



"Freedom Press" eZine

Celebrating 20 Years!

September 2016

20th Anniversary Conference & Workshop



That's right...IPA is turning 20! We are celebrating in Las Vegas and would love for everyone to attend. For all the details go here:

[20th Anniversary Information](#)

When: October 21-23, 2016

Where: The Orleans Hotel & Casino
Las Vegas, NV.

Deadline to register is: September 20th

If you have attended a workshop this year the conference workshop is free to you!

In The News

Shy Bladder Syndrome shows up in the comic strip, Pickles by Brian Crane. [Tickle your funny bone and see it here!](#)

Also, Dr. Soifer is finishing up the new up-to date version of the original Shy Bladder Syndrome book as an eBook. It should be ready around the time of the 20th Anniversary event. Stay tuned!



IPA Talk Forum

Do you know we have a talk forum and it's free to join? [Check it out here!](#)

Workshops

Upcoming Workshops ~ Register Now ~ Space Limited
We need at least 5 people to make a workshop a go.

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| Chicago, IL September 23-25 CANCELLED | Mashantucket, CT Sept. 30-Oct. 2 CANCELLED | Las Vegas, NV October 21-23 IT'S A GO! |
| Speyer, Germany November 25-27 | What happens at a workshop? Read about it here! | Workshop registration information and form. Go here! |

Our Special 20th Anniversary Workshop Prices for 2016:

North America workshops:

First timers: \$350

Returnees: \$250

Full-time Students: \$99

Note: If you register at least one month before a scheduled workshop:

Early bird first timers: \$325

Early bird returnees: \$225

European workshops:

All attendees: €200

Full-time students: €100

Note: You are on your own for accommodations and meals. However, we can give you the

names of hotels or motels in the area.

Cancellation policy: If you cancel more than one month prior to a workshop, you are entitled to full refund or a full credit to another workshop. If you cancel less than one month prior to a workshop, you are entitled to a 50% refund OR a full credit for another workshop. Workshop credits must be used within one year.

You Are Not Alone

"What a great workshop!

As I told the group, I thought I had reached a plateau with my recovery. I am happy now that I walked through the reluctance and attended the workshop. To my glee, I had reached a new level of progress! The supportive atmosphere of the group is enormously healing. Great camaraderie also made for an enjoyable experience. Some of the group will now be practicing further. Thank you Scott and IPA for being here for us!" ~ Vic

Frequently Asked Questions

Q: Does paruresis put me at risk for other problems?

A: In general, the risk of significant health problems for those with paruresis is not believed to be high. However, there are important risks to be aware of. Some men have reported having chronic prostatitis. Urinary tract infections related to retaining urine for too long a time are possible in both men and women. Some people try to cope by limiting fluid intake, and that can carry a risk of...[READ MORE HERE!](#)

Great Nonprofits

Help IPA Earn Our Top Nonprofit Status!

If you love our work then tell the world! You have an opportunity to help us make an even bigger difference in our community. GreatNonprofits – the #1 Source of Nonprofit Stories and Feedback – is honoring highly regarded nonprofits with their 2016 Top-Rated List.



[Click Here!](#)

Won't you help us boost visibility for our work by posting a brief personal story of your experience with us? All content will be visible to potential donors and volunteers. It's easy and only takes 3 minutes! Plus you can review us anonymously. Just click on the GreatNonprofit Badge. Thank you!

IPA Endowment Fund

Our 2016 endowment campaign ended strongly, and we are about 1/3 of the way toward our \$1 million goal in contributions and pledges. One of our members has pledged \$50,000 over the next 5 years, \$10,000 per year, after I pointed out that we only needed about 15 pledges of this type to achieve our goal. If any of you can become part of the "Paruresis Recovery Club" to help us get there, please let us know! Contact Steve at: ipasteven@gmail.com