
Our Vision: To Champion Paruresis Awareness.

IPA "Freedom Press" eZine

June 2020

Next Virtual Workshop • Support Group Gathering • Success Stories
2020 Giving • Get Social! • Shy Bladder Center • Privacy Packs



Good News - Next Virtual Workshop Announced!

Virtual Workshop: Saturday, July 11
10 a.m. - 6 p.m. ET by Zoom
[Registration Now Open!](#)

We are excited to announce our next virtual session and very pleased to have Shy Bladder Center co-director, Dan Rocker, leading the event. All registrations are now being managed through **Eventbrite**. Click on the "Registration Now Open!" link above or in the [workshop schedule table](#) on the website to be redirected to the registration tool. Additional Virtual Workshops will be scheduled based on interest. Email getinfo@paruresis.org and we'll put you on the "interest" list for additional dates.

Our last virtual event was a huge success and the 19 participants agreed it was a great start on their journey or an effective way to re-start a practice plan. Join us!

Tentative Future In-Person Workshops - Fingers Crossed!

- Winston-Salem, NC: September 25-27
 - Philadelphia, PA: October 9-11
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Support Group Zoom Gathering: Sunday, June 28 (9 p.m. ET)

The IPA is here for you! A big part of our mission is to be able to provide assistance to people suffering from paruresis at any point in his or her journey. Support groups are an important tool to do just that.

Check out the [support group page](#) on our website for a list of groups in your area - either in the US or Internationally. No support group near you? Just send us an email and we'll connect you.

With the advent of COVID-19, support groups have been unable to meet and practice in traditional ways. To keep connections intact, support coordinator extraordinaire, Dave Kliss, invites all IPA support group leaders and their members to join in a Zoom meeting on Sunday, June 28, 2020, at 9:00 PM ET.

For the Zoom access details or to learn more about all support tools, please email IPA Executive Director, Tim Pyle, at getinfo@paruresis.org.



Success Stories

The IPA maintains a fantastic library of success stories. This month I'm highlighting Dave Kliss (yes, the same Dave from above). Check it out!

["My Recovery Story ~ Dave Kliss"](#)

2020 Endowment Campaign Wrap Up

We'll soon be "closing the books" on the 2020 Member Campaign and our traditional first-half-of-the-year focus on building our endowment and highlighting planned giving. A [gift of \\$50](#) or more qualifies you as a "member" and provides access to our "members only" resource area on the website.

By honoring IPA in your estate plans, you could establish an endowment fund in a loved one's name or your name that would generate long-term income for future IPA programs. You can learn more and see a video from IPA Co-founder Dr. Steve Soifer at this [link](#) - and of course, click below to contribute to the remainder of 2020 activities. Thank you for your amazing support - without you, there is no IPA!

Donate Now



Get Social!

Keep the conversations about Paruresis going by participating in our many social outlets and tools. IPA Co-founder, **Carl Robbins**,



LCPC, is a fantastic resource who has been responding to a wide variety of concerns on the [IPATalk](#) private forum for many years. At the same time, more conversations have been popping up on open internet social platforms - along with IPATalk - we're encouraging conversations to also take place on our official sub-reddit "[r/ShyBladderIPA](#)." Plus, connect through our social links at the bottom of this newsletter. Keep talking!

Shy Bladder Center (SBC)

The IPA receives inquiries from many people asking if one-on-one counseling sessions are available in addition to workshops and group experiences. The answer is yes! Visit our [Shy Bladder Center](#) webpage to connect with our list of SBC Therapists and Coaches - many of who lead our in-person and virtual events - like Dan Rocker, LCSW, MA (pictured here).



Before You "Go"

The IPA is pleased to share that the student entrepreneur creators of "**Privacy Packs**" have offered to share part of the proceeds of each sale with us. The devices provide just that extra touch of privacy when using restroom stalls on your graduated path to improvement. Visit their site by clicking the photo!

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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