

New York Center for OCD and Anxiety Related Disorders

NYOCD

PUT ANXIETY IN YOUR PAST AND PEACE AND HAPPINESS IN YOUR FUTURE



About NYOCD

NY Center for OCD & Anxiety Related Disorders

New York Center for Obsessive Compulsive Disorder (NYOCD) and anxiety disorders is dedicated to improving the lives of today's youth who are faced with the challenges and obstacles that can be created by OCD, Social Anxiety and Depression. NYOCD was created to serve the community by using effective treatment in a dedicated and compassionate environment. Dr. Lancer has extensive experience using Cognitive Behavioral Therapy (CBT) and Exposure Response Therapy (ERT) with adolescents, school aged children, as well as adults.

Additionally, Dr. Lancer now integrates structured physical therapy exercise for some of his patients, which has proven to be an effective addition to traditional therapy in some patients suffering from certain mental illnesses. Dr. Lancer believes that all people deserve to live life to their fullest without fear and anxiety. The goal of our treatment approach is to help you feel greater mastery, control, and freedom in your lives, so you can pursue your values and goals. NYOCD provides both individual and group sessions. We also have group therapy sessions catered to family, friends and loved ones of those struggling with OCD, Social Anxiety and Depression.

Treatment Approach	Effective, evidence based treatment in a dedicated and compassionate environment: <ul style="list-style-type: none">• Cognitive Behavioral Therapy• Exposure Response Therapy• Structured Physical Exercise
Adolescents	Adolescents have different needs than Adults. The adolescent years are often filled with scholastic & pressures. Dr. Lancer has created a unique program for young adults that addresses their specific needs and recovery.
School Aged Children	NYOCD prides itself on work with schools and parents in order to improve awareness, recognition, and early treatment intervention for OCD and Social Anxiety

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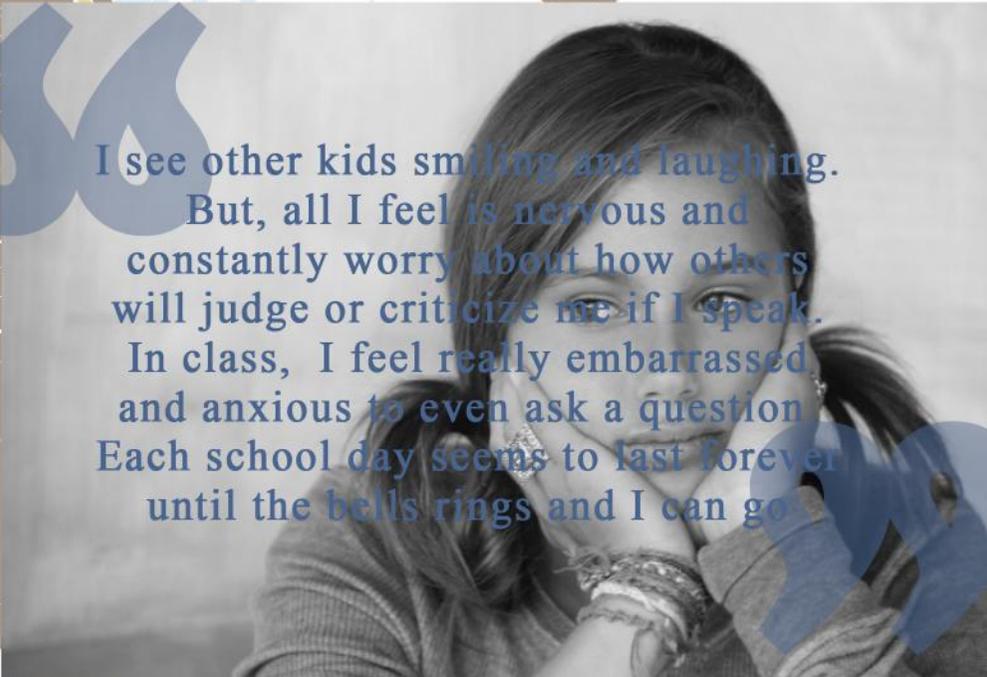
Anxiety

Anxiety to a certain degree can be beneficial and improve school, sports, or socially. However, approximately 1 out of 8 youth have a diagnosable anxiety disorder which are not always visible for parents and teachers. Many times adolescents hide their fear, anxiety, and uncertainty due to feeling of shames. As well, often adolescence are even confused themselves of why they are experiencing these feeling and don't know how to properly explain them to others.

Anxiety disorders are:

- marked by excessive feelings of apprehension or worry
- excessive feeling of panic, fear, or irrational discomfort in school and home
- Frequent self-doubt and criticism
- Avoidance of academic and peer relationships
- Poor concentration
- Difficulty making friends
- Extreme Shyness
- Being Bullied
- Consistent lack of participation in class or gym
- Excessive anxiety regularly experience a range of physical symptoms
 - oHeadaches
 - oStomach aches
 - oFatigue
 - oTrembling

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I see other kids smiling and laughing.
But, all I feel is nervous and
constantly worry about how others
will judge or criticize me if I speak.
In class, I feel really embarrassed
and anxious to even ask a question.
Each school day seems to last forever
until the bells ring and I can go

Did You Know?

