

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



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## IPA "Freedom Press" eZine

May/June 2019

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### **IPA News**

Very soon, we will have a special members only section of the board. Please stay tuned - it should be ready before summer is over. Only paid-up members will be able to see this extra content. [If you would like to become a member you can join here!](#)

It's actually pretty amazing - Google shows hundreds of thousands of entries for both shy bladder and paruresis - and while there are probably many overlaps, that is one heck of a lot of entries that we've helped generate over the last twenty years or so. (And for what it's worth, that's for Bing, too.)

Regarding drug testing in the workplace, there will be a Drug Testing Advisory Board (DTAB) meeting in early June, someone will listen in on it for us, and we will get some sort of update on what is happening with the oral fluid drug testing guidelines. It has been incredibly frustrating that these regulations are still tied up in the Office of Management and Budget (OMB), and by the next time we send out our newsletter, we hope to have some information to report and/or a strategy for what to do if they haven't been released by then.

"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.

### **Workshops**

IPA had several great workshops since we last wrote, none of which Dr. Soifer led! Now, that may seem like a strange thing to say, but we now have a number of people who have worked with Dr. Soifer over the years leading their own workshops, including Scott Beardsley, Dan Rocker and Roger Merritt. So, that's great news. The next workshop in Detroit will be special: it's the 20th (straight) anniversary one and will be held in a special location. Dr. Soifer will lead it, and it's the last weekend in June. We already have 15 people coming; there is room for a few more, so if you want to get in, sign up soon!

\* JUN 28-30, 2019~Detroit, MI - **It's a go! UPDATE:Only 2 spots left!**

\* JUL 19-21, 2019~San Francisco, CA - **It's a go!**

- \* AUG 9-11, 2019~Kansas City, KS
- \* SEP 6-8, 2019~Los Angeles, CA
- \* SEP 27-29, 2019~Winston-Salem, NC - **New Workshop!**
- \* SEP 27-29, 2019~Philadelphia, PA - **New Dates! (one week earlier now)**

[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 is our last appeal for the IPA endowment fund. [Please watch this video](#), and if you can, please make a contribution now. Our long-term survival literally depends on it. 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



## **Paruresis in the News**

We recently got some good press out of Australia from The Royal Australian College of General Practitioners (RACGP) [To read the article use this link.](#)

There was also this piece from The Sun in the UK - Dear Deidre: My life has been blighted by something that happened when I was a child. It gave me an irrational fear of public toilets that's stayed with me for the last 50 years.

[To read her reply use this link.](#)

## **You're Not Alone**

[Making progress and then going backwards](#) - post started by corgigirl  
I am wondering how to get my momentum back . . . I have had a lot of successes as of late, including overcoming my fear of plane bathrooms for the most part and successfully utilizing them when needed. However, whenever I have a work outing with coworkers, my anxiety level goes up to a 9 and then I have misfires. This makes me fall back into a state of toxic shame; I feel humiliated and exhausted from the anxiety...[Read the rest here!](#)

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

## **Great Nonprofits**

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