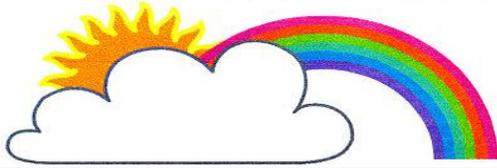


NEVER say NEVER



*In the midst of the seemingly endless storm,
look to the promise of the rainbow -
the rain shall not prevail!*

Winter 2011

Spirituality and OCD

As we search for solutions to the problem of Obsessive-Compulsive Disorder, we find that the Internet has become one of our most important sources of information. As with any news source, we must tread carefully, but there are gems to be found.

We found such a gem in the website of the Awareness Foundation for OCD and Related Disorders (AFOCD) (www.afocd.org). Its founder, James Callner, has written some articles relating his own struggle with OCD. He used medication and Exposure/Response Prevention (ERP) as

many of us do, but he added another dimension that helped him in his fight. We have talked about the importance of AWARENESS here before, and it is always good to have our ideas reinforced by stories of triumph over OCD. James clearly states that "I am not a therapist, psychiatrist or medical person of any kind. The variety of treatments, or as I call them, solutions, are strictly from my own experience." We have included two of James Callner's articles in this issue of *Never Say Never* in the hope that his story will inspire you in your own fight against OCD.

LATEST NEWS

- **NEW OCDFM PHONE NUMBER.** Due to circumstances beyond our control, we have had to change our phone number. Our new number is **734-466-3105**.
- **WELCOME** Dr. James Gall, the newest member of the OCDFM Board of Directors. We still need Board members. If you're interested, call 734-466-3105 or e-mail OCDmich@aol.com.
- **SUPPORT GROUPS** in Ann Arbor and Royal Oak are now up and running. See the group listings on page 3.

THE OCD FOUNDATION OF MICHIGAN

P.O. Box 510412
Livonia, MI 48151-6412

Telephone (voice mail): (734) 466-3105

E-mail: OCDmich@aol.com

Web: www.ocdmich.org *

* Thanks to Mark Fromm, President of Business Growth Today, Inc., for hosting our website.

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NEVER say NEVER

is the quarterly newsletter of The OCD FOUNDATION OF MICHIGAN,
a 501(c)(3) non-profit organization.

Please note that the information in this newsletter is not intended to provide treatment for OCD or its associated spectrum disorders. Appropriate treatment and advice should be obtained directly from a qualified and experienced doctor and/or mental health professional. The opinions expressed are those of the individual authors.

To submit articles or letters, write or e-mail the OCDFM at the above addresses.

LIST OF SELF-HELP GROUPS

ANN ARBOR:

1st Thursday, 1-2:30 PM
Community Support & Treatment Service
(CSTS)
2140 E. Ellsworth Rd., Ann Arbor, MI
South of I-94 btw Platt & Stone School Rds.
Contact: Jim at 734-477-0326,
jhm420@juno.com OR
Jeannie at 734-761-4629,
michiganlady64@gmail.com

DEARBORN:

2nd Thursday, 7-9 PM
First United Methodist Church
Garrison and Mason Streets
Call (734) 466-3105

FARMINGTON HILLS:

1st and 3rd Sundays, 1-4 PM
Trichotillomania Support Group
Botsford Hospital
Administration & Education Center,
Classroom C
28050 Grand River Ave. (North of 8 Mile)
Call Bobbie at (734) 522-8907
E-mail rslade9627@aol.com

GRAND RAPIDS:

Old Firehouse #6
312 Grandville SE
Call the Anxiety Resource Center
(616) 356-1614
www.anxietyresourcecenter.org

General Anxiety

Meets every Wednesday, 7 to 8:30 p.m.
Open to individuals who have any kind of
anxiety problem as well as their friends and
family members.

Adults Obsessive-Compulsive Disorders

2nd and 4th Tuesdays, 7 to 8:30 p.m.
Open to any adults who have or think they may
have Obsessive-Compulsive Disorder. Friends
and family members welcome.

Body Focused Repetitive Behaviors

1st Tuesday, 7 to 8:30 p.m.
A monthly support group for adults who have
Compulsive Hair Pulling, Skin Picking and Nail
Biting problems.
Open to friends and family members.

