

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



IPA "Freedom Press" eZine

January 2017

2017 Campaign ~ Fundraising



First, we want to thank our members for their support of the organization, it is our members that keep us strong year after year. Due to the generosity of our members, we raised over \$71,000, which is enough to basically keep us going at the same operating level as the last several years. While we were a little short of our goal, with a bit of belt tightening and a sharp focus on our goals for the year, we will be OK. If you would like to join and support IPA go here: [Donate Now through Network for Good](#)

Workshops

We will be doing regional workshops again this year. There are a number of reasons for fewer workshops this year. Basically, in locales where we don't have active support groups, it is harder to pull one off, and we end up having to cancel scheduled ones. So, we are going with workshops in areas where our support groups are strong regionally. However, if anyone can get five or more people, as always, we will work with you to have a workshop - so there may be more this year. Let Yvonne know if you're interested in seeing one in your city here: ipastaff@gmail.com

Here is our current workshop schedule for 2017:

Dallas, TX ~ February 17-19 - It's a Go!

Detroit, MI ~ April 7-9

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.

Individual Intensive Sessions with Dr. Soifer!

Dr. Steven Soifer is once again seeing individual clients on a very limited basis (no more than once a month) after the New Year in Memphis. These sessions are comprised of two 4 hour blocks, usually on a Friday afternoon and Sat. morning (thus requiring an overnight stay in Memphis). This is equivalent to about 8 individual sessions, and results are usually better than weekly sessions as more concentrated work is accomplished. These sessions are usually for people who prefer one-on-one work to weekend workshops. Please contact either ipasteven@gmail.com or ipastaff@gmail.com for more information, scheduling, and/or pricing.

IPA News

The key issue - again - for this year is the proposed SAMHSA alternative drug testing rules that would allow for saliva instead of urine. We were hoping they would come out before the transition of power in Washington. Unfortunately, they didn't, and we are a bit concerned about statements by the probable new head of HHS that could basically stalemate the rule-making process in D.C. We will have to wait and see. All of us may need to contact our Representatives and/or Senators to try and move things along. We will keep everyone updated as information comes in.

There was also a potentially very positive legal case regarding shy bladder and drug testing that just occurred. We're trying to get more information about it, and hope to be able to report on it in the next eZine.

Also, there are a couple of other initiatives we would like to see happen this year, particularly in the research and social media arenas, but time and money will dictate whether that is possible.

Two items of note: if you haven't seen it, please check out our beautifully redesigned website (www.paruresis.org). Also, thanks to the Las Vegas 20th celebratory conference, we have three new IPA board members.

You Are Not Alone (An oldie, but a goodie!)

Telling others...Self Acceptance...and Success

It was one year ago that I decided that I had to do something about my shy bladder. I had problems on the trip last year, nervous about where to stop while we traveled up to the lake, problems voiding prior to going out to fish, problems on longer fishing outings, dehydration, stress, etc. NOT THIS YEAR, thanks to Steve Soifer and all the others involved in the IPA...[Continue Reading Here](#)