



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

Stress & Anxiety Services of NJ, LLC

Clinic/Program Director: Allen H. Weg, EdD
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&
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Treatment Providers

Allen H. Weg, EdD
Rachel Strohl, PsyD
Cindy Haines, PsyD
Robert Zambrano, PsyD
Charity Wilkinson, PsyD
Stacey Dobrinsky, PhD
Rachel Gross, PsyD
Zachary Infantolino, PhD
Maressa Nordstrom, LCSW

Payment Options

Self-pay

Populations Served

Adults
Adolescents
Children

Treatment Strategies Offered

Acceptance on Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Exposure and Response Prevention (ERP)
Group Therapy
Habit Reversal
Skills Training
Teletherapy

Specialty Areas (in addition to OCD)

Perfectionism

Scrupulosity

Violent/Sexual Obsessions

Body Dysmorphic Disorder (BDD)

Skin Picking

Tics/Tourettes

Trichotillomania (Hair Pulling Disorder)

Summary of our services

Stress and Anxiety Services of New Jersey, LLC (SAS of NJ), is a premiere independent clinic servicing children, adolescents and adults. We are not a collection of different therapists who happen to work together at the same clinic, but rather, we are well known and respected throughout the state and beyond as a clinical practice specializing in the application of evidenced-based therapies, such as Cognitive Behavioral Therapy, targeting the treatment of anxiety disorders, Obsessive Compulsive Disorder (OCD), and PTSD. We also regularly treat Panic Disorder, Social Anxiety, Phobias, and General Anxiety Disorder, and general stress and anxiety issues, as well as the depression that often goes along with these difficulties. OCD is the most prevalent problem that we see at our clinic.

We offer telehealth services (therapy over the Internet), and hold ourselves to extremely high standards for this service, including using a HIPAA compliant platform and also requiring any staff clinician who provides telehealth to complete training and receive certification from the Telebehavioral Health Institute; the premiere training facility in this field.

Treatment Planning Process

Our present staff consists of New Jersey licensed psychologists, NJ licensed clinical social workers, and post doc fellows, all of whom have very particular experiences and specialized training. The majority of our clinical staff are certified by the Behavior Therapy Training Institute (BTTI) - the training arm of the International OCD Foundation (IOCDF). Our clinicians are also certified by the TLC Foundation for Body Focused Repetitive Behaviors (such as compulsive hair pulling and skin picking). In addition, some members of our staff also have training in Prolonged Exposure therapy (PE) for PTSD, and are certified in Cognitive Processing Therapy (CPT) for PTSD. Finally, several staff members have Supervisory appointments at Rutgers Graduate School of Applied and Professional Psychology.

SAS of NJ is recognized by the IOCDF as an Institutional Member, specializing in the treatment of OCD. Several of our clinicians serve on the Board of Directors of OCD New Jersey (OCDNJ), a recognized affiliate of the IOCDF. Our Executive Director is Co-founder and presently serves as President on the Board of Directors of OCDNJ, and serves on the Scientific and Clinical Advisory Board of the IOCDF.

Core Treatment Components

We have two beautiful New Jersey office suites, one in Morris County located in Florham Park, and the other in Middlesex County located in East Brunswick. We do not participate in Managed Care and are not on any insurance panels, but we do provide receipts for treatment

("Superbills,") that may be submitted for Out of Network reimbursement. Information on our therapists, office locations, fees, and the problems that we treat may be found on our web site, www.StressAndAnxiety.com

Parents, Family Members, Friends, Teachers, etc. Involvement

We provide comprehensive treatment, and often include family members in session. We work cooperatively with school systems on a regular basis.

Treatment of Co-Morbid Disorders

Comorbid Depression is likewise treated when accompanying OCD.

Emphasis on OCD

OCD is one of the few core disorders that we target at Stress and Anxiety Services of NJ.

Other Resources for Outpatients

Individual therapy, Family assisted therapy, Groups when available.