Compulsive Hoarding

3rd and 5th Tuesday, 7 to 8:30 p.m.
A monthly support group for people who have
trouble with compulsive hoarding. The group is
open to friends and family members.

LANSING:

3rd Monday, 7:00-8:30 PM
Delta Presbyterian Church
6100 W. Michigan
Call Jon at (517) 485-6653

LAPEER

2nd Wednesday, 7 - 9 PM
Meditation Self-Healing Center
244 Law St.
Call Mary at (810) 793-6544

ROYAL OAK:

1st and 3rd Wednesday, 7:00-9:00 PM
Beaumont Hospital
3601 W. Thirteen Mile Rd.
Use Staff Entrance off 13 Mile Rd.
Follow John R. Poole Drive to Admin Bldg.
Park in the South Parking Deck
Meeting is in the Private Dining Room
Call Kevin at 248-991-9350
E-mail jogger112@earthlink.net

SPRING LAKE / MUSKEGON / GRAND HAVEN:

Group does not meet regularly,
but will meet a few evenings a year.
Call Pam at (231) 744-3585

**“It's hard to fight an enemy who has outposts in your head.”
- Sally Kempton**

Spiritual Prescriptions for OCD

by James Callner, MA

(This is an excerpt from James Callner's upcoming book on OCD, *It's a Matter of Trust: Life Lessons from OCD ~ A Memoir*)

Note: Use of the word "spiritual" is not meant as a reference to any organized religion; instead, "spiritual" is meant to be understood as one's spirit that needs to be mended or reclaimed.



"When the student is ready the teacher will appear". (An old Zen and biblical proverb that has helped me hold on to hope since my devastating attack of Obsessive Compulsive Disorder in 1982.)

You are now the student and it's time to seek out the proper teachers. Teachers you can trust. I know how hard it is to go shopping for doctors, therapists, support groups and so on, when you're feeling like staying in bed all day or the OCD symptoms are keeping you stuck at the bathroom sink, washing your hands for hours or checking the locks one more time or rereading the sentence for the hundredth time or trying not think certain thoughts for fear it may harm your family or driving down that street just one more time or focusing on that red ink mark on the table trying to believe that it's not a drop of blood that has been infected with the AIDS virus or any number of rituals, phobias, compulsions, obsessions and fears.

But, it's time. It's time to heal. It's time to become willing to do whatever it takes to get well. It's time to learn a new way of thinking. A new way of being. A new way of trusting. It's time to let in the awesome paradox of: when you let go of control, you can gain control. It's time to get your life back On-Purpose. How do you do all that? In my own daily recovery from OCD I have come to understand it's a matter of trust. I believe OCD robs you of trust. I'm going to give you some solid prescriptions to get your life back on track. To reclaim your most powerful God-given right. The right to trust your own thoughts and feelings.

My willingness to do whatever to took to get better happened when I hit bottom in 1982. I remember when I was in the hospital with an extremely severe case of OCD. In fact my psychiatrist told me it was the worst he had ever seen, which made me feel even more mortified. (Later, that same man helped me save my own life.) I wouldn't let any one touch me, I would wash my hands up to nine hours a day. I had germ and contamination phobias to the point that I thought dangerous germs were sneaking under the door to attack me in my sleep. I talked to people with my hands covering my mouth for fear that my germs may be spread to them. I spent hours on the toilet straining to void everything and using several rolls of toilet paper for fear of germs and contamination. My magical thoughts included harming people, especially family members, counting rituals specially avoiding the number six, symmetry and order as I walked down a street looking back to make sure I didn't put my foot in anything that I construed as dirty or contaminated. And, plenty of guilt for anything that I could remember doing or saying to anyone that may have offended them in the past. I had it all. I was a mess. I was phobic about people, places and things. The OCD made my world smaller and smaller everyday. I went to bed exhausted from obsessions and rituals and woke up crying knowing it would start all over again. I wasn't suicidal but I was praying for God to take me. Please take me away from this pain. I had hit bottom.

However, I was completely cognizant that my fears and phobias couldn't be real because I saw others in the psych unit sharing food, hugging each other, washing their hands once and walking away from the sink. The world just didn't operate the way I was thinking. Later in therapy a wonderful therapist told me that if the world operated the way I thought it did, we'd all be dead! A part of my brain simply didn't trust my own thoughts. Sound familiar?

