

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



IPA "Freedom Press" eZine

April 2017

Workshops

First, the Detroit workshop is coming up very soon, Apr. 7-9. We already have a good crowd, but can accommodate a few more. We have a new venue, too! So, come for what is one of the best workshops of the year! (with casinos and a Tigers ballgame, too).

Unfortunately, the workshop in San Francisco had to be cancelled. Please consider attending the workshop in Los Angeles, September 7-9.

Finally, it's not too soon to sign up for Baltimore workshop, June 16-18, where Carl Robbins will return once again to help co-lead the workshop with Dr. Soifer!

Here is our current workshop schedule for 2017:

Detroit, MI ~ April 7-9 ~ [It's a go!](#)

Baltimore, MD ~ June 16-18

Los Angeles, CA ~ September 7-9

[Registration Info](#)

[What Happens?](#)

[Schedule Info](#)

Click on the buttons above for more details.

Drug Testing

On the drug testing in the workplace front, the new urine test guidelines were published in the Federal Register in January and will go into effect October of this year. No surprises here, and while our comments on shy bladder testing protocols were acknowledged, our suggestions were rejected based on - surprise! - the oral testing alternative that still hasn't been published. At the Drug Testing Advisory Board meeting coming up in June, a report on its status will be made. Hopefully, the

new guidelines will be published this year, but the current administration could possibly delay, possibly indefinitely, their issuance. We will have to wait and see.

IPA News

On another note, Dr. Soifer has been experimenting using Skype session treatments with several millennials - one from Brazil, another from India. It seems to be working, and may point to a "new" way of treating isolated people with paruresis across the world - and even in the U.S. It could also lay the groundwork for an eventual workshop in several new locations overseas.

We have been getting press coverage in different locations across the world. There was a relatively recent story in India, and in fact, I am doing a Skype interview with a writer in the Netherlands in a few hours. As you know, in the last year or so, we have achieved our goal of press coverage in a major magazine (The Atlantic) and a major TV show (The Doctors). All this gets us closer to reaching (or having reached?!) the "tipping point," that stage where the general public is aware of our affliction.

Great Nonprofits

If you love our work then tell the world! You have an opportunity to help us make even more of a difference in our community. Great Nonprofits-a review site like Trip Advisor-is honoring highly reviewed nonprofits with their 2017 Top-Rated Awards. Won't you help us raise visibility for our work by posting a review of your experience with us? All reviews will be visible to potential donors and volunteers. It's easy and only takes 3 minutes!

Go to <https://greatnonprofits.org/reviews/write/international-paruresis-association-inc> to get started!

You Are Not Alone ~ A Story from our [Talk Forum](#)

I'm a 27 year old male who started first noticing the effects of paruresis about 8 years ago. For about 6 years I didn't try to do anything about it. I had the most difficulty when I was at work and I would go to the bathroom and if there was anyone else in the room, I was not able to go. I would end up going to different floors in the building just in order to find a chance that there would be nobody there so that I could go. So, I finally decided that enough was enough and I had to do something about it. I did some research online and, lo and behold, I was not the only one...[Read the rest here!](#)

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