

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



"Freedom Press" eZine

February 2019

Workshops

We have several workshops in most of the major regions of the U.S. planned for 2019. There may be one or two added as the year progresses.

2019 IPA Workshop Schedule

- April 26-28 ~ Los Angeles/Spring with Scott Beardsley - *It's a Go!*
- April 26-28 ~ Winston-Salem with Roger Merritt - *New workshop!*
- May 17-19 ~ Baltimore with Dan Rocker & Carl Robbins
- June 28-30 ~ Detroit with Steve Soifer (Updated dates!)
- July 19-21 ~ San Francisco with Scott Beardsley
- Aug. 9-11 ~ Kansas City with Steve Soifer
- Sept. 6-8 ~ Los Angeles/Fall with Scott Beardsley
- Oct. 4-6 ~ Philadelphia with Dan Rocker

[Use this link to get: Registration/Fee Information.](#)

[Use this link to read: What happens at a workshop?](#)

[Use this link to read: Success Stories.](#)

IPA News

Dr. Soifer has settled into his new job as chair of the Department of Social Work at the University of Mississippi (Ole Miss to some). Because of his new demanding position he is no longer available for one-on-one work with people, but our list of shy bladder therapists across the country is here: <https://paruresis.org/sbc-therapists/>

We successfully completed our fundraising drive for 2019, having met a member's challenge grant and going into the new year with roughly \$150,000 in operating monies. We are strengthening our financial mechanisms and processes along with the increased funding of the organization.

The IPA board is finishing up its strategic planning process, and is choosing five goals to focus on in the coming years. As soon as the board is finished, they will share them.

Recently, Dr. Soifer talked with the leaders of both IPA sister organizations, in the U.K.

and Australia. They are both doing well and have been managing on their own.

Some of Dr. Soifer's very limited time these days is being spent working to revitalize the [American Restroom Association \(ARA\)](#): he has always thought it was a necessary adjunct to IPA's work. Dr. Soifer will be explaining this in a **TEDx** University of Mississippi talk March 6th entitled: "Do Public Restrooms Make You Nervous" (which will be publicly available on the **TEDx** channel about a month later). We will post a link to the **TEDx** as soon as it's available.

You're Not Alone

Here is a great thread with wonderful support and advice.

Re: Success Stories ~ by xcroninx

I'm 17 years old and have been having this issue in and out for years, finally to the point where its affecting my schoolwork and plans with friends. If I feel waited on or have a time limit I can NEVER go. If tons of people are in a restroom or near one I also cant go. My bladder shyness is starting to affect me in school where I cannot go at all no matter how much I try to relax, the pain is awful and I want it to stop badly. HELP!...[Read the rest here.](#)

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

Paruresis in the News

We continue to get good press, almost with asking. Moreover, academic journals are also appearing regularly; the most recent one was from Australia.

Here is a recent article that appeared in ESPN The Magazine:

The ugly -- and, yes, slightly gross -- truth of stadium bathrooms

By David Flemming

Inside a women's restroom on the southwest concourse of Atlanta's Mercedes-Benz Stadium, Scott Jenkins, the stadium's general manager, reaches down and, without hesitating, places his right hand on the floor. Uric acid, he says -- you know, the corrosive compound in our urine that often gets spilled by the gallon inside stadium bathrooms just like this one -- can eat through regular epoxy-based paint in practically no time at all. Which is why, before the \$1.6 billion MBS opened in 2017, Jenkins made sure every one of his bathroom floors was coated in the shiny, space-age, dual-system polymer under his fingertips right now. It's called MMA, or methyl methacrylate, and, judging by Jenkins' reaction, this is the first time anyone's ever bothered to ask about it. "Oh, I'm geeking out right now," he laughs. "I love potty talk." ...[READ THE REST HERE!](#)

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.](#)



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