

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



"Freedom Press" eZine

July 2018

IPA News

We need your help! If you love our work then tell the world. Stories about us from people like you will help us make an even bigger impact in our community.

Great Nonprofits - the #1 source of nonprofit stories and feedback - is honoring highly regarded nonprofits with their 2018 Top-Rated List. Please, will you help us raise visibility for our work by posting a brief story of your experience with us? All content will be visible to potential donors and volunteers. It's easy and only takes 3 minutes! [Just click on the Great Nonprofits badge above on the right.](#)



The June Drug Testing and Advisory Board (DTAB) meeting was cancelled, and the next one won't happen until September. We're hoping to have some news before then concerning oral fluid testing in the workplace. If the new guidelines aren't out by our October IPA Board meeting, we will discuss then our next steps.

One of the key items at our October Board meeting will be strategic planning for the next 3-5 years. If you have input regarding IPA priorities for that period of time, please let us know at jpasteven@gmail.com

Workshops

Workshop Schedule for 2018

September 7-9 ~ Los Angeles, CA
October 19-21 ~ Philadelphia, PA
November 2-4 ~ Vancouver, BC Canada
November 23-25 ~ Karlsruhe, Germany **New Dates**

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.

You're Not Alone

My Darkest Days By: Pityesz1979

I'm 38, I have paruresis over 20 years now, sometimes easier, sometimes harder. Many years passed without serious issue, but now I live my darkest days. I lived many years together with my shy, but 3 years ago, after I got married, it turned to really serious, so I decided to tell my wife about my condition, and I decided to train myself and get rid of the problem. I started graduated exposure at home, because my problem was I could pee only when my wife was behind a closed door, somewhere in a room away from the toilet.

After couple of months it was quite successful, I felt I made great progress to overcome paruresis. I got to the point that I was able to pee even if people walked around in our mid size apartment. However after I achieved a "comfortable level of paruresis", I became lazy and reduced exposure work. And disaster happened...[Read the rest here!](#)

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

The Secret Social Phobia

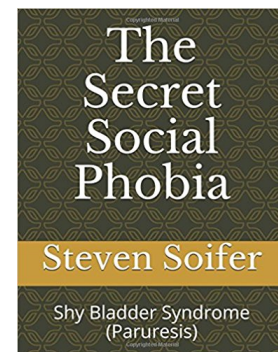
Coming Soon: Audio-Book Version!

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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