



IPA "Freedom Press" eZine

April 2020

Virtual Workshops • Local Support Groups • 3 Benjamins • reddit • Revised Book

Virtual Workshop

The IPA will be hosting a [Virtual Workshop](#) on Saturday, April 25 from 11 a.m. to 7 p.m. EDT. The cost is \$129. You can find sign up info [here](#) - deadline is April 15.



Presented by renowned workshop leaders and co-directors of the Shy Bladder Center - **Steven Soifer, Ph.D., LCSW-C** and **Dan Rocker, LCSW, MA** - the format is a shortened version of our standard weekend workshop that includes the opportunity for "discreet" graduated exposure techniques. This is an ideal way to support your practice during this time of social distancing. Capacity is limited so don't delay - again, **deadline for sign-up: APRIL 15!** Contact: getinfo@paruresis.org for more info.

Local Support Groups

Connect with your local support group: You can find a list of groups in your area on the IPA Website [here](#). If you are having trouble connecting with someone at the local level or you are interested in starting a local group, please reach out to our Support Group expert, Dave K., at wiscpar@gmail.com.

In-Person Workshops

Here is our tentative Workshop Schedule for the rest of 2020:

- June 5-7/Baltimore, MD - fingers crossed(!) plus, meet our new Executive Director, Tim Pyle
- June 19-21/Vancouver, BC-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

[Article: Three \(3\) Benjamins](#)

Did you know that nonprofits are the third largest employer in the US after retail and manufacturing? Because of this importance, a **special tax deduction** will be included for filers for 2020. This adjustment permits individuals who don't itemize to deduct up to \$300 of cash contributions. Please keep this in mind as you consider your gifts to IPA this year. Click the "MarketWatch" graphic for the article: "The \$2 trillion coronavirus stimulus bill encourages Americans to donate to charity." (5 min. read). Click below to give!



MarketWatch



PayPal
Giving Fund

[What's reddit?:](#)

There has been an amazing increase in participants on a **paruresis discussion** on the social platform "reddit." We encourage you to sign on and take a look - it is an open discussion of the struggles of living with Paruresis - and a great place support our fellow sufferers. Plus, this week we debuted our own official IPA subreddit "[r/ShyBladderIPA](#)." Check them out!



Reddit Topic #1: "Shy Bladder" or "Pee Shy"

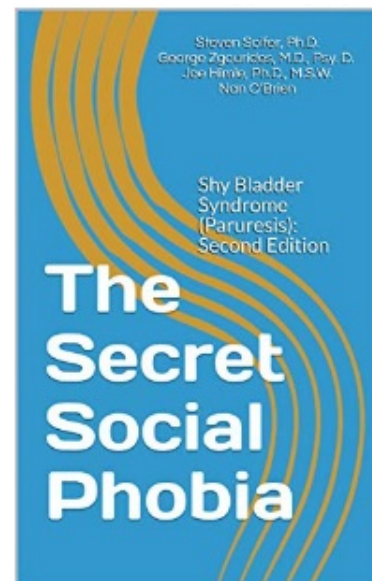
The IPA recently conducted a short survey of its members regarding social media usage - and we received several comments in reply. Those comments are so appreciated and help to shed light on what is important to IPA members. One comment in particular addressed **the terminology of "pee shy" or "shy bladder" noting "the word 'shy' trivializes our condition."** New IPA Executive Director, Tim Pyle, shared this in reply:

"I understand that completely - as the new executive director, I've had to 'come out of the stall,' so to speak, about my condition to more people than ever. When I share that I have 'paruresis,' most times I'm met with blank stares - and a long needed explanation follows. However, when I begin by sharing that I work for 'shybladder.org,' the light bulb comes on immediately and gives me

the opportunity to discuss the deep seriousness of what can be a debilitating situation - and to educate them about the term 'paruresis.' IPA exists to share that message - until we can champion 'paruresis' into the common lexicon - 'shy bladder' will continue to be a part of the discussion." Please join the debate on the new [subreddit!](#)

"Soifer Says . . ."

Dr. Steven Soifer, Ph.D., LCSW-C (IPA Co-founder, Advisor and Consultant), et al's newly revised book, **The Secret Social Phobia: Shy Bladder Syndrome (Paruresis)**, is now available on [Amazon](#). Full of new information, updated materials, and an up-to-date reference list, this easy-to-read book is a must for those who haven't yet read the book, and newly inspiring for those who read the first edition. It is also available in Kindle and Audible. PS Don't forget to [set your Amazon Smile](#) account to International Paruresis Association, Inc.



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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