Bottom line: I had a wounded spirit, a wounded belief system and I trusted no one especially myself. What was I sup-

(Continued on page 6)

My Life Began Again

by James Callner, MA

I was desperate for solutions in 1982. That was the year my OCD symptoms hit their peak. I was 29 years old, teaching at a local college, producing a talk-show for an ABC affiliate and living with my girlfriend. All of those wonderful things that made my life balanced disappeared when the OCD struck. And it struck with a vengeance.

My symptoms were classic for OCD. Hours of hand-washing, contamination/germ phobias and fears, constant checking and re-checking, horrific thoughts of harming loved ones, etc... My OCD was so bad, I was finally hospitalized in November 1982. My stay in a psychiatric ward called Therapeutic Community One (TC1) was the best and the only answer for me.

That was the beginning of a long and tedious recovery process. The teaching, the television show and my relationship all fell apart. I felt what so many with OCD feel; isolated, alone, desperate and lost in my OCD. But I was one of the fortunate ones. My parents found a psychiatrist for me who had so much experience, sensitivity and empathy, he literally taught me how to help myself out of the throes of OCD.

The day I was to be hospitalized, my psychiatrist drove me there from his office, where I had been seeing him daily. I'll never forget that day. As we walked together down the long hospital corridor leading to TC1 I asked him, "Are you sure this is the right thing for me?" His reply was my first solution, even though at the time I didn't know it. He smiled and simply said, "Jim - think of this as an adventure, a journey." I'll talk more about that word "**journey**" later.

In the beginning my experience was no different than the millions of adults and children suffering from OCD. The difference came when my consciousness shifted from problems to solutions, from worries to hope, from fears to faith. Now, over a 23 years later, I share solutions that have helped me by lecturing at conferences on Anxiety and making films on OCD. I have resumed my teaching and developed new, wonderful relationships.

Before I share with you some of the solutions that have worked for me, I must qualify myself. I am not a therapist, psychiatrist or medical person of any kind. The variety of treatments, or as I call them, solutions, are strictly from my own experience. I have learned, however, one fact for which I am grateful. Through all the pain and trauma of OCD, and continuing recovery, sharing my experiences of hope has become the most significant, important and passionate part of my life.

My first solution came in the form of medication. In 1982 Anafranil, the leading OCD medication, was not available in this country. I remember asking my psychiatrist, "Is there a pill that will work for me?" He replied that a specific drug for OCD was coming soon and that he would prescribe it for me as soon as possible. Anafranil was not approved for at least five more years. In the meantime, I took an anti-anxiety medication. It took time for my body to adjust. After weeks, the medication took some affect. It lessened my anxiety so I could take more risk facing my fears. I knew something was finally happening.

One late night I was sitting in the living area of TC1 with four other patients. We were talking quietly around a big bowl of popcorn. I, of course, had never touched or shared anyone's food for fear of contamination. But that night a breakthrough came. After weeks of isolation and phobias around touch, germs and contamination, I found myself slowly reaching for just one kernel of popcorn. I cautiously picked it up and ate it. For anyone else this would seem easy. Yet for someone with OCD, this was a monumental accomplishment. I knew at some level there was now hope. The medication had lessened my anxiety enough to take that first significant risk.

All medications must be tried with an open mind. Some work, some don't. One must find, under a doctor's care, a medi-

(Continued on page 7)

posed to do with that wonderful scenario?

I had only one choice. I had to become ready to be a student again. Great. I never did like school. The only classes that I excelled in were the creative ones. Drama, filmmaking, writing, acting. The rest were all chores. I was terrible at tests, reading and memorizing. School represented getting the grade. After struggling through college, I can remember only five great teachers and my Badminton grade, a 'C minus'. So, becoming a student and finding good teachers wasn't my idea of healing OCD. But, the Zen proverb doesn't say you have to become a student. It says: "when the student is ready the teacher will appear". All I had to do was become ready to be a student and my teachers would show up. The anxiety and pain of OCD was the perfect motivator for me to become ready to be a student.

