



IPA "Freedom Press" eZine

May 2020

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ARA in the News!

Our sibling organization has been getting a lot of press recently relative to public restrooms in a COVID-19 world. You'll find a sample of them at the links below! Kudos to Dr. Steve Soifer who has been burning up the airwaves with close to 20 interviews.

[Fast Company](#) • [Washington Post](#) • [Vox](#)

Virtual Workshop SUCCESS!

April 25 saw the first full-scale online, Zoom-based, IPA Virtual Workshop. It was a tremendous success - with 19 participants, including one from Austria and one from Spain! Here are just a few things they said:



- *"This was really helpful! Emotionally, as helpful as an in-person workshop. I have a renewed confidence and I really enjoyed it."*
- *"Today, before I even got on the meeting, my stomach was kind of in a knot. Being forced to face this one way or another that was just not something I would do normally. I'm proud of myself and all you guys should be proud of yourselves for even getting into this and being on here."*
- *"The virtual experience has a lot of potential. I felt I was able to push myself in this format."*
- *"Paruresis can be a lonely experience sometimes. It is really good to get together with a group of folks who get it, who understand the challenges. Appreciated everyone's stories."*

You can read more about it on our [new reddit site](#). If you are interested in participating in the next virtual workshop, [email](#) Tim Pyle! As soon as we have a "critical mass" of potential attendees (**we're VERY close**), we'll schedule another. \$129 for an 8-hour event.

In-Person Workshop Update

As we all continue to deal with the fallout of COVID-19, and despite some locales opening up, here is the updated Workshop Schedule for the rest of 2020:

- June 5-7/Baltimore, MD - **[Postponed]**
- June 19-21/Vancouver, BC-CAN **[Postponed]**
- July 24-26/San Francisco, CA **[Postponed]**
- September 18-20/Denver, CO
- September 25-27/Neustadt, GER.
- October 9-11/Philadelphia, PA
- November 13-15/Houston, TX

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

What Happens?

Registration Info



Did You Miss It?

The IPA participated in the worldwide philanthropic #GivingTuesdayNow. Many thanks to those members who participated with a mid-year gift to IPA. Interested in belated participation? Click the graphic for details or to Donate Now!

New Video! 7 min. watch

One of the most moving portraits of those suffering with Paruresis to-date. Congrats to Varundeeep Singh on his documentary short film, "Nature's Call," that we recently added to the IPA homepage. Worth the watch - then share it with those you've been having trouble explaining what it's like to have Paruresis.



Reddit is where "It's" at!

Over the past few years, participation in the password-accessed **IPATalk Forum** has been decreasing. At the same time, more forum-like conversations have been popping up on the internet - mostly on a board called "**reddit**." We are encouraging conversations to take place on our official subreddit "[r/ShyBladderIPA](https://www.reddit.com/r/ShyBladderIPA)." No matter what, keep talking!



Check out all our social media links at the bottom of this newsletter - especially Instagram! [@ipassociation](https://www.instagram.com/ipassociation)

The Book. El Libro. Le Livre.

IPA Co-founder, Advisor, and Consultant Dr. Steven Soifer, et al's newly revised book, **The Secret Social Phobia: Shy Bladder Syndrome (Paruresis)**, is nearing publication in Spanish. And, in fact, international interest is so high in this updated edition, that Steve has been approached to coordinate translations in several others including French, German, and more. For now, English-language readers can find the new edition on [Amazon](https://www.amazon.com). 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.



Before You Go - International Survey Reminder

In March, we shared about a survey one of Dr. Soifer's colleagues in Australia, is conducting. Dr. Simon Knowles is collecting data for what he hopes will be the most comprehensive study to date exploring paruresis, parcopresis, and toilet choice. He is keen to get as many individuals to participate in it as possible. Please click to fill out the ["Public Restroom Anxiety and Predictors of Toilet Choice"](#) survey!

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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