



# "Freedom Press" eZine

October 2014

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

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

Use the button above to donate to our 2015 Campaign. Thanks!

[What happens at a workshop?~Go here!](#)

[Workshop registration form/fee ~ Go here!](#)

[To register for a workshop~Go here!](#)

## 2015 Fundraising Campaign

It's that time of year again. We want to thank all of you for your past support of IPA, and to ask you to continue to support our work by making a contribution during our yearly fundraising drive.

The IPA board of directors is strong, the organization is in excellent health, and we've just redesigned the website. You can check it out at [www.paruresis.org](http://www.paruresis.org), but we must have your support to continue daily operations.

But all this cannot happen without your continued support. Help us to continue to be strong by going to [DonateNow](#) and donate to the 2015 Campaign now.

As a 2015 Member you will be able to take 10% off all workshops and bookstore items.

## Workshops

### **2014 IPA Workshop**

Sign up now to reserve your spot!

Seattle, WA. ~ November 7-9 **It's a go!**  
(We have a couple of spots still open.)

West Palm Beach, FL. ~ December 19-21

### **Halloween Special!**

Take 25% off the West Palm Beach workshop!  
This discount expires midnight on Halloween 10/31.

## Paruresis In The News

We continue to work hard to fulfill our mission statement: "...to support and advocate for those suffering from paruresis (shy bladder syndrome)." Whether it's alternative drug testing in the workplace, media coverage, (see this recent article from [La Nueva Espana](#)), research to make our lives more livable or workshops to help people move into recovery. [The IPA is here for you.](#)

## You Are Not Alone

[IPA Talk Forum~Go here! \(message boards\)](#)

[IPA Support Groups~Go here!](#)

Follow Dr. Soifer on Facebook, Twitter, and LinkedIn.



This is a true account of one man's CURE--once final and forever! (no bull!) from being pee-shy and paruretic. I was about 13 when a bully that was taunting me socked me in the arm while at a urinal in junior high school--telling me to hurry up! That was it--the beginning of the avoidance and anxiety that became my paruresis phobia. It bothered me throughout junior high and high school. Not being able to pee at school, guess why? (possible-but non existent bullies), and only getting by in high school as a student government leader who could freely use the staff-one person-bathrooms. At the prom I obsessed about not being able to pee and it ruined it for me. You know all the stories! I went through college and still obsessed about this phobia but managed it better as I aged. I joined a fraternity in college and always worried about peeing when we went out to bars and the like.

[Read more here.](#)

## Frequently Asked Questions

**Question:** What causes paruresis?

**Answer:**

Paruresis appears to be a complex condition, with multiple factors that contribute to it. One piece of evidence supporting this observation is that standard treatment methods for many well-known disorders do not produce high recovery rates when applied to people with paruresis. If the cause of paruresis were simple, we would expect recovery to also be simple and effective for nearly everyone. As medical science advances, we are learning that individual genetics can play an important role in why treatments that work for some people don't work for others. [Read more here!](#)

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