

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

IPA INTERNATIONAL PARURESIS ASSOCIATION

"Freedom Press" eZine

November 2018

Great Nonprofits

Thank you so much to all who helped! IPA is now a top rated nonprofit for 2018! [You can read our reviews here.](#)



2019 Campaign Support IPA in the coming year!

We began our 2019 fundraising drive. We always make this plea around now, and it usually goes unheeded. But, to get a leg up on the drive, and to cut down on the time and cost of the annual mailing, I am imploring everyone reading this to make their annual contribution before Halloween. Your contribution **now** will greatly help the organization. Please use one of the buttons below to donate.

You can donate and support IPA by using one of the buttons: PayPal Giving Fund, Network for Good or printing the donor form and mail in with a check or money order (International money order if outside of the USA).

Donate Now



Print Donor Form



IPA News

We just had our annual IPA board meeting in Chicago. It went very well. Besides giving my annual State of the IPA report (in sum, we are doing great!), we began the process of strategic planning for the next 3-5 years. Soon, we will have a new vision and mission statement to share with everyone.

We just finished a great Philadelphia workshop, led by IPA Board Vice-President and therapist Dan Rocker. The results should be posted on the IPA talk forum website soon.

The good press keeps on coming this year. This article in the online journal, The Outline, was excellent. Click on The Outline logo to read the article.



Dr. Soifer's new book "The Secret Social Phobia" is now out as an audiobook on

[Amazon here](#). Check it out today!

You're Not Alone

My Own Story ~ by Dave Kliss

My name is Dave, I am 65 years old, I am married with two grown children and 4 grandchildren, and I am a retired teacher. I developed Paruresis when I was 5 years old as the result of severe bullying in the bathrooms in elementary school, and like most guys with this condition, I lived the majority of my life thinking that I was the only one in the world who couldn't do something as natural as pee in a urinal or a stall like the other guys...[Read the rest here!](#)

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

Workshops

Last workshop for 2018 led by Steven Soifer, Ph.D., LCSW-C

November 23-25 ~ Neustadt, Germany - **It's a go!**

Fee for Workshop in Germany

First timers: €400

Returnees: €200

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.

Dr. Soifer, CEO of IPA, available for Coaching Online

Through the mediums of Zoom, Skype, or Facebook (FaceTime and Messenger), Dr. Steven Soifer is available to coach anyone across the world on how to overcome their paruresis. He has recently been doing so with people in such diverse countries as Vietnam, Brazil, Spain, the Philippines and Lebanon. He has done so with men, women, and teenagers. So, if you are interested in this possibility, please contact him at ipasteven@gmail.com. There is a fee for this service, though it is based on a sliding scale and/or is waived in certain limited cases.

© 2018 All Rights Reserved.

See what's happening on our social sites:

