

IPA Member Letter

Our Vision: To Champion Paruresis Awareness.



From the desk of Tim Pyle, MS Ed., MBA
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Member

I hope you and your family are safe, doing as well as possible during this national emergency, and not hoarding too much toilet paper 😊.

By now, you've read multiple preambles to various organizations' COVID-19 response letters. We'll dispense with that and get right into the action steps that the International Paruresis Association (IPA) is adopting.:

1. **All workshops will be postponed** through at least May, possibly into the summer. This period covers scheduled workshops in Winston-Salem, NC (March 20-22), Los Angeles, CA (April 24-26), Milwaukee, WI (April 24-26), and Detroit/Windsor-Canada (May 15-17). Everyone who has paid for a workshop will be getting a **full refund**.
2. **Support Groups** are recommended to **pause activities** that involve public spaces. We would suggest trying a "virtual" support group (more on this another time).
3. **For individuals** who visit public restrooms as an ongoing part of your recovery, or you have been doing more intensive public practicing as a way to move your recovery forward, **we encourage you to pause**, or at least take the recommended precautions regarding going out in public.

We recognize that for someone who has finally made a breakthrough, the idea of pausing in practicing may be alarming, but our experience shows while there may be some regression after a period of not practicing, all of the progress that was made does not disappear, and it is likely you will regain whatever was lost in a fairly short period of time. Additionally, IPA is investigating the possibility of virtual support of practice. We recently held a very small pilot workshop using this virtual method, but the logistics require further study.

The IPA Board has been mindful in this deliberation with your safety and your contribution to "flattening the curve" as a primary consideration, and secondarily IPA's potential liability in this matter as we represent the membership. We are hopeful that we'll soon see a return to normalcy.

In the meantime, please accept our best wishes during this time of national and individual challenge.

Time

Office Hours: Tuesday - Friday 1:00 pm to 5:00 pm
800-247-3864 or 443-315-5250

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.

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