As soon as I made a conscious decision to let go of my ego-based thinking of doing it my way or no way, teachers of all kinds started to appear. Not just in human form but in new positive thoughts, ideas and belief systems. But, the spiritual minded teachers taught me the most and changed my life forever.

Prescription:

Trust that: OCD recovery is not a matter of will power or wishing it away. It's a matter of admitting you are powerless over this disorder, you can't fix it yourself, and it's time to get help. Then and only then will you be ready to be a student of your own healing and the right teacher(s) will appear in your life.

Be Willing to be Willing

This is a powerful prescription to heal a broken spirit. Willingness. How willing are you to take on OCD? How willing are you to face your fears? How willing are you to hear the words that will help you heal yourself? How willing are you to take medication(s)? How willing are you to combine therapies of (ERPT) Exposure Response Prevention Therapy and (CBT) Cognitive Behavior Therapy? How willing are you to go to any support group, whether it be a 12 step program, Course in Miracles or any OCD support group? How willing are you to come out of the closet and let others know about your OCD? How willing are you to do what ever it takes to get better? Are you sick and tired of being sick and tired? Are you willing to change your dysfunctional belief systems? Don't worry you don't have to answer all of these questions at once. Slightly overwhelming isn't it? Right now, just contemplate them. Willingness is a conscious decision, a commitment, a passion to heal. Hopefully, you're just willing to read this book.

I learned willingness the hard way when my extremely severe OCD hit me like a ton of bricks as I described in the Introduction. So bad, I had no choice but to be hospitalized for my own health. Phil, my psychiatrist, with my permission, actually drove me to the hospital and checked me in. I sat there in my room and an intake tech took my information. I actually felt relieved and a sense of comfort that something positive was happening to help the devastating pain of OCD. She listened to my story, took some notes, let me cry and then smiled and left. I sat on the bed not knowing what was next. I was waiting for a doctor, a Psych Tech, anyone to tell me what was next? Time went by and I eventually had to go to the bathroom, one of my major germ phobias.

There was some mix up with the rooms and I was displaced for a while. I had to use the psych unit's public bathroom. A hospital public bathroom! Talk about fear. I was mortified. My anxiety shot through the roof. I panicked. I must of spent three hours in that bathroom in a cold sweat washing my hands over and over again. I put on a face of normalcy like most of us do, when men would come in and out of the bathroom. I was acting as if I was fine when I was dying inside of contamination and germ fears. I was exhausted but could not leave. I was stuck in obsessions and rituals. No one came in to check on me. Were they abandoning me? Were they testing me? Did they know I was struggling? Did they know I was emotionally dying?

Shaking and sweat running down my face, I finally forced myself out the bathroom door. I had missed lunch and dinner because of the time. I was furious that no one seemed to care. I called my parents and psychiatrist, Phil. Actually, the anger distracted the OCD for a while. Late that night the staff had a tray of food for me. I sat with my parents and Phil in the psych ward dining room eating and complaining. As always, Phil was gently explaining how things worked in the ward. But, what I think he was doing was introducing me to was the fact that I had to work too. No free rides. No one

(Continued on page 8)

caution that works for them and their individual chemistry. In my experience, I have never encountered an OCD medication that completely eradicates the symptoms of the disorder, although there may be one for you. It is my belief and experience that the right medication can balance your chemistry so you can then move on to the core issues of the disorder. Taking "meds" can be an OCD challenge in itself. You may have fears and phobias around the one thing that may help you. So what do you do? You learn how to take the risk to face your fears.

"The only way over fear is through it", a great psychiatrist once said. Facing fears is the toughest work of all, but the most effective. For me personally, I learned a technique which I call 'Risking'. Others may call this solution Behavior Therapy. I had to slowly take small risks to face my OCD fears. I can't emphasize enough that this was a process that took patience and commitment. Believe me - I have made many slips back into anxiety, panic and fear. But for every one slip back, I have made two steps forward into confidence.

