

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



"Freedom Press" eZine

April 2019

IPA News

BREAKING NEWS:

"Do Public Restrooms Make You Nervous? - You are Not Alone!" - Dr. Soifer's TedX University of Mississippi talk from March 6th, 2019 is available now to watch on YouTube. [Use this link to watch!](#) Please share with others - lets make this go viral!

Another interesting turn: Our book is now available in Chinese on the mainland, and we have a contract to publish it in Turkey. The next task is a Spanish translation of the book – if any of you know someone (including yourselves, of course) that can do this, please let Dr. Soifer know at ipasteven@gmail.com.

Dr. Soifer is thinking about offering a virtual workshop sometime in the near future. Curious what ya'll think about it? We don't have any particular details yet.

Workshops

Here is the upcoming workshop schedule – several workshops are a go!

- * APR 26-28, 2019~Los Angeles, CA - **It's a go!**
- * MAY 17-19, 2019~Baltimore, MD - **It's a go!**
- * JUN 28-30, 2019~Detroit, MI - **Need 3 more people!**
- * JUL 19-21, 2019~San Francisco, CA
- * AUG 9-11, 2019~Kansas City, KS
- * SEP 6-8, 2019~Los Angeles, CA
- * OCT 4-6, 2019~Philadelphia, PA

[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 Endowment Fund

This time of year is our endowment fund drive. If you'd like to contribute, please use the Donate Now/Network for

Good button to the right.
or mail in your donation earmarked: IPA Endowment Fund
IPA, Inc.
P.O. Box 21237
Catonsville, MD 21228

Donate Now



Paruresis in the News

We are working another angle to try and get information on the status of the oral fluid drug testing rules. The rules are still at OMB. There will be another DTAB meeting in June (there hasn't been one since Dec. 2018). There have also been several articles about drug testing in the workplace.

Here is one example: [Bashful Bladders Bring Problems for Employers](#)

On the other hand, there was also this news story about Walmart, shy bladder and drug testing: [DOT-Regulated Truck Driver's Claims Dismissed Because He Could Not Prove "Shy Bladder" Condition](#)

You're Not Alone

Here's a post started by dim & several others:

[How to deal with more anxiety in quiet & occupied bathroom?](#)

I have embarked on recovering from shy bladder recently starting a week ago and while the progress is slow it has been significant. I was used to using a cubicle sitting down now I use it standing up with mixed success.

Any tips/explanations on the following scenario: When using the cubicle in a quiet-bathroom setting and there is someone nearby it makes me worry what they will think about me peeing in the stall which causes me to stutter while peeing a few seconds after starting...[READ THE REST HERE.](#)

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

Great Nonprofits

Please, help IPA to be a top rated nonprofit in 2019!

If you love our work then tell the world! You have an opportunity to help us make an even bigger difference in our community. Great Nonprofits -- the #1 Source of Nonprofit Stories and Feedback -- is honoring highly regarded nonprofits with their 2019 Top-Rated List.

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