

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



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## "Freedom Press" eZine

April 2018

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### Workshops

#### Workshop Schedule for 2018

April 20-22 ~ Los Angeles ~ **This is a GO! Deadline to register - April 16th**  
April 27-29 ~ Detroit, MI ~ **This is a GO! Deadline to register - April 23rd**  
May 4-6 ~ Winston-Salem, NC  
June 8-10 ~ Denver, CO  
June 8-10 ~ Baltimore, MD  
August 31 - September 2 ~ **Karlsruhe**, Germany (**note different city**)  
September 7-9 ~ Los Angeles, CA  
October 19-21 ~ Philadelphia, PA  
November 2-4 ~ Vancouver, BC Canada

#### Workshops in the USA and Canada

Canadian workshop can pay on par with the US Dollar  
First timers Fee: \$695.00 (or 1% of your income/whichever is smaller)  
Returnees Fee: \$395.00  
Full-time Students: \$100

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

Early bird first timers: \$645.00  
Early bird returnees: \$300.00

#### Workshops in Germany

First timers Fee: €400 (or 1% of your income/whichever is smaller)  
Returnees Fee: €200  
Full-time students: €100

Note: You are on your own for accommodations and meals. However, we would be happy to 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.

Registration Info

Use the button above to find out how to register.

What Happens?

Use the button above to find out what happens at a workshop.

Schedule Info

Use the button above to view the workshop schedule details.

## IPA News

We have heard from the Drug Testing Advisory Board, and it is telling us that we will hopefully hear something in six months. This is not guaranteed, and we were told that there could be “push back from Federal agencies.” In order to try and avoid this, many of our board members are writing members of Congress to ask them to preemptively intervene. If you would like to help out here, email me at [ipasteven@gmail.com](mailto:ipasteven@gmail.com), and I will send you a model letter you can email your Congressman or Senator(s).

We have also revitalized and reorganized the American Restroom Association, which just had its first meeting in several years. Our newly designed website for that organization - <https://americanrestroom.org/> - is part of the effort to bring the organization to the forefront of restroom redesign in this country – especially along the lines of unisex, single stall bathrooms. More on this in the near future.

This is the time of year that we ask people to contribute to our endowment campaign. We have about \$125,000 in the fund and \$125,000 pledged, putting us ¼ of the way toward our million dollar goal. So please, if you are able, go to: <https://paruresis.networkforgood.com/> and donate to help keep us strong well into the 21st century.

## Paruresis in the News

We've gotten some good press lately – mainly in Germany and various Spanish-speaking countries. Here are a couple of links:

- 1) <https://thegermanyeye.com/the-social-phobia-that-stops-people-going-to-the-toilet-3602>
- 2) <http://www.elmundo.es/f5/comparte/2018/02/13/5a770ac846163fd15f8b462f.html>
- 3) <http://gerente.com/ar/rss-article/no-podes-hacer-pis-en-banos-publicos-sufris-de-paruresis/>

## You're Not Alone

*First Pee Buddy Experience post by spritetorture*

Finally did my first session, had a pretty busy week with school ending. I was able to get to the point where he was standing right behind me. The only problems is I had to go so bad, although I was able to start and pee for three seconds, anything longer required me to push to keep the stream going. When the session ended the stream come out weak and cut off before cutting back on then getting to a point where nothing else came out until I used another bathroom, I think the resetting helped. This usually happens when I have to go really bad, but I'm just worried this means progress isn't being made. Maybe I should drink less...[Read the rest here!](#)

[To join the IPA Talk Forum go here to register. It's free!](#)

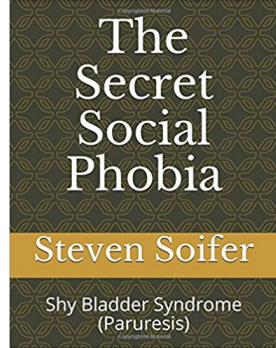
## The Secret Social Phobia

Dr. Soifer's new book is available now in paperback and Kindle.

Click on the book cover [>>>>>>](#)

to purchase a copy or to check it out.

If you buy it and like it, please review it! Thank you.



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