



## IPA "Freedom Press" eZine

Our vision is for a Paruresis free world.  
Until then, people with shy bladder will live life to the fullest.

November 2015

### Paruresis In The News

[IPA's Bookstore is back, shop here!](#)

It's been a great year for media, as the Rob Lowe/DirectTV/IPA "conflict" became water cooler conversation across the country, and even parts of the world, for at least a day. Of course, we can't take full credit for DirectTV finally pulling those offensive "Painfully Awkward Rob Lowe" ads, as others got involved in the fight too, but we certainly were the first to ask the company to pull them, and in the process raised the awareness of shy bladder to new, if not "tipping point," proportions. When you reach both [USA Today](#) and [Time](#), as well as get on [The Doctors TV show](#), that ain't bad. And this was just the pinnacle of media coverage; there were thousands of other news stories about paruresis across the globe.

### 2016 Campaign

**Donate Now**  
Secure donations through  
Network for Good

We have started our annual fundraising. Please make a tax deductible donation by one of the following ways:

- Use the **DonateNow** button to donate online with a debit or credit card
- **Print a donor form** and mail in with a check or international money order
- Donate through **PayPal**

[Print a Donor Form here!](#)



We are working on a number of initiatives, which includes planning for our 20th anniversary celebration as an organization in Las Vegas, late October-2016, a revision of our classic book on shy bladder, a big discount on workshops, and the use of technology (Skype, webinars) to reach people we haven't before.



## Great Nonprofits of 2015

Some of you already know that IPA was honored as one of the first Great Nonprofits of 2015. Thanks to all of you who reviewed us and it's great to know that our members continue to think that highly of us. We are doing the absolute best we can given the limited resources at our disposal. To read our reviews or to add your own review click on the Great Nonprofits badge on the left.

[Join the IPA Talk Forum here for free!](#)

## Drug Testing

You may also know that we are making headway on the oral fluids drug testing in the workplace issue. We continue to push the Drug Testing Advisory Board (DTAB) of the Substance Abuse and Mental Health Services Administration (SAMHSA) on this issue, having submitted dozens and dozens of comments on their proposed new regulations, which fall short of what people with shy bladder need to be able to easily get a substitute for a urinalysis in the workplace. Hopefully, 2016 will be the year in which we finally lay this issue to rest. We will continue to fight urine testing in the workplace as the only alternative for us on as many fronts as possible.

[Check out IPA's frequently asked questions here!](#)

## Workshops & Sessions w/Dr. Soifer

Our 2016 workshop schedule will be announced in late December. We will be offering a 20th anniversary discount special for all new attendees. 50% off!

Dr. Soifer has the time to either see or Skype with at most one client per month. If you are interested, please contact Yvonne at [ipastaff@gmail.com](mailto:ipastaff@gmail.com) for details.

## You Are Not Alone

What a Relief! Back from Bashful Bladder.  
By Daniel

I remember very well the first time I found myself unable to urinate in a public bathroom. My family were city-dwellers but we had country relatives so long car trips were a regular feature of my childhood. Pit-stops at McDonalds to have lunch and to relieve bladders were an invariable part of these journeys and it was during just such a stop that, aged six or seven at the most, I found myself standing in front of a urinal in a busy restroom, unable to wee...[Read more here!](#)

Office Hours  
Tuesday - Friday  
1:00pm -4:30pm(EST)

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