



IPA "Freedom Press" eZine

February 2020

IPA News

We have great news to share with everyone: As of March 2nd, IPA will have a full-time Executive Director – Tim Pyle!

Having hit our fundraising goal (\$100,000+) for the year, and still having \$50,000 in the bank from last year's fundraising, allows us to fund this new position for the next year. Since we have made a 2-year commitment to Tim, we will need to raise an additional \$150,000 in 2021 (our 25th anniversary!) to meet this obligation. I am confident we will do so.

Within the next month or so, the newly revised edition of "The Secret Phobia: Shy Bladder Syndrome (Paruresis)" will be available on Amazon. It's hard to believe that it's been three years since we published it, but time flies. There have been minor revisions: some additional material, new articles reported on, and major re-editing.

We will continue to implement our strategic planning goals (there were five of them) and hopefully accomplished them before our 25th anniversary in 2021. More on that at a later date!

Workshops

On Saturday, February 22nd from 1-4 PM, we will have our first trial run IPA virtual workshop. There will be limited space. There is no charge, but anyone interested in either volunteering (if you are an experienced person who has attended a workshop) or participating (never been to a workshop, really haven't practice much before) needs to email Yvonne at: ipastaff@gmail.com by Friday, February 14th. Details will follow your "registration."

Here is our Workshop Schedule for 2020:

February 22/1st Virtual Workshop - free
March 20-22/Winston-Salem, NC
April 24-26/Los Angeles, CA
April 24-26/Milwaukee, WI
May 15-17/Windsor-CAN.
June 5-7/Baltimore, MD

June 19-21/Vancouver-CAN.
July 24-26/San Francisco, CA
September 18-20/Denver, CO
September 25-27/Neustadt, GER.
October 9-11/Philadelphia, PA
November 13-15/Houston, TX
December 5/Virtual Workshop

Use the buttons below to find out:
What happens at a workshop? & Registration Information

What Happens?

Registration Info

Paruresis in the News

There has been some interesting press from across the Pond lately about paruresis. The article: ***Can't do what you need to do in a public toilet? You're not alone – and there's help***



Click on The Conversation logo to read the article.

You're Not Alone

Share your secret~ Thread started by Wendyolympia

I had an interesting experience yesterday at a meeting where I could not go due to the meeting room being next to the bathroom. I was with a group of women who I did not know very well and peeing became a problem.

The first time I tried, the urge went away and was replaced with a cramping sensation. I gave up and sat miserably trying to decide on leaving early (something I have been doing until discovering you guys).

I then tried again telling myself not to worry..[Read the rest here!](#)

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

Sessions with Dr. Soifer

Dr. Soifer continues to see individual clients on pretty much a monthly basis, whether in person, or by Skype, Zoom or Face Time. If you want to arrange something with him (again, his time is very limited), please use his new email address steve@paruresis.org (and, just to be safe, copy ipasteven@gmail.com)

See what's happening on our social sites:



Our Mission: The IPA is dedicated to supporting people with Paruresis; providing information, recovery strategies and advocating in the mental health, medical and legal communities.