In 1982, California had one of its worst storms ever. Yet my devoted psychiatrist would come to TC1 every day to talk with me. Mostly to help develop my "risking" abilities and to invalidate my fears that were just illusions. I later learned the acronym for **F.E.A.R. - False Evidence Appearing Real.**

One day after weeks of not allowing anyone to touch me I took a risk. After my daily session with my psychiatrist, I walked him back to the double doors of TC1. He was going back into the world and I was continuing to stay in my isolated one. Instead of saying goodbye, he did something different that day. He put out his hand to shake mine. I guess he knew I was ready for that risk. I took the risk and shook his hand. To this day I remember that feeling. You see I had become "touch-starved". His hand felt warm and comforting. I held it for a moment and then felt his grip releasing. So I held on tight. I just didn't want to let go. I could have held that man's hand all day. Finally he smiled at me, knowing how hard that risk was. I finally let go, but moved on to many, many more risks that I continue to this day, over two decades later. Now my risking revolves around opening up my world. Traveling, lecturing and my ultimate goal, to live one day at a time.

In the five and a half weeks I was in TC1 I learned many skills and risked facing many fears. It was now time for me to take these skills back out into the world. With continuing medication, therapy and support, I started a new journey in my recovery. Namely, allowing people, places and things back into my life.

Two solutions or concepts that helped me so much was the concept of "Futurizing" and "Feeling the feelings". From my experience I know that anxiety lives, if you will, in the future. That is to say, when I worry or obsess about the "what-ifs" in life, I become anxious. I call it "Futurizing". Whether it's worrying about your health, your job, your relationships, or your survival. Just a little stress can spark these worries into a dramatic scenario about the future and the symptoms of OCD will increase. The solution lies in making a decision to change one's thinking about the future. For example, I always felt I had control over my future. It was all in my hands. I found out the hard way that the future is not under my control. I didn't plan for my breakdown in 1982. I didn't plan to meet my wife in 1999. I didn't even plan for the 7.1 earthquake in California in 1989, and I certainly didn't plan or have control over my OCD.

Coming from a liberal, reformed Jewish family, I was never very religious, but I do believe in a higher power. Call it God, Goddess, the Universe, my belief is that if some a higher power is everywhere it's also in me. All the control I really have is in the present, in my thoughts, right now, moment by moment, minute by minute, day by day. I can choose to shift my negative thinking. I can choose peace over turmoil. I can work on all of these choices. I know how difficult this is but believing you have that power even with OCD, is the first step. This step is outlined so beautifully in the book *Power of Intention* by Wayne Dyer. I highly recommend it.

Now it's important that you don't confuse "Futurizing" or trying to control the future with setting goals. I have lots of goals. Getting more national speaking engagements on OCD, making more films, and finishing a book I am writing. The key here is that I set these goals, but I let go of the outcomes. If I practice this philosophy daily, my anxiety settles down and I live today - not yesterday or tomorrow. Remember anxiety lives in your worries about the future which you cannot control. A great slogan to remember. Let go of control and you'll get control.

Another solution that continues to help me is the process called "**Feeling the feelings**". You see, if I feel the fear and do nothing about it, the fear will eventually pass through you. Fear is energy, and all energy will dissipate if you show no resistance to

(Continued on page 8)

Spiritual Prescriptions for OCD
(Continued from page 6)

was going to save me. That pissed me off even more. Where was my savior? Where was the magic doctor that would heal me? That was the first of many days of kicking and screaming about one word that would start the healing. The word was willingness.

I had to be willing to feel all that pain before I could feel some relief. Sounds cruel and brutal but it was a truth for the recovery process to begin. The staff did not stage my bathroom incident. It was part of the process of healing. You cannot get to recovery by resistance. I found out the hard way. I had to feel the fear and surrender the resistance and replace it with something else. Willingness. I had to become willing to let go of my way of controlling the OCD and trust that there was a better way. Let me say that again; I had to become willing to trust that there was a better way to heal.

Prescription:

Trust That: Your resistance to be willing is your ego saying; "my way or no way". Tame your ego, it doesn't serve your healing. Trust your quiet voice that speaks softly and says; "there's another way to recover, I have to be steadfast in my willingness".

