

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



IPA "Freedom Press" eZine

May 2017

Workshops

The upcoming IPA workshop in Baltimore June 9-11 is a go! Carl Robbins, Dan Rocker and Steve Soifer will be leading it. Remember, if you're a current member then, you're eligible for a 10% discount. So, we hope to see some of you in Charm City.

Here is our current workshop schedule for 2017:

Baltimore, MD ~ June 9-11 ~ [It's a go!](#)

Los Angeles, CA ~ September 7-9

[Registration Info](#)

[What Happens?](#)

[Schedule Info](#)

Click on the buttons above for more details.

Paruresis News

Here is an interesting article that we recently came across, even though it was published last year.

[Do you shy away from public toilets?](#)

If the thought of using a public toilet makes you feel a little uneasy, you're not alone. Swinburne researchers have developed a scale aimed to assess the anxiety people commonly experience when needing to use a public restroom. Recently published in the journal of Cognitive Behaviour Therapy, the study looks at both



Paruresis, anxiety associated with urinating in...[READ THE REST HERE!](#)

IPA News

Dr. Soifer has been involved in an interesting project lately - Skyping and Facebook messaging with young adults in countries as far away as Brazil, India, and Vietnam - suffering from paruresis in isolation. He is actually doing some Skype and FaceTime in vivo sessions with them, using him on the phone or computer as their "pee" buddy, and it appears to be successful. These sessions may eventually lead to a virtual or in-person workshop in these countries - and possibly others. Dr. Soifer has been donating his time for free to do this. If anyone would like to help out and contribute to this project, please consider a donation in the name of the "[International Project](#)."

It is also the time of year where we ask our members to contribute to our endowment fund. We have raised about ¼ million dollars in cash and pledges toward our \$1 million goal. If any of you are able to help out, you can [go here to donate online](#), just make sure you designate it for the endowment fund. You can also gift (cash, check, stocks, real estate, art, etc.) to the "Endowment Fund" via mail to our P.O. Box below. In particular, we are really looking for a donation of real estate in some form for an eventual IPA office/Shy Bladder Center. Contact me at ipasteven@gmail.com to discuss if interested!

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! Click on the star badge below to write your review.



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

When Support Is Absent

by Frankly8 with supportive comments and story by David1953

Well over ten or more years ago I joined IPA. Unfortunately, circumstances and self motivation limited my participation. And I lost password etc. (lots of excuses) Have had this deal for a long long time--over forty years. As I have aged, along with back issues, the ability to urinate in any public restroom has nose dived. Getting older and one confronts--what could have been. The limitations are vividly real--with age. The could have, should have ...[Read the rest here!](#)

To become a member and support IPA use one of the buttons below.



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