*1 in 8 adolescents
are diagnosed with
an anxiety disorder*

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What is OCD?

In OCD, a person's mind becomes overwhelmed with persistent and uncontrollable thoughts, worries and fears. Obsessive thoughts are not something a person wishes to think about; rather they are a source of enormous anxiety or discomfort. People with OCD usually want nothing more than their obsessions to go away and never reappear. Compulsions are commonly used as a preventative measure to make a person feel certain their obsessive fears will in fact occur.

Common OCD Obsessions

Contamination

Magical thinking

Unwanted sexual thoughts

Religious intrusive thoughts

Violent intrusive thoughts

Symmetry and orderliness

Common OCD Compulsions

Excessive and repeated- cleaning/washing/ grooming

Repeatedly checking of locks, stove, iron to ensure safety

Mental contamination - mental compulsions are not seen by others but are performed in one's mind

Warnings and Red Flags

Difficulty taking notes in school due to constant fears and unwanted thoughts

Checking and rechecking of backpacks for excessive certainty of having the right books for homework and test

Uncontrollable unwanted thoughts, fears and worries that makes it hard to be concentrate in class

Fear of saying the wrong words to friends in conversations

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What is Social Anxiety?

Are you afraid of being judged by your peers???

Do you avoid situations out of fear of embarrassment?

Are you fearful of giving your opinions in school and home???

Do you feel extremely fearful and unsure how to act and talk with others???

Warnings and Red Flags

Students may feel a sense of dread

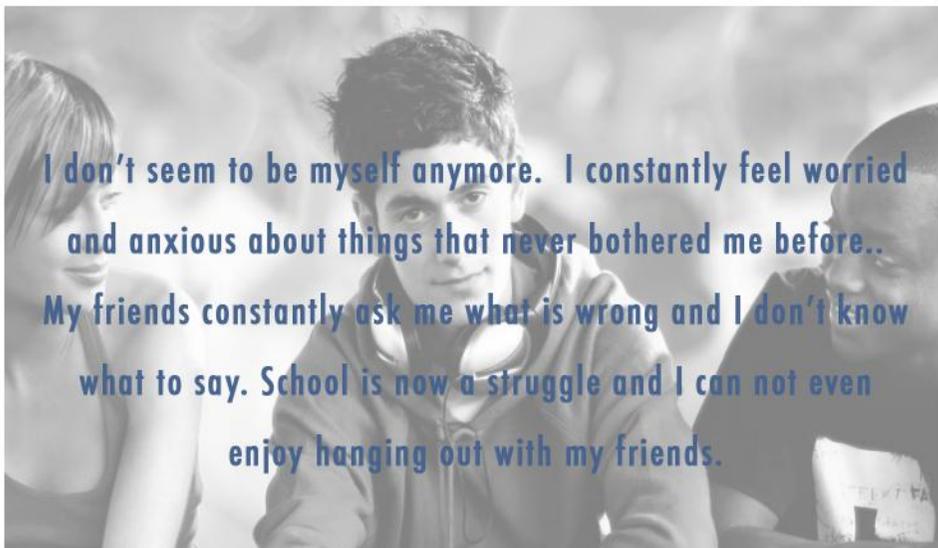
Have fears of impending doom

Experience a sense of suffocation

Anticipation of unarticulated catastrophe

Loss of control over their breath, swallowing, speech, and coordination

Get bullied or isolated



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OCD in school.

- Overwhelming need to study and reread material that they already know for test
- Fear of making mistakes; and need to make sure all schoolwork is 'perfect'
- Requests for Reassurance
- Confessing/Telling
- Asking
- Checking
- Avoidance

Social Anxiety in school.

Children and teens living with social anxiety can experience problems when put in social situations like school. Some things they will experience are:

- Frequent self-doubt and criticism
- Seeking constant reassurance from the teacher
- Difficulty transitioning between home and school
- Avoidance of academic and peer activities
- Poor Concentration

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About Dr. Lancer



Dr. Robert Lancer, a New York State Licensed psychologist is an expert in the treatment of OCD and anxiety disorders. Dr. Lancer has spoken nationally and internationally on the topic of OCD. Having a strong commitment to serving people affected anxiety, Dr. Lancer has successfully used Cognitive and Behavioral Therapy to treat OCD, Depression, and Social Anxiety. After years of working with both OCD and Social Anxiety, Dr. Lancer is able to deliver the highest quality treatment with his unique insights into OCD and Social Anxiety ensuring that a person will have reduction in their symptoms rapidly.

Dr. Lancer has done extensive studies on the powerful influence exercise has on the effects of OCD, Anxiety and Depression. In 2007, he published one of the first pilot study looking into these beneficial effects. Dr. Lancer's research study found overwhelming conclusive evidence that aerobic exercise can have a substantial impact on the decrease of OCD symptoms, Anxiety and Depression.

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10 Grand Avenue 516-592-1686
www.nyocd.com



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