My Life Began Again
(Continued from page 7)

it. Some months ago I got a big wave of anxiety, almost panic. My mind shot into the future. I started to think of all the "what-ifs". Then I stopped myself and tried a technique my psychiatrist suggested. I laid down on my bed, slowed my breathing and focused my thoughts on the physical feelings of anxiety. If my mind started to obsess on something other than my body, I focused again. For example, I focused on my heart beating fast, or my hands perspiring. I gave no meaning to the feelings, I simply felt them. Within minutes I calmed down. I've learned that feelings are not to be judged, simply felt. If you need to judge something in life, place your judgment on actions, not feelings. Remember the slogan 'Feel the feelings, don't judge them, let the anxiety pass through you'. I recommend you work this solution of "Feeling the feelings" first with your therapist. And remember, be patient. It is tough work at first, but becomes easier with practice.

My last solution is the one that truly changed my life and continues to help my OCD daily. Around 1986, I joined a Twelve Step program. A support group of 'like people' who didn't judge, criticize or shame me, but simply accepted me and loved me. When I was released from the hospital in 1983, my psychiatrist told me I would need a support network. The Twelve Step program of Codependents Anonymous (CODA) has worked for me. (Note: there are Obsessive-Compulsive Anonymous (OCA) programs.) CODA works best for me because I relate so many of my core psychological issues of OCD, such as self-esteem, people-pleasing, worrying, inability to trust and trying to control the future, to Codependency. Beyond the core issues, a support group allows you to vent your fears in a safe place where people will listen and understand. I truly recommend you try six meetings before you judge whether this solution is right for you or not. 12 Step programs are not for everyone. If it's not for you try a support group or start a support group. Remember, trust is the opposite of fear. Surround yourself with trusting people and you're on your way to healing.

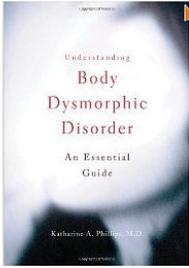
There are many, many more solutions I have tried for my recovery from OCD. Some have worked, some fall short. But I have learned to try them all. I don't believe one solution is the answer. A multi-solution approach works.

The bottom line in my on going recovery from OCD is this:

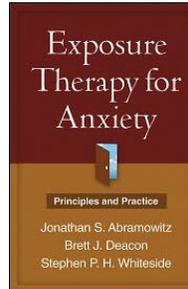
There's only one way over fear...go through it. Stay in the solution not the problem. Choose recovery and get to work... one day at a time.

James Callner, Founder and President of the Awareness Foundation for OCD and Related Disorders (AFOCD), is an award winning writer, filmmaker and speaker on mental illness. Read more on his web page www.afocd.org.

SUGGESTED READING

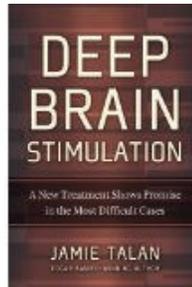


Katharine A. Phillips, MD
Understanding Body Dysmorphic Disorder: An Essential Guide
 Oxford University Press, 2009
 ISBN 978-0-19-537940-2

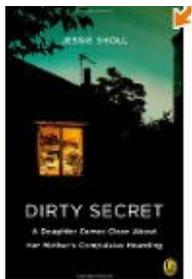
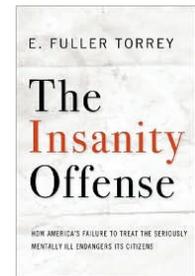


Jonathan S. Abramowitz
 Brett J. Deacon
 Stephen P. H. Whiteside
Exposure Therapy For Anxiety Principles and Practice
 Guilford Press, 2010
 ISBN 978-1-60918-016-4

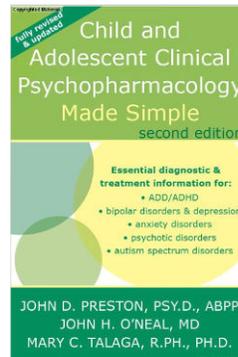
Jamie Talan
Deep Brain Stimulation: A New Treatment Promise in the Most Difficult Cases
 Dana Press, 2009
 ISBN 978-1932594379



E. Fuller Torrey, MD
The Insanity Offense: How America's Failure to Treat the Serious Mentally Ill Endangers Its Citizens
 Norton, 2008
 ISBN 978-0393066586



Jessie Sholl
Dirty Secret: A Daughter Comes Clean About Her Mother's Compulsive Hoarding
 Simon & Schuster / Gallery Books, 2010
 ISBN 978-1439192528



John D. Preston, PsyD, ABPP
 John H. O'Neal, MD
 Mary C. Talaga, RPh, PhD
Child and Adolescent Psychopharmacology Made Simple
 Second Edition
 New Harbinger Publications, Inc., 2010
 ISBN 978-1-57224-703-1

OCD MEDITATIONS

“Refuse to act on an obsession and it will die of inaction.”

