



"Freedom Press" eZine

September 2015

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

Paruresis In The News

[Click Here to check out our support groups and see if there is one near you.](#)

[Click here to join the IPA Talk forum.](#)

The following article appeared in The National Law Review, and has implications for all of us. Dr. Soifer has said time and time again that one must notify Human Resources and/or your direct supervisor at work about one's shy bladder condition.

Here's why:

A retail employee in line for a store general manager's position lost not only the promotion, but his job, as well, when he failed or refused to take a test because he could not provide a urine specimen as a result of "shy bladder syndrome." The syndrome, or paruresis, makes it difficult for the individual to urinate in public restrooms...



Great Nonprofits of 2015



Use the button above to write a review for IPA. Thank you in advance!

We need your help! Put IPA on the 2015 top nonprofit list. Please take just 2 minutes to write a review about IPA, Inc. [Click here](#) or on the gold and navy badge on the left.

The Great Nonprofits Top-Rated Awards is a people's choice award where volunteers, donors, and people served by IPA, Inc. cast their vote in the form of a review.

To qualify, we must receive 10 positive (4 stars or above) reviews and have an overall positive average (>3.5 stars) during the campaign period, ending Oct. 31st.

Thank You!

Drug Testing

A BIG THANK YOU to everyone who made a comment to the DTAB committee.

The SAMHSA's Drug Testing Advisory Board's regulations in the Federal Register regarding oral fluid testing at work, over 74% of the almost 100 comments on urine drug testing were by us, and 53% of the 120 comments on oral drug testing were ours. Not bad! Now, we have to wait and see if they

make any difference.

Speaking of drug testing, one of our members is currently going through arbitration with a company for his "failure" to provide a urine sample "correctly." The company erred in many ways. We have supported his case to the tune of \$8,500 maximum. He has a very good case, and is also suing in federal court. We certainly hope he wins his arbitration case, and can win the lawsuit so that precedent is set in the legal arena.



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Workshops & Sessions w/Dr. Soifer

There will probably be no more workshops in 2015. However, 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 for details.

2016 Campaign

Our 2016 campaign will be starting soon. If you want to get ahead of the rush, you can donate/become a member or renew your membership now. Use the button on the left to donate/renew membership online. Thank you!

You Are Not Alone

We've shared this story before, but it's so good we had to share it again. Enjoy!

Here's an excerpt from Brandon's Story:

Over the years I developed coping skills that started to directly affect my choices in life. This had a big negative impact on my social life. I like to hang out with friends, go to the mall, movies, and attend sporting events, but living with Paruresis made this nearly impossible. Whenever someone would ask me if I wanted to go out somewhere, the overall deciding factor was if I had access to a restroom that met my requirements or whether I would be home within 3- 4 hours. [Read his full story here!](#)

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