCD from directly controlling her own behaviors, just like the parent on the airplane who has secured her own oxygen mask and is now safely able to assist her child in putting on the child’s mask, the parent of the child with OCD is now in a more healthy position to assist her child in learning and employing the techniques for combating OCD.



Dr. Allen Weg, Vice President of OCD NJ, is executive director of Stress and Anxiety Services of New Jersey in East Brunswick. His book entitled, OCD Treatment Through Storytelling: A Strategy for Successful Therapy, published by Oxford University Press, will be out in the Fall of 2010.

“The Enemy Within” - continued

by Rachel Strohl, Psy.D.

ed to the image of “going to war” against the OCD, which is more than just a bully, but an enemy. For children with OCD, this concept can be more concrete through the use of a war map.

Dr. Weg further outlined the premise of ERP against OCD, “the Other,” by doing the opposite of what OCD wants you to do. For instance, touch the drawers that OCD tells you are contaminated and then resist washing. ERP applied against mental compulsions require you to purposely think the very things that OCD tells you not to think about (e.g., such as aggressive or sexual images).

The emphasis should be on the “relationship between the person and his/her OCD,” so you become the aggressor or predator in the relationship, instead of the prey. Dr. Weg recommends engaging in aggressive dialogue against the OCD, whether through role playing, script writing, or drawing pictures. He illustrated these concepts throughout the talk with vivid metaphor stories and drawings.

Dr. Weg also warns clients to watch out for OCD “propaganda” when doing ERP: 1) Don’t try, you can’t do it. 2) If you start ERP, you won’t be able to handle it. 3) You’ll pay for this later (e.g., “something terrible will happen in the future”). 4) Your efforts are disqualified (e.g., your apparent success with ERP “doesn’t count” for some reason).

It is helpful to reinterpret any change or increase of OCD symptoms, as “the OCD got scared and so is making a lot of ‘noise’ but it really is just a paper tiger, and if you continue the ERP work, the OCD will crumble.” Finally, remember challenging OCD obsessions and compulsions should be along a hierarchy. When you give in, use “passive aggressive compliance:” You may be doing a ritual, but it’s on your terms (e.g., delay or postponement, washing four fingers instead of five, taking 3 minutes to complete a ritual rather than the customary 4, etc.). Ask yourself, “If I can’t do that, what can I do?” so you continue to be aggressive against the OCD enemy.



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.

SAVE THE DATE! MEETINGS IN 2010!

The OCD NJ quarterly meetings for 2010 will be held on the following dates:

June 14
September 13
December 13

Please plan to join us! Our meetings begin at 7:30 p.m. and will be held at Robert Wood Johnson Hospital in New Brunswick, NJ.

Directions to Robert Wood Johnson Hospital can be found on page 11.

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.

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.**

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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 NJ 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.

To receive the newsletter by e-mail for FREE, please e-mail Nicole Torella at torellani@aol.com and you will receive a pdf file each time we produce the newsletter!

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**SAVE THE DATE
FOR THE
OCF NJ ANNUAL CONFERENCE**

Save the Date!

On Sunday, October 24, 2010 we will have our 11th annual conference/brunch at the Somerset Doubletree Hotel. Dr. Aureen Wagner will present, "Hard-to-Treat OCD in Children: and Adolescents: Child-Friendly CBT for Youngsters with Bad thoughts, Scrupulosity, "Just Right OCD," Perfectionism and Hoarding."

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. 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.*

UPCOMING EVENTS

June 14, 2010
Quarterly meeting
RWJ Hospital
Dr. Wayne Goodman
"Deep Brain Stimulation in OCD"
see accompanying article in this newsletter

September 13, 2010
Quarterly meeting
RWJ Hospital
Dr. Marla Deibler
"Hoarding and more..."

October 24, 2010
Annual Conference
DoubleTree Hotel, Somerset
Dr. Aureen Wagner
"Hard-to-Treat OCD in Children and Adolescents"
(see website for details)

December 14, 2010
Quarterly meeting
RWJ Hospital
Dr. Fran Rosenberg
"Hierarchy Construction for ERP"

OCD NJ Represented at East Brunswick Community Fair

On March 7, 2010, there was a community fair held at the Brunswick Square Mall in East Brunswick. Tucked among the many booths representing such things as East Brunswick Recycling, boy scout troops, East Brunswick Hadassah, and Playhouse 22, was our booth for NJ OCD (still using our old sign naming us the NJ Affiliate of the Obsessive Compulsive Foundation).

Adrienne Friedman, who organizes the OCD Support Group in East Brunswick, manned the booth on her own for most of the day. Adrienne's monthly group meets in the East Brunswick Library and is designed for spouses and supporters of those who suffer with OCD.



If interested, she can be reached at Listeningears123@aol.com or call her at 908-672-1927.

Adrienne took questions and handed out our newsletters and brochures to attendees. Dr. Allen Weg, pictured here with Adrienne, stopped by to say hello and to thank her for her commitment and her efforts to support our organization and get the word out. Ina and Julian Spero also spent some time manning the booth that day.

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. For more information, please contact Carey Bloom at 609-275-5487.

TEENS GROUP IN GLEN RIDGE

An OCD Support Group has formed for Teens in Glen Ridge, NJ. Meetings will be held on the first Sunday of each month at 6:30 p.m. at the Glen Ridge Women's Club, 219 Ridgewood Avenue. For information, please call Julie at (973) 508-8719.

NEW TRICHOTILLOMANIA GROUP FORMING IN MERCER CTY/CENTRAL NJ

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.

FIND A GROUP FOR YOU! NEW WOMEN'S ONLY GROUP IN JACKSON

A Women's only support group is being held in Jackson, NJ. This group meets on the first Sunday of each month, from 8:00 to 9:30 p.m. at the Debows United Methodist Church at 509 Monmouth Road in Jackson. For more information, please contact Kathy at (732) 644-3291.

NEW GROUP IN BRICK TOWNSHIP

The NJ OCF is pleased to announce that there is a group in Brick Township. The group meets every Friday evening from 8:00 p.m. to 9:30 p.m. at St. Paul's United Methodist Church, 714 Herbertsville Road, Room # 6, Brick, NJ 08724. For more information on the group, call Mary F. at (908) 675-2627. If you live in the area and are looking for some OCD support, be sure to stop by and check it out!

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.

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 GROUP FORMING IN TEANECK

A new support group is forming in Teaneck. It will meet every Wednesday at 7:00 p.m. at the "Veggie Heaven" restaurant at 473 Cedar Lane, Teaneck, NJ (201-836-0887). For more information on the group, please call Gregory at (917) 318-3003.

NEW TEEN GROUP IN ROBBINSVILLE/PRINCETON

New Adolescent/Young Adult Support Group forming in the Robbinsville/Princeton Area. Please contact Michael Bellero at (609) 259-2004 or m_bellero@yahoo.com for more information.

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: _____@ \$4.95 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, June 14, 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:

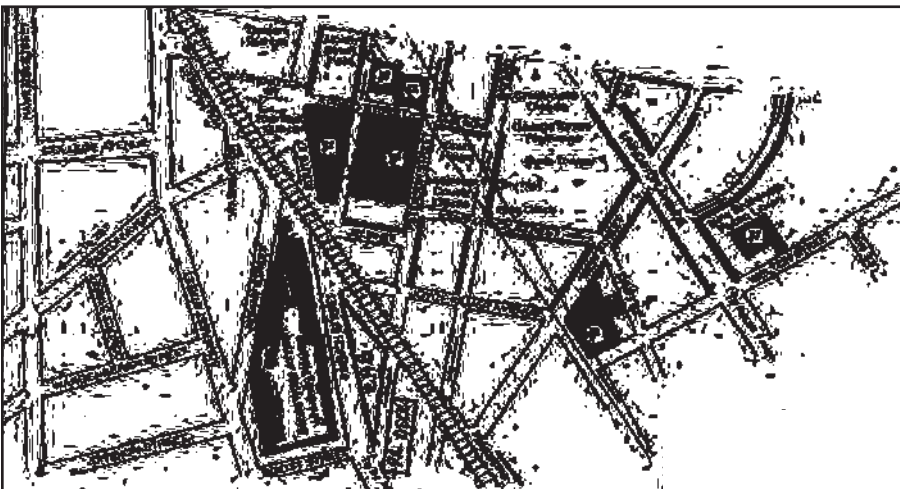
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking 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.