“Never trust OCD. It always lies.”

“The only way over fear is to go through it.”

Courtesy of Dr. Christian Komor. From “The OCD Calendar: 52 Weeks of Hope and Solutions”

PROFESSIONAL DIRECTORY

List with us

Treatment professionals, what better way to find the OCD sufferers who need your help, and to give them a way to find you. Just place your business card in *Never Say Never*, the quarterly newsletter of The OCD Foundation of Michigan. For just \$25.00 per issue, your card can be in the hands of the very people who need you most. It's a great way to reach out to the OCD community, and at the same time support The OCD Foundation of Michigan. Send your card to OCDFM, P.O. Box 510412, Livonia, MI 48151-6412, or e-mail to OCDmich@aol.com. For more information, call 734-466-3105.

Antonia Caretto, Ph.D., PLLC

Licensed Clinical Psychologist
www.BeTreatedWell.com
(248) 553-9053

Office hours by appointment
25882 Orchard Lake Road #201
Farmington Hills, MI 48336

P.O. Box 2265
Dearborn, MI 48123

JESSICA PURTAN HARRELL Ph.D.

Licensed Clinical Psychologist

Phone: (248) 767-5985
drjessicaharrell@earthlink.net
www.mi-cbt-psychologist.com

33493 14 Mile Rd. Suite 130
Farmington Hills, MI 48331

Laura G. Nisenson, Ph.D. Licensed Psychologist

425 E. Washington
Suite 101D
Ann Arbor, MI 48104

(734) 623-0895

JAMES D. JONES, Ph.D., P.C. LICENSED PSYCHOLOGIST

BY APPOINTMENT
(248) 852-7907

2565 S. ROCHESTER RD.
SUITE 107B
ROCHESTER HILLS, MI 48307

RESIDENCE (248) 932-0257

BUSINESS (248) 626-1330
FAX (248) 626-9170

DAVID J. WARTEL, Ph.D.

Licensed Psychologist

WARTEL BEHAVIORIAL SERVICES
6346 ORCHARD LAKE RD., SUITE 107
WEST BLOOMFIELD, MICHIGAN 48322

Alan D. Carriero MSW, LMSW

Cognitive-Behavioral Therapy for
Obsessive-Compulsive Disorder
and other Anxiety Problems

4467 Cascade Road SE · Suite 4481
Grand Rapids, MI 49546
P 616.940.9091

carriero@ocdgrandrapids.com
www.ocdgrandrapids.com



JAMES A. GALL, Ph.D., PLLC

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TELEPHONE (810) 543-1050
FAX (248) 656-5004

950 W. AVON, STE. 3
ROCHESTER HILLS, MI 48307

PLEASE HELP

The OCD Foundation of Michigan is funded solely by your annual membership fees and additional donations. We have no paid staff. All work is lovingly performed by a dedicated group of volunteers. **WHY NOT VOLUNTEER YOUR TIME?** Call 734-466-3105 or e-mail OCDmich@aol.com.

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3/2011

Please Don't Throw Me Away

You've finished reading me and don't need to keep me anymore. Or worse (boo-hoo), you don't need me and don't even want me. In either case, please take me somewhere where I can help someone else. Take me to your library. Take me to your doctor, therapist, or local mental health clinic. Take me to your leader. But please, please, don't throw me away.



The OCD Foundation of Michigan Mission Statement

- ◆ To recognize that Obsessive-Compulsive Disorder (OCD) is an anxiety-driven, neurobiobehavioral disorder that can be successfully treated.
- ◆ To offer a network of information, support, and education for people living with OCD, their families and friends, and the community.

**IF YOU WOULD LIKE TO BE ADDED TO OR DELETED FROM THE MAILING LIST
PLEASE CONTACT US**

The OCD Foundation of Michigan
P.O. Box 510412
Livonia, MI